

# EASTLANE

## Remembrances of a NJ Masters Swimming Pioneer, Lou Abel

*Lou Abel died from a stroke this past June at the age of 74. He had a strong role in the creation of Masters swimming in NJ in its early years, continuing his commitment to Masters swimming for the rest of his life. Lou's dedication and enthusiasm inspired many. He is pictured below with other NJ Masters swimmers at the Long Course Nationals meet in Canton, Ohio in 1981. Then you can see him in the photo on page 4 taken at the most recent NJ LMSC Annual Awards Banquet held on May 8. Below fellow Members fondly remember him.*

I'm still saddened at our loss of Lou, a great Jersey Masters Swim Team Companion, Coordinator and motivator of getting together teams to compete in the Nationals and other meets. I have great memories of being on the mixed relay team he put together for the Canton, Ohio Long Course National Championships in 1981, where we placed a thrilling third!

I'm very grateful to Lou for getting me back into swim competition. After my long sought goal of winning the GOLD in the 200 Meter Butterfly in the Masters Long Course Nationals in 1991, I retired from competition for 13 years.

It was when the Long Course National Competition came to New Jersey in 2003, that Lou encouraged me to return to competition and compete with our Jersey Team, and have been competing ever since.

I'm still at loss for my great friend and swim buddy. He was so dedicated to the Masters Swim Movement. He was too young!

Jane Fisher



I'm so saddened to hear of Lou's death. I've enjoyed getting to know him better over the past several years and the many stories that he has shared with us throughout the years. Especially about his water skiing adventures! He attended the NJ LMSC banquet again this year on May 8th and delighted us all with his conversation.

He will indeed be missed by the NJ Masters Swimming community as he has had such

*Continued on page 4*



Lou is in the blue shirt kneeling on the right

## NJ LMSC VOLUNTEERS

### Chair/Secretary

Susan Kirk  
908.313.6785  
[sgkirk@gmail.com](mailto:sgkirk@gmail.com)

### Treasurer

Bill Reichle  
908.587.2053  
[ReichsSwim@aol.com](mailto:ReichsSwim@aol.com)

### Co-Registrars

Tom Brunson  
973.279.7153  
[tombrunson@optonline.net](mailto:tombrunson@optonline.net)  
Chris McGiffin  
908.630.0166  
[CMcGiff@aol.com](mailto:CMcGiff@aol.com)

### Sanctions & Safety

#### Chairman

Jen Bauman  
973-219-9404  
[swimmer@optonline.net](mailto:swimmer@optonline.net)

#### Top Ten Records

Ed Tsuzuki  
908.371.9179  
[edtsuzuki@comcast.net](mailto:edtsuzuki@comcast.net)

#### Open Water & Fitness Chair

Jeff Jotz  
732.382.9419  
[jjotz@yahoo.com](mailto:jjotz@yahoo.com)

#### Events Coordinator

Bridgette Hobart  
973.663.3663  
[bhobart@ptcllc.com](mailto:bhobart@ptcllc.com)

#### Webmaster

Bridgette Hobart  
Jason Pintinalli  
[jpintinalli@ptcllc.com](mailto:jpintinalli@ptcllc.com)

#### Newsletter Editor

Linda Brown-Kuhn  
908.479.1038  
[lbk@sprintmail.com](mailto:lbk@sprintmail.com)

#### Newsletter Graphic Design

Sara Harrison Johnston  
908.322.2449  
[aras33@comcast.net](mailto:aras33@comcast.net)

#### Triathlete Liason

Thaddeus Gamory,  
[thadgam1@msn.com](mailto:thadgam1@msn.com)  
917.841.3681

# Calendar 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 2** SVY SCM Masters Meet, Somerset Valley YMCA Bridgewater. Meet entry is on pages 8 and 9.

**April 9** Sussex County YMCA Meet, Hardyston, NJ.

## Other 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; [nancygeoff@cablespeed.com](mailto:nancygeoff@cablespeed.com)

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

**April 28 - May 1** 2011 USMS Spring National Championships, Kino Aquatic Complex, Mesa, AZ. Entry not up yet.

**August 3-6** 2011 USMS Summer Nationals, Auburn University, Auburn, AL

## **Go The Distance Swimmers Rock!**

Congratulations to the NJ LMSC for their strong participation in this event! Out of all LMSCs, New Jersey finished the year in the #5 spot with over 21,500 miles logged. New Jersey is #5 in total number of participants with 104!

The Colonies Zone is the #1 Zone with over 110,000 miles and 580 participants (the next closest was Dixie with 69,000 miles from 358 participants)! This event is open to ALL registered USMS members. To participate in 2011, 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 for 2010:**

Pacific	54,617 miles	255 swimmers
Southern Pacific	29,621 miles	140 swimmers
New England	27,978 miles	138 swimmers
Florida	22,555 miles	109 swimmers
New Jersey	21,543 miles	104 swimmers

***"Go the Distance" results for New Jersey as of December 31, 2010***

~~Thanks to Ed Tsuzuki for this report

# Body Rotation

by Bob Hopkins, New Jersey Masters Swimming



One of the most common stroke defects I see in the long axis strokes is incorrect timing of the body rotation. The body rotation should be done during the pull/push phase of the arm stroke right after the forearm and hand have a good hold on the water with the early vertical forearm (EVF) movement. Once the pull/push part of the arm stroke begins, the body should rotate to the opposite side so that the core body can be involved in the power generation movement in addition to the arm.

One way to learn this movement is to use hip fins, which will accentuate the feel of the body rotation movement so that you can execute it at the correct time. Hip fins are especially useful for backstroke since you can see the fins and also hear them as they make a "thump" sound when rotate from above the water back into the water. Hip fins are available online at [Kastaway](#) and [SwimOutlet](#).



Another way is to use the "catch up" drill for freestyle that most are familiar with, that is wait for your recovering hand to meet your outstretched hand before starting the next stroke. For the purposes of learning the correct timing of the body rotation, you should breathe every stroke as soon as you see your stroking arm in the EVF position. The breathing movement will help insure that you rotate your body at the correct time since you naturally rotate your body as you breathe. This drill will allow you to feel the body rotation early in the arm cycle so that you will be able to incorporate into your whole stroke swimming

Click on this link to see a video of how it's done: <http://www.youtube.com/watch?v=rJpFVvho0o4>

## Building Strong Arms Workout

Thanks to Coach Mel Fink from JCC of MetroWest in West Orange for this workout that's sure to challenge your ability to pull and pull some more!

**Warm Up:** 300 (Choice)

Drills w/ Fins: 3 x 100 – Fly Kick (50)/ 3 Stroke KOS (kick on side) (50) on 1:50

### Main Set:

- 6 x 150 Pull on 2:25
- 6 x 50 BK/FR on 1:00
- 6 x 100 Pull on 1:45
- 6 x 50 BR/FR on 1:00
- 6 x 50 Pull on 1:00

**Cool Down:** 200 (Choice)

Total: 3,200



Quote: "As strong as my legs are, it is my mind that has made me a champion."

- Michael Johnson

## Remembrances of a NJ Masters Swimming Pioneer, Lou Abel, *continued from cover*



Lou is pictured here, front row and center wearing a brown suit, at the most recent NJ LMSC Annual Awards Banquet

a consistent and influential presence for the past 40 years!

With swimming sadness.....Susan Kirk



For me, knowing Lou mainly through our joint presence on the executive swimming committee and at LMSC Banquets I found him to be a soft-spoken, gentle man with a sharp, active mind. He was very capable of persuading those to his point of view with a well thought out presentation of facts. His passion for swimming and water skiing was infectious and constant.

He was a true original and I miss him!

Linda Brown-Kuhn



Lou will be missed. He was an inspiration to so many swimmers, and I truly feel that he embodied the best qualities of our sport.

He has been a long-time contributor to the NJ Masters community, and I am pleased to have had the privilege to know him and learn from his vast experience.

I feel that we owe him so much for helping to pave the way ...

Chris McGiffin



## Annual Banquet Set for May 14th

Plan now for a wonderful evening out. The 5th Annual NJ Masters Swimming Awards Banquet and Social will be held on Saturday May 14. There will be delicious food, a scintillating speaker, Continuous Membership Recognition Program awards will be given out, and you'll have a chance to chat with fellow NJ Masters swimmers while fully clothed! More details will soon be available.

***Light Those Candles...Happy birthday to the following 86 swimmers who celebrate their birthday in January or February.***

Joy Tsuzuki 80-84	Gregory Frenicola 50-54	Stephani Carroll 40-44
Rosemarie Froeder 80-84	Deborah Cipriano 50-54	Kimberly Patchett 40-44
Jane Fisher 75-79	Nancy Shapiro 50-54	Neil Flynn 40-44
Joseph Donohue 65-69	Donald Fink 50-54	Nicky Wiesmann 40-44
Joan Szabo 65-69	Judy Ramirez 50-54	Cherylann Dorsey 40-44
Peter Hempel 65-69	Michael Lavitt 50-54	Gerry O'Mara 40-44
Simon Murray 65-69	John Szabo 50-54	Jeff Jotz 40-44
Greg Blessing 60-64	Drew Mill 50-54	Sarah Clark 40-44
Bill Reichle 60-64	Victoria Hilditch 50-54	Jacqueline Trezza 40-44
Julio Figueroa 60-64	Denise Carlson 50-54	Alison Akintade 35-39
Susan Rardin 60-64	Curtis Miller 50-54	Rhonda Hospedales 35-39
Cande Olsen 60-64	Ron Cummins 50-54	Christine Echols 35-39
Judy Lee 60-64	Dan Chamby 50-54	Kurt Matheson 35-39
Christie Whitehouse 60-64	Brenda Hershberger 50-54	Phil Sherratt 35-39
Janet Estenes 60-64	William Sullivan 50-54	Carrie Fellens 35-39
Tom Stearn 55-59	Steven Waskow 45-49	Erika Maresca 35-39
Heidi Remak-Ziff 55-59	Ann Mancuso 45-49	Bryan Wilczewski 30-34
Steven Treble 55-59	Thomas Miller 45-49	Christopher Esnes 30-34
Irwin Mittleman 55-59	Diane Lynch 45-49	Michael May 30-34
Richard Carlson 55-59	Charles Williamson 45-49	Mike Betts 30-34
Mary Roodkowsky 55-59	Richard Hungerford 45-49	Robert Fisch 30-34
Sally Kleeman 55-59	John Menninger 45-49	Amanda Maxwell 30-34
Erica Dunckley 55-59	Lorenz Muller 45-49	Philip Gerhardt 25-29
Greg Romano 55-59	Jens Volker 45-49	Kimberly Plewa 25-29
Fay Bizub 55-59	Leigh Segal 45-49	Jackie Whitty 25-29
Edward Goracy 55-59	Nadine Vasilakis 45-49	Annie Lillard 25-29
Jeanne Perantoni 55-59	Bernard Xavier 40-44	
Frank Fitzgerald 55-59	Susan Thiel 40-44	
Russ Ball 55-59	Joscelin Burrer 40-44	
Viktor Chebotarev 50-54	Alyssa Weiss 40-44	



## A Member Of A Local Winter Swimmers' Club

**Date:** 13-Dec-10

**Country:** RUSSIA

**Author:** Ilya Naymushin

A member of a local winter swimmers' club walks to bathe in the Yenisei River with the air temperature at about -36 degrees Celsius (-32.8 degree Fahrenheit) in the Siberian city of Krasnoyarsk December 12, 2010.



--From World Environment News, Planet Ark, 12/13/10 at <http://planetark.org/wen/60558>

## C'mon Isaac!

Someone from Metropolitan Masters should talk to fashion designer Isaac Mizrahi about stepping up his swimming.



In an article in the December 26, 2010 NY Times he talks about his Sunday routine. In the morning he goes to the pool to swim which is excellent. But he said, "I swim for 20 minutes every morning. It used to be 40 minutes, but as my age reveals (he's 49), I'm way too old to swim for 40 minutes."

## NEW RECORDS

Here's a look at records being broken courtesy of Ed Tsuzuki.

Congratulations to all of the NJ LMSC SCM Zone Champions at the **2010 New England LMSC Short Course Meters Championship Meet** at Boston University on December 10-12.

### Women

Michelle Davidson, 40  
200 Back, 200 Fly  
Andrea Luallen-Egg, 45  
50 and 200 Back, 200 Breast, 100 IM  
Lyndsay McMeen, 30  
50, 100 Back  
Nancy Steadman-Martin, 55  
50, 200, 400 and 800 Free, 100 and 200 Back, 100 and 200 Fly

### Men

Benn Doyle, 52  
50, 100 and 200 Breast, 200 IM  
Steve Hiltabiddle, 44  
50 Free, 50 Fly, 200IM  
William Segal, 46  
200 Free

The following new NJLMSC SCM records were also set at this meet:

### Women

Michelle Davidson, 40  
100 Back 1:12.08  
200 Back 2:34.42  
Andrea Luallen-Egg, 45  
100 Back 1:14.08  
200 Back 2:42.00  
200 Breast 3:08.14  
200 IM 2:49.75  
Nancy Steadman-Martin, 55  
100 Fly 1:20.88

Congratulations to Chris Swensen, 28 for setting a new NJLMSC SCM record in the 200 breast at the **3rd Annual Greater Portland Swim Meet** at the Riverton Community Center in Portland, Maine on November 14, 2010. Chris set a new standard at 2:35.46.

Congratulations to Scott Yeomans, 46 for setting new NJLMSC SCM records at the **2010 Albatross Open** at the Montgomery Aquatic Center in North Bethesda, MD on March 20, 2010. Scott set new standards in the 400 free (4:38.56) and in the 200IM

## RECORDS continued

(2:26.73).

Congratulations to the following NJLMSC swimmers who set new NJLMSC SCM records at the **New York vs. New Jersey "Duel in the Pool"** at the Nassau Aquatic Center in NY on November 21, 2010:

Women:

45-49

Laurie Ditommaso, 48  
100 Breast 1:24.74

Bridgette Hobart, 48  
200 IM 3:09.49

50-54

Susan Kirk, 50  
100 Breast 1:39.77  
200 Breast 3:33.34

60-64

Marie Vellucci, 61  
200 Fly 4:10.45

70-74

Madeline Greene, 70  
50 Free 1:31.56

75-59

Janet Moeller, 76  
100 IM 2:06.88  
200 IM 4:36.21

400 IM 9:55.96

Men

45-49

Scott Yeomans, 48  
400 IM 5:17.23

50-54

Philippe Delamare, 54  
200 Fly 2:39.98

65-69

Jack Zakim, 65  
100 Free 1:08.35

70-74

Jerry Katz, 72  
200 Free 2:55.51

## Basking in a Workout's Long, Mysterious Afterglow

By [GINA KOLATA](#), *NY Times*, 12/20/10

It's a cold day and you have just finished a grueling session at the gym, [sweating](#) away on an elliptical cross-trainer. Or you had a tough workout in the swimming pool. Or in a spin class. Or you just finished a hard run or a long, fast bicycle ride.

Now you've showered and changed your clothes. You are no longer sweating, but you still feel warm. Your cold house, your chilly office does not feel so frigid anymore.

Exercise researchers used to say that this was an [exercise](#) bonus — that you burn more [calories](#) not just when you work out but for hours after you stop, even for the rest of the day. Exercise, they would tell people, has a significant effect on weight loss because of this so-called excess post-exercise oxygen consumption.

But then the naysayers weighed in, reporting that such an exercise effect is just a myth. Metabolic rates plunge back down to normal as soon as exercise ends, investigators reported.

Still, many who exercise insist that there must be some change in their metabolism. Why else would they feel so warm? If it is not an increased metabolic rate, then what is it?

Paul Laursen, a performance physiologist at the New Zealand Academy of Sport, competes in Ironman triathlons. Regular prolonged and intense exercise is part of his life. He felt the afterburn effect, he says, after a recent tough 90-mile bicycle ride.

"It was an epic training session with friends, [testosterone](#) levels were high, and we were all trying to drop one another on the climbs," Dr. Laursen wrote in an e-mail. "It was like I had a [fever](#) the rest of the day. And even into the night as well. My wife slept with the quilt, but all I wanted was the sheet. My body resembled a furnace."

It turns out that there is no easy answer to why people like Dr. Laursen feel so warm.

"One thing we know for sure: your metabolism goes sky-high when you exercise," said Nisha Charkoudian, an associate professor of physiology at the [Mayo Clinic](#) College of Medicine in Rochester, Minn. "Then, when you stop, the interesting thing we don't understand is that your body temperature stays up for about two hours."

The effect is very dependent on how hard you exercise. "If you go out for a walk, your temperature does not go up much," Dr. Charkoudian said, but if you run hard for an hour or so, you can have what seems like a fever, a temperature of 100 degrees or so.

It's an effect that Glenn Kenny, a professor in the School of Human Kinetics, Faculty of Health Sciences at the University of Ottawa, spent years investigating. He built a million-dollar machine — the only one in the world, he says — that can measure minute-by-minute changes in the body's heat loss.

It looks like a giant can. The subject sits inside and, if exercise is being tested, pedals a recumbent bicycle. The device can detect the amount of heat dissipated by the subject's body at every moment of exercise and at every moment of post-exercise rest under different conditions — warmer or cooler air temperatures, more or less humidity.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Sussex County YMCA "Adult Mini Meet"

Sussex County YMCA  
Hardyston, NJ

Saturday, April 9, 2011

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

**Recognized by The New Jersey Swimming LMSC for USMS, Inc. #071-R02.**

**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, except the **500 Free, MUST check-in by 3:00 pm or you will be scratched from the event.** 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. **"No times" will not be accepted for the 500 Free.**

**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 1<sup>st</sup> through 3<sup>rd</sup> 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, April 1, 2011 NO exceptions.**

**Any entries received after April 1<sup>st</sup> will be returned.** Any questions, please call Debbie Soutter, at 973 209-9622, ext. 223.

## Entry Form -Adult Mini Meet-April 9, 2011

**Entry form must be received by Friday, April 1, 2011.**

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

<b>Name:</b> _____ <b>Address:</b> _____ _____ <b>Day time Phone:</b> _____	<b>Age as of 4-9-11:</b> _____ <b>Sex:</b> _____ <b>Date of Birth:</b> _____ <b>E-Mail Address:</b> _____ <b>Evening Phone:</b> _____ <b>USMS number(if applicable):</b> _____
--	--

**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 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)

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. 500 Free *	_____

\* 500 Free MUST check-in by 3:00pm or you will be scratched from the event.  
No NT's will be accepted for this event.  
9 minute max

**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 \_\_\_\_\_

**Sussex County YMCA**  
 15 Wits End Rd  
 Hardyston, NJ 07419  
 Phone: 973 209-9622  
 Fax: 973 209-1483  
[www.sussexcountyyymca.org](http://www.sussexcountyyymca.org)



## NJ LMSC

451 Sweet Hollow Road

Bloomsbury, NJ 08804

From experiments with the device, Dr. Kenny learned the reason for the feverlike state that arises when the body's core temperature is elevated: not because you keep burning calories at the rate you did during exercise, but because the body has a hard time getting rid of the extra heat it generated during the exercise session. Heat dissipation is sharply reduced after exercise: for some reason the body just can't seem to rid itself of the extra heat that it gained.

Dr. Kenny thinks that the effect is linked in some way to exercise's effects on the cardiovascular system. But even though you may feel hot, you are not burning more calories, he says, so you are not going to lose more weight.

From other studies, in which he measured metabolic rates, he discounts claims that exercise might also increase the rate at which people burn calories for hours afterward. He found that any effect on metabolism after exercise was so small as to be almost immeasurable, and so fleeting it was gone within five minutes after exercise stops. His subjects, though, were not people like Dr. Laursen.

Joseph LaForgia's subjects were. Or at least they were experienced athletes. Dr. LaForgia, an exercise physiologist at the University of South Australia, says people who exercise intensely — doing repeated sprints, for example — can experience a prolonged metabolic effect. Their metabolic rates can go up and remain elevated for seven hours after the session is finished.

Even so, the extra calories burned were about 10 percent of the calories burned during the intense exercise. As for people who exercised moderately, like most people do, the small increase in metabolism lasted no more than two hours and added up to only about 5 percent of the amount they burned while exercising. And since a modest exercise bout does not burn nearly as many calories as an intense one, people who exercised modestly ended up with very few extra calories burned afterward.

That still leaves a question, though. If your metabolic rate increases slightly, why would you feel warmer as much as seven hours after a long, hard workout?

Dr. LaForgia says he has not studied sensations of warmth, and Dr. Kenny says that if someone feels warm that long, it is not an effect of delayed heat dissipation.

Instead, it might be caused by yet another exercise effect — the body's efforts to repair subtle tissue damage from all that exercise. The immune system can kick in, and so can enzymes that repair muscles and require heat-producing energy. Maybe the heat-generating effects of damage repair are the reason Dr. Laursen kicked off the covers that night after his 90-mile ride.

If so, he probably was not burning many more calories. But then again, that tough ride over the steep hills of New Zealand burned more than enough.