

March 2011

EASTLANE

Drew University Swimmers Celebrate “Golden Yardstick”

By Jen Bauman

MADISON, NJ—At the beginning of January, many of us are busily formulating New Year’s resolutions we’ll never follow through on. Or we’re taking down holiday decorations. But for Masters swimmers Bob Nissen and Joe Donohue, there are other tasks at hand in early January.

Like tabulating the number of yards accumulated by a group of their fellow swimmers during the previous year. Or carefully planning out how to honor (or roast) their fellow teammates. Or going to the Home Depot to buy nearly two dozen yardsticks.

That’s what Bob and Joe do to prepare for their annual “swimmers’ award breakfast”, which they have hosted every year for the past seven years for an enthusiastic group of swimmers at Drew University. This year, the breakfast, which always features a scrumptious buffet, took place at Bob’s house on January 8th.

Many New Jersey masters swimmers are familiar with and participate in the USMS “Go the Distance” program, where they track the number of miles swum throughout the year. Within the Drew masters program, swimmers have taken the same idea—tracking the distances they’ve swum—and turned it into a friendly competition. The competition, known as the “Golden Yardstick” competition, involved in 2010 forty-nine swimmers who competed for individual honors—the winner takes home the “Golden Yardstick”—as well as team bragging rights and other awards.



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Annual NJ Masters Banquet Set for May 14

Please join us on May 14th for the 5th Annual NJ Masters Swimming Awards Banquet and Social 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 bhobart@ptcllc.com with any swimming photos you’d like to share), and continuous membership recognition awards.

Invites and event registration forms will be coming soon.

Don’t miss the fun!

Chair/Secretary

Susan Kirk
908.313.6785
sgkirk@gmail.com

Treasurer

Bill Reichle
908.587.2053
ReichsSwim@aol.com

Co-Registrars

Tom Brunson
973.279.7153
tombrunson@optonline.net
Chris McGiffin
908.630.0166
CMcGiff@aol.com

Sanctions & Safety

Chairman

Jen Bauman
973-219-9404
swimmer@optonline.net

Top Ten Records

Ed Tsuzuki
908.371.9179
edtsuzuki@comcast.net

Open Water & Fitness Chair

Jeff Jotz
732.382.9419
jjotz@yahoo.com

Events Coordinator

Bridgette Hobart
973.663.3663
bhobart@ptcllc.com

Webmaster

Bridgette Hobart
Jason Pintinalli
jpintinalli@ptcllc.com

Newsletter Editor

Linda Brown-Kuhn
908.479.1038
lbk@sprintmail.com

Newsletter Graphic Design

Sara Harrison Johnston
908.322.2449
aras33@comcast.net

Triathlete Liason

Thaddeus Gamory,
thadgam1@msn.com
917.841.3681

Calendar 2011

New Jersey Events

March 19 Drew March Madness Meet, Drew University, Madison, NJ.

April 2 SVY SCM Masters Meet, Somerset Valley YMCA Bridgewater. Meet entry is on pages 6 and 7.

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

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.

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

Aquatic Edge Swim Clinics in March

Thanks to Susan Kirk for this news

Karlyn Pipes-Neilsen will be coming to NJ and leading swim clinics in Scotch Plains in late March.

On Sunday, March 27, 2011, there will be (2) clinics offered at the Fanwood/Scotch Plains YMCA:

[Faster Freestyle Swim Clinic](#) from 9:00am - 12:00pm and a [Multi-Stroke \(fly, back, and breast\) Clinic](#) from 1:00pm - 4:00pm. (Click the links for the registration/information forms.) If you have any questions, please contact Tracy Crane at tcrane@fanwoodscotchplainsymca.org

On Thursday, March 24, 2011 a Faster Freestyle Swim Clinic will be offered at the JCC of Central NJ from 4:00pm - 7:00pm and on Friday, March 25, 2011 a Multi-Stroke (fly, back, and breast) Clinic will be offered at the JCC of Central NJ from 10:00am - 1:00pm.

For registration/information forms or if you have any questions about the clinics offered at the JCC of Central NJ, please contact Kim Koza kkoza@jccnj.org

This past year, the winner of the “Golden Yardstick” was Jeff Hibbitt, who racked up an impressive 1,128,350 yards (more than 640 miles) in 2010. The yardstick, to be accurate, is not actually golden, but it is personalized with the swimmer’s name and total yardage for the year. All other swimmers were awarded a portion of a yardstick, the length depending on what percentage of the winner’s total yards they swam (a swimmer who swam half as many yards as Hibbitt, for instance, would receive as his prize an 18-inch “yardstick”).

The spirit of fun in this competition is evident in the prizes awarded. Participants were eager to claim their yardsticks—whether they were two inches long, ten inches long, or 32 inches long—and proudly posed for pictures.

There were other awards distributed as well, based on the results Bob and Joe carefully collect and record each month. Two swimmers were named the year’s “Bold Performers”—awarded to swimmers who report extraordinary results in one or more months of the year. This year, Ron Epstein was the winner of the award (a plaque featuring a picture of a bottle of “Bold” laundry detergent), with Edna Cetina as the Bold Performer runner-up.

Other parts of the program are opportunities for a little good-natured ribbing. There were, for example, the eight swimmers who were awarded the “Golden Goose Egg” award for reporting a monthly yards total of zero at least once during the year. A “Thesaurus Award” was presented to the swimmer who came up with the most unusual, most fitting adjective to describe his/her swimming during the previous May. In addition, this year, Bob and Joe asked swimmers to complete a survey about their swimming experiences during the year, and Joe liberally used swimmers’ responses as fodder for the program (woe to the swimmer who filled out the survey, included his name, and then wrote that he wished to remain anonymous).

There’s a team element to the competition as well. The 2010 participants were divided into four teams of 12 swimmers (plus a fifth “team”, the WildCards, consisting of just one swimmer, Edna Cetina, who joined the competition after the teams had been formed). Each team was assigned a color and a captain, and its members decided on a name: the Key Limes, captained by Jeff Hibbitt; the Ultraviolet Stingrays, led by Deb Fennelly; No Big Teal, with captain Rich Clew; and the Orange Roughys, who had their leader in Bill Sullivan. The Key Limes ran away with the team competition, amassing 6,237,149 yards (about 3,544 miles). In the tongue-in-cheek spirit of the competition, each Key Limes team member was presented with a sticker that proclaimed, “We’re the Best.”

This year’s awards ceremony also included a special award for the two men who have been engineering this whole affair for years. Rich Clew and Bill Sullivan presented Bob and Joe with the first-ever “Golden Swim Fin” award (this was the only “golden” award among the bunch) to recognize them for all they do for the group.

So you can probably expect that next January, Bob and Joe will be undertaking the same preparations as they did this January.

Records

Congratulations to Paul Kiell for setting a new NJ LMSC record in the USMS 3000 Yard National Postal Championship event. Paul, 80, swam 3000 yards in 54:21.21 and placed first in his age group!

Find A Place to Swim Wherever You Are

Thanks to Susan Kirk for this news

USMS has just introduced a brand-new, [Places to Swim](#) application. You can now enter a zip code and distance, and you will be taken to a Google map that displays all of the Places to Swim listings within that radius.

Are your pools listed? Go to [Places to Swim](#), enter your zip code, and find out. If you don't see your pool, you can add it to the list by clicking the appropriate link. This is a great tool when you are traveling and a great tool for traveling swimmers to find your program.

Quote: ***“If you think you can do a thing or think you can't do a thing, you're right.”***

—Henry Ford

(But he also said: ***“Exercise is bunk. If you are healthy, you don't need it: if you are sick you should not take it.”***)

Tribute to Eileen Nessel

Editor's note: Many of you know Ed Nessel, a long time NJ Masters coach and swimmer who now lives in Florida. Sadly his wife of 40 years, Eileen, recently passed away from a type of Lou Gehrig's disease called Multiple System Atrophy. I remember her fondly from the years when we had NJ LMSC picnics at the Jersey shore. Her friendliness and dry sense of humor always made her fun to be around.

Ed said of his wife: Eileen took my breath away the day of our wedding when I first laid eyes on her in her gorgeous gown, and she did it again upon her death. I hope she is at peace. I know she is no longer suffering. She was the best part of me and truly earned the moniker: "Mrs. Coach."

Swimmer Paul Kiell shares his remembrance: It was August 2000, the Long Course Meters Nationals in Baltimore. The evening before the races somehow I had missed getting to the supper arranged for us. Resigned to going without eating that night, there was a knock on my door and it was Eileen bringing me food, from salad to main course to dessert. That was typical of her thoughtfulness, kindness and care and is how I will always remember Eileen Nessel.



Man Swims In A Partially Ice-Covered City Moat In Beijing

Date: 02-Feb-11

Country: CHINA

Author: REUTERS/Grace Liang

From Planet Ark at <http://planetark.org/wen/61075>



Mixing it up

Workout

Thanks to Pete Hockmeyer, Coach of Berkeley Aquatic Masters for this beauty of a workout that will give you exposure to all the strokes as well as to drilling and kicking.

Warm up: 500 Swim 300 Kick

200 IM

2 x 100 Fly Swim @ 1:40

2 x 50 Fly Drill @ :55

2 x 25 Fly Kick @ :30

200 IM

2 x 100 Back Swim @ 1:40

2 x 50 Back Drill @ :55

2 x 25 Back Kick @ :30

200 IM

2 x 100 Breast Swim @ 1:40

2 x 50 Breast Drill @ :55

2 x 25 Breast Kick @ :30

200 IM

2 x 100 Free Swim @ 1:40

2 x 50 Free Drill @ :55

2 x 25 Free Kick @ :30

Cool down: 200 easy

Total: 3,200

Light Those Candles...

Happy birthday to the following 50 swimmers who celebrate their birthday in March!

Larry Lengle 75-79

Tom Brunson 70-74

Douglas Munch 60-64

Frank McElroy 60-64

Todd Clear 60-64

James Sullivan 60-64

Peggy DeRosa 60-64

Sue Freeman-Patterson 60-64

Glen Fries 60-64

Libby Lennox 55-59

Sheryl Walsh 55-59

Ken Niemi 55-59

Peter Christopher 55-59

Elizabeth Krynska 50-54

Nancy Conroy Leib 50-54

Ron Borchers 50-54

Heidi Pfefferkorn 50-54

Nancy Wagner 50-54

Siochain Hughes 50-54

John Vigilante 50-54

Rosanne Lemongello 45-49

Louise Goldsmith 45-49

Robert O'Connell 45-49

Suzanne Ceravolo 45-49

Jeffrey Gould 45-49

Guiseppe Ludici 45-49

Pedro Moreno 45-49

Sandy Carosi 45-49

Chris McGiffin 45-49

Zachary Chororos 40-44

William Kosakowski 40-44

Eric Schiebler 40-44

Heather Bravo 40-44

Laura Linenberg 40-44

Edward O'Connor 40-44

Bridget Sherratt 40-44

Elizabeth Brejnik 40-44

Victoria Goethais 35-39

Will Chen 35-39

Martin Kraus 35-39

Steve McDarby 35-39

Robert Hassett 35-39

Monish Dhalwani 35-39

Samrat Kulkarni 30-34

Ondrej Vesely 30-34

Lyndsay McMeen 30-34

Elizabeth Willard 30-34

Lauren Twombly-Seavy 25-29

Annie Ferguson 25-29

Daniel Castellanos 20-24



SVY SCM Masters Meet
Saturday, April 2, 2011
Somerset Valley YMCA,
601 Garretson Rd, Bridgewater, NJ 08807

- Approval:** Sanctioned by the NJ LMSC for USMS, Inc. Sanction #: 071-S01
- Facility:** The Bridgewater facility of the Somerset Valley YMCA has a 10 lane, 25 Meter pool. 6 lanes will be used for competition. 1 lane for warm up/warm down during the meet.
- Purpose:** The swimmers on the Somerset Valley YMCA swim team are running this meet as a fundraiser to help defer the cost of a team trip they will be taking to the YMCA National Championship in July.
- Times:** 9:00AM Warm Up, 9:45 Start. Distance events are at the end.
- Eligibility:** Open to all USMS registered swimmers.
- Awards:** Individual awards for first through third place in each age group.
- Registration:** All entries must be received by 5:00 PM March 25th. Sorry, no deck entries.
- Timing:** Electronic Colorado system. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of hand held stopwatch times.
- Seeding:** Heats will be seeded slow to fast, regardless of sex or age. If you do not have a time, please give us a best estimate. Do not enter NT.
- Age Groups:** Individuals; 18-24, 25-29, 30-34, etc. through 90+
(Reminder that SCM meets use: age as of December 31, 2011)
Relays for meters competition are sum of the ages: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, etc.
- Relays:** Relays must consist of two women and two men; the aggregate age of the four relay team members shall determine the age group. All four swimmers must be registered on the same USMS club. Relays must be declared by 9:40 AM.
- Entry Fees:** Surcharge: \$15.00, includes a T Shirt. Individual events cost \$5.00 per event. Relays are Free. Please make check payable to the Somerset Valley YMCA.

Events:

- | | |
|---|--------------------|
| 1) 200 Med relay | 9) 50 Free |
| 2) 100 Free | 10) 200 Breast |
| 3) 100 IM | 11) 200 IM |
| 4) 50 Fly | 12) 100 Fly |
| 5) 100 Breast | 13) 50 Breast |
| 6) 50 Back | 14) 200 Back |
| 7) 200 Fly | 15) 200 Free |
| 8) 100 Back | 16) 200 Free Relay |
| 17) 400 Free* (Swimmers must provide their own timer and counter) | |
| 18) 800 Free* (Swimmers must provide their own timer and counter) | |

- Concessions:** Food will be available for sale during the meet.
- Patio Pool:** A separate (warmer) pool is available during the meet for comfort. This is not a hot tub, and does not have lanes.
- *Entry Limits:** The meet will be limited to 150 swimmers to maintain an appropriate timeline. *Also the 400 will be limited to 6 heats, and the 800 will be limited to 3 heats. Entries will be accepted on a first come first serve basis in the order that they are received.
- Other Info:** The psych sheet will be posted at www.svynj.org the Wednesday before the meet. Results will be posted within one week of the meet.

Any Questions Contact,
Tom Lawson - Meet Director
tlawson@alumni.lafayette.edu

2011 SVY SCM Masters Meet

Attach a copy of your USMS registration card here.
But also fill out the following info and be sure to sign the waiver.

Name _____ USMS No.: _____

Address _____

Phone: _____ Age (as of 12/31/2011): _____ Sex: _____

Club Name: _____ Abbrev: _____

"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 ODR DAMAGES CAUSED BY THE 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."

Swimmer Signature: _____

Date ____/____/____

Optional: Email Address: _____

Event	Event	Seed Time	Event	Event	Seed Time
1	200 med relay	Deck Entered	16	200 free relay	Deck Entered

Event #	Event	Seed Time	Event #	Event	Seed Time
2	100 free		10	200 breast	
3	100 IM		11	200 IM	
4	50 fly		12	100 fly	
5	100 breast		13	50 breast	
6	50 back		14	200 back	
7	200 fly		15	200 free	
8	100 back		17	400 free	
9	50 free		18	800 free	

Meet surcharge (includes T Shirt):

\$15.00

T Shirt size (check one) S ___ M ___ L ___ XL ___

Number of Individual events _____ @ \$5.00 each

\$ _____

Total Fee Enclosed

\$ _____



NJ LMSC

451 Sweet Hollow Road

Bloomsbury, NJ 08804