

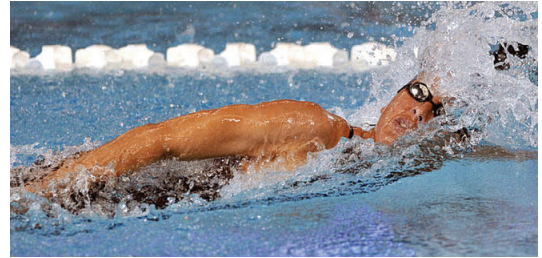
March 2012

EASTLANE

40-year-old Janet Evans qualifies for U.S. Olympic trials

AUSTIN, TEXAS

Janet Evans qualified for the Olympic trials in the 800-meter freestyle Sunday, her second qualifying time in two days in her comeback bid. The 40-year-old Evans finished in 8 minutes, 49.05 seconds at the Austin Grand Prix. Evans, who still owns the American record set in 1989, won the race by more than 14 seconds. "This is my first big event with fast kids since 1996," she said. "I felt really good starting off, especially in the first 400 (meters)."



The mother of two also posted an Olympic-trial qualifying time in the 400 freestyle on Friday. "I think I'm pretty fast for 40," Evans said. "It was good to get out there and finally swim hard." Evans was 17 when she set the world record in the 400, one of three gold medals she won at the 1988 Seoul Games. She later set world marks in 800 and 1,500 freestyle and retired after the 1996 Atlanta Olympics. "It was always my best event," she said about the 800. "I remember what I've accomplished and what I've done, but it doesn't affect me now. It was so long ago."

The US Olympic trials begin in June, followed by the London Games in July.

--From Fox Sports at <http://msn.foxsports.com/olympics/story/Janet-Evans-qualifies-for-800m-Olympic-swim-trials-011512>

New NJ Masters Swimming Service Award Announcement

In memory of one of New Jersey Masters Swimming's stalwart supporters, Lou Abel, the 'Lou Abel Distinguished Service Award' has been established. Lou made significant contributions in both leadership and participation in pioneering the development of Masters Swimming in New Jersey during its formative years and continued his passionate and inspirational support of the organization until his passing in 2010.

The 2012 award recipient(s) will be honored at the May 12th, 2012 NJ Masters Swimming Annual Continuous Membership Awards Banquet.

For full [information about the award](#) and the nomination procedure and form, please visit the [NJ Masters Swimming website](#).

--Susan Kirk

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Calendar 2012

Events

January 1 – January 31 2012 USMS Speedo One Hour Postal National Championship, Swim as far as possible in one hour, in any pool you choose that is 25 yards or longer. Send your event results in electronically or by mail. Must have a 2012 USMS registration.

January 1 - December 31 USMS Go The Distance 2012 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 Postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2012 calendar year. Information includes online and paper entry .

April 26-29 2012 USMS Spring National Championships, Greensboro Aquatic Center, Greensboro NC. Online entries are now open.

July 5-8 2012 USMS Summer National Championships, Qwest Center, Omaha, NE. Meet information is available.

New Jersey Events

March 24 Third Annual March Madness, Drew University Ranglers Aquatics Masters, Drew University. Meet entry on pages 8 and 9. Deadline 3/17.

September 9 2012 Lake Hopatcong Open Water Swim Festival featuring the USMS 2 Mile Open Water National Championship. Online entries and paper entry form are ready. Questions? Contact Event Director, Bridgette Hobart at bhobart@ptcllc.com

October 20 ~~~~ Sussex County YMCA Adult Mini-Meet, Hardyston. Information to come.

Banquet Date Set

The 6th Annual NJ Masters Swimming Awards Banquet and Social will be held on Saturday evening, May 12. The event promises to be an enjoyable evening with great food and wonderful camaraderie and a new location. Also, any recipient(s) of the Lou Abel Distinguished Service Award will receive their award(s) at this banquet.

Watch your email for an upcoming membership email blast with more details We hope to see many of you there!

Light Those Candles

Happy birthday to the following 72 swimmers who celebrate their birthdays in March.

Sandy Carosi 45-49	Zachary H Chororos 45-49	Todd G Lent 40-44
Siochain Hughes 50-54	Libby Lennox 55-59	Peter C Christopher 55-59
Ken Niemi 55-59	John S Vigilante 50-54	William Kosakowski III 45-49
Sue Freeman-Patterson 60-64	Ryan P McMullen 25-29	Annie E Ferguson 25-29
Manish R Goswami 40-44	Amy F Onderdonk 45-49	James F Sullivan 60-64
Christopher W Chang 35-39	Bridget Sherratt 40-44	Bob Townley 45-49
Louise E Goldsmith 45-49	Elizabeth B Krynska 55-59	Leigh A Wagner 18-24
Lauren Twombly-Seavy 25-29	Bruce R Lee 50-54	Allyson J Roesch 18-24
Robert J O'Connell 45-49	Rich Miani 45-49	Jon Briggs 45-49
Paul M Julich 30-34	Cory J Rosenbaum 40-44	Glen Fries 60-64
Lynda H Przedpeiski 45-49	Chris McGiffin 45-49	Susan Merberg 45-49
Mercedes Kelso 40-44	Tom H Lawson 50-54	Peggy L DeRosa 60-64
Pedro Moreno 45-49	Donald J Asay 55-59	Mary M Teel 55-59
Ana Zsak 40-44	Diana L Winigrad 35-39	Kristy Klein 35-39
Kurt W Rotthoff 30-34	Matthew P Mahan 35-39	Tom Brunson 70-74
Lauren Dagostino 30-34	Larry E Lenge 75-79	Monish Dhalwani 35-39
Robert F Hassett 35-39	Alexandra F Deffaa 25-29	Sheryl G Walsh 55-59
Rosanne Lemonggello 50-55	Ron Borchers 50-54	Brian G Mahoney 50-54
Nora Schultz 40-44	Suzanne Ceravolo 45-49	
John J Bernauer 40-44	Edward P O'Connor 40-44	
Nancy M Wagner 50-54	Jennifer J Portman 50-54	
Heidi C Pfefferkorn 50-54	Frank J McElroy 60-64	
Alice M Unger 35-39	Lyndsay C McMeen 30-34	
Ladislav Sebestyan 35-39	Martin W Kraus 40-44	
Michelle C Aromando 35-39	Liatte Krueger 30-34	
Todd R Clear 60-64	Dana L Andre 25-29	
Douglas F Munch 65-69	Eric Schiebler 45-49	



Workouts May Not Be the Best Time for a Snack

By **GINA KOLATA**

A few weeks ago, a friend showed up for a run with a CamelBak — one of those humplike backpacks with a tube that allows you to sip liquid — and a belt containing food to eat along the way. Every 20 minutes or so as we ran, he stopped to eat and drink, sprinting afterward to catch up.

Now that is unusual, I thought. Does it really help to eat so often during a 16-mile run?

Certainly a lot of athletes believe they need constant nourishment. My friend and running partner Jen Davis, who has entered more races and run more than I ever have, once went on a 30-mile training run with a guy wearing a CamelBak and bearing snacks. He stopped every 20 minutes along the way and then, about halfway through the run, pulled out a turkey sandwich.

"I'm not sure if he ever actually ran an ultra race," Jen said. "He may have gotten injured after carrying that heavy pack on those long runs."

There is no end to the crazy foods people will eat at endurance events. At the J.F.K. 50-Mile in Maryland, boiled potatoes and chicken broth are provided at aid stations. At the Rocky Raccoon Endurance Trail Run in Texas, runners can choose rice and beans or pasta, along with snacks like pretzels, cookies and candy.

At a 100-mile bike ride my husband and I have done several times, pumpkin pie is offered about 25 miles from the finish line. (My husband tried it one year and felt ill the rest of the ride.)

For the athlete determined to munch on the go, there are shelves worth of prepackaged "energy gels" and bars, even jelly beans, promising to raise performance.

But most athletes are not running 30 or 50 or 100 miles, nor are they doing the equivalent amount of exercise in another sport, like cycling or swimming or skiing. So most of us really do not need to keep eating during a race to maintain energy and stamina, said Nancy Rodriguez, a sports nutritionist at the University of Connecticut.

Dr. Rodriguez reviewed published studies on nutrition and performance as part of a group of experts who wrote a position paper on the topic for the American College of Sports Medicine. Runners, for example, competing in a 5- or 10-kilometer race, she said, "don't need the CamelBaks and don't need to have that Hershey bar or Powerade or Clif shot."

Even athletes who are fast and competitive may not always need to eat during a workout. There's no set rule on what they should eat and drink before, during and after exercise, said Melinda M. Manore, a sports nutritionist at Oregon State University who was an author of the position paper.

"People have gotten the message that they have to eat something," Dr. Manore said. They guzzle an energy drink or eat a sports bar, but that doesn't help. And for the many who are trying to lose weight, the habit just adds extra calories.

What they need depends on what they ate before they started and how hard their workout is going to be, among other things, she explained. "If you can run six-minute miles or five-minute miles and you are going out for an hour, you do not need to be eating an energy bar during the workout," Dr. Manore said.

Middle of the Road Workout

Thanks to Brad Thornton, coach of Hoboken Masters for this fantastic mid distance freestyle workout. The focus of the main set is to challenge yourself on the 100 interval.

Warm Up:

300 Swim, 200 Pull, 100 Kick

Pre Set:

6 x 50 @ 60 seconds

-Descend 1-3, 4-6 to 75%+

Main Set:

8x's:

|100 @ 10 seconds below your normal pace (e.g. 1:20 Normal, then 1:10)

|75 @ Same Interval

100 EZ

Active Recovery:

400 Pull – Long – Focus on Distance Per Stroke

Warm Down

200 EZ



Really? The Claim: An Ice Bath Can Soothe Sore Muscles

By ANAHAD O'CONNOR

THE FACTS

For most people, the only time jumping into ice might sound like a great idea is after a grueling workout. Athletes have used so-called cold therapy for years, saying it reduces inflammation, speeds recovery and prevents muscle soreness.

Baseball stars like C. J. Wilson of the Texas Rangers swear by cold therapy. The San Antonio Spurs, Houston Rockets and other N.B.A. teams provide players with high-tech cryotherapy machines. And Paula Radcliffe, the British runner, said she took a 10-minute ice bath after setting her world-record marathon time in 2003. "It takes the inflammation down in my legs," she said.

According to research, ice baths can be helpful — at least in comparison to doing nothing. In a new report in *The Cochrane Library*, researchers at the University of Ulster in Ireland pooled data from 17 studies involving 366 people, many of whom sat in ice baths for several minutes after cycling, running or lifting weights. Compared with passive rest after exercise, a short bout of cold therapy reduced soreness by 20 percent, the researchers found.

"There was some evidence that cold-water immersion reduces muscle soreness at 24, 48, 72 and even at 96 hours after exercise compared with 'passive' treatment," the researchers wrote. But they noted a caveat: There has been little study of cold therapy versus active treatments, like compression sleeves or ibuprofen. There are also side effects. Immersion in ice-cold water can cause shock and increase heart rate. The researchers also noted that the long-term safety of regular ice baths has not been studied well.

THE BOTTOM LINE

There is some evidence that ice baths can reduce muscle soreness, but it is not clear whether they are more effective than other treatments.

From NY Times, 2/20/12

Moderate athletes need to eat and drink after the workout, she said, but a healthy meal with plenty of fluids is sufficient. Indeed, for most of them, the most common error is to eat too much.

Dr. Manore follows her own advice. She hikes for an hour in the hills every morning, four to five miles. All she has before she goes out is a cup of tea with milk.

But anyone exercising for two hours or more does need to get carbohydrates, the muscles' fuel, according to the position statement. That means eating before, and perhaps during, the workout. Those who try to skimp can end up with a poorer performance, said Dan Benardot, a sports nutrition researcher at Georgia State University. A long workout, like a run that lasts more than two hours, is "an enormous drain on blood sugar," he said.

If the body runs out of glucose for fuel, it will start breaking down muscle, which is counterproductive. Dr. Benardot's research indicates that athletes do best when they never let themselves have more than a 400-calorie deficit during the day. That is, if you expend 1,500 calories on a two-hour run, you offset it with at least 1,100 calories in food that day.

That means it is a disadvantage to eat most of the day's calories at one time — at night, for example. But athletes should make dietary changes gradually so their bodies can adapt to more frequent fueling, he said. Those who try sudden changes sometimes pay a price.

Dr. Benardot tells the story of a distance runner who was doing well and felt great the morning of a big marathon. Before the race began, she saw her chief competitor put packs of a sugary gel into her running bra to eat during the race.

The distance runner did the same, even though she had never before eaten during races or long runs. It was a disaster: She had diarrhea during the event.

The gels "were anything but a competitive advantage," Dr. Benardot said.

"You have to let your body adapt," he added. "And you have to find out what works for you."

From NY Times 2/20/12

Saturday, March 24, 2012 • Third Annual March Madness
hosted by Rangers Aquatics at Drew University
Sanctioned by the New Jersey LMSC for USMS, Inc. Sanction # 072-S001

FACILITY: Drew University is located in beautiful Madison, NJ. Six short course yard competition lanes, two short course lanes used for continuous warm-up and warm down. Electronic timing with eight line scoreboard display; non-turbulent lane lines; overflow gutters. 2012 USMS rules will govern and be strictly enforced. Area map, driving directions, mass transportation options, parking, lodging and additional meet information all available online in the "Links" section of the Ranger Aquatics website www.rangeraquatics.com.

SCHEDULE: Warm-Up 8:00-8:50AM • Meet Start 9:00AM • Projected Finish Time 1:30PM. Psych sheets will be posted online at www.rangeraquatics.com two days prior to meet date.

ELIGIBILITY: *This meet is open to USMS-registered swimmers age 18 and older. A legible copy of your current 2012 USMS registration card MUST be submitted with mailed-in entry - no exceptions. If you have lost or misplaced your USMS card, simply log on to www.clubassistant.com/club/usms_member_card_request.cfm to obtain a card copy which will be delivered to your email address.*

AWARDS: Distinctive ribbons for 1st through 3rd place in all individual and relay events. Swimmers should pick up their awards promptly. **NO** awards will be mailed to competitors after meet conclusion.

CHECK-IN: Positive check-in on event day is required for all swimmers. If you do not check in, you will be **SCRATCHED** from the event.

SEEDING: Swimmers will be seeded in heats according to entry time, not by age and gender. Heats will be contested slowest to fastest. All 50, 100, and 200 yard events will be pre-seeded before the meet. The 500 and 1650 Free will be deck-seeded on event day after positive check-in has closed.

ENTRY LIMIT: Swimmers may enter a maximum of four (4) individual events. Entries will be limited on a first-received basis to keep meet time line within 4.5-hour facility schedule restriction.

ENTRY TIMES: Enter **YARD** times for all events. No "NT" entry times accepted for the 1650 Free events. An automated time conversion utility is available at ww.swimmingworldmagazine.com/results/conversions.asp.

ENTRY FEE: \$15.00 entry fee plus a \$5.00 per individual event fee payable by check or money order to Drew University c/o Drew Swimming.

DEADLINE: Final entry **RECEIPT** (not postmark) deadline is 6:00PM on Saturday, March 17, 2012, or if 4.5-hour meet time line cap is exceeded prior to this date - whichever comes first. Do not delay - mail your entry **AT LEAST 7-10** days prior to entry deadline. No fax, phone, or email entries accepted - no exceptions.

LATE ENTRY FEE: Late entries will be accepted *on a space available basis* up to 11:59 PM, March 21, 2012. Late entry fees will be doubled \$30.00 entry fee plus a \$5.00 per event fee payable by check or money order to Drew University c/o Drew Swimming.

MAIL TO: Mail fully executed, signed and dated entry form with legible copy of your 2012 USMS registration card and \$15 entry fee and individual event payment to: Ranger Aquatics, 36 Madison Ave, Madison, NJ 07940. All forms of delivery service accepted Monday-Friday 9AM-5PM (no Saturday or Sunday delivery). We suggest you retain a copy of your meet entry and bring it to the meet. Please print clearly and include **ALL** contact info should we need to reach you to resolve a discrepancy.

QUESTIONS: Direct inquiries to Aquatic Director - Eric Scheingoltz via email at escheingoltz@drew.edu

MARCH 24, 2012

INDIVIDUAL EVENT ENTRY FORM

# EVENT	DESCRIPTION	ENTRY TIME
1	Mixed 200 Yard Freestyle	_____
2	Mixed 100 Yard Butterfly	_____
3	Mixed 50 Yard Backstroke	_____
4	Mixed 50 Yard Breaststroke	_____
5	Mixed 100 Yard Freestyle	_____
6	Mixed 200 Yard IM	_____
7	Mixed 100 Yard Backstroke	_____
8	Mixed 500 Yard Freestyle	_____
9	Mixed 100 Yard Breaststroke	_____
10	Mixed 50 Yard Butterfly	_____
11	Mixed 50 Yard Freestyle	_____
12	Mixed 100 Yard IM	_____
13	Mixed 1650 Yard Freestyle	_____

Check-in required; no "NT" entries accepted

=====
\$15.00 entry fee plus **\$5.00** per event payable by check or money order to **Drew University c/o Drew Swimming**. Fully executed, signed and dated entry form with fee payment and legible copy of current 2012 USMS registration card must be **RECEIVED** (not postmarked) by **6:00PM on Saturday March 17, 2012** (unless meet time line cap has been exceeded prior to this date). **MAIL to: Eric Scheingoltz – Ranger Aquatics, 36 Madison Ave. Madison NJ. 07940. NO Fax, Phone or Email entries accepted.**

Use of Image/Likeness: I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

USMS LIABILITY RELEASE: "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."

SIGNATURE _____ **DATE** _____

PRINT FIRST & LAST NAME _____
same name as indicated on your current 2012 USMS registration card

SEX (circle one) M F

BIRTHDATE ____/____/____ **AGE** ____
m m / d d / y y y y (as of 03/24/12)

CLUB ABBREVIATION _____
(as per USMS registration)

DAY TEL (____) _____ - _____

EVE TEL (____) _____ - _____

CLEARLY PRINT E-MAIL ADDRESS _____



NJ LMSC
451 Sweet Hollow Road
Bloomsbury, NJ 08804

Quote:

“An optimist is the human personification of spring.”

Susan J. Bissonette