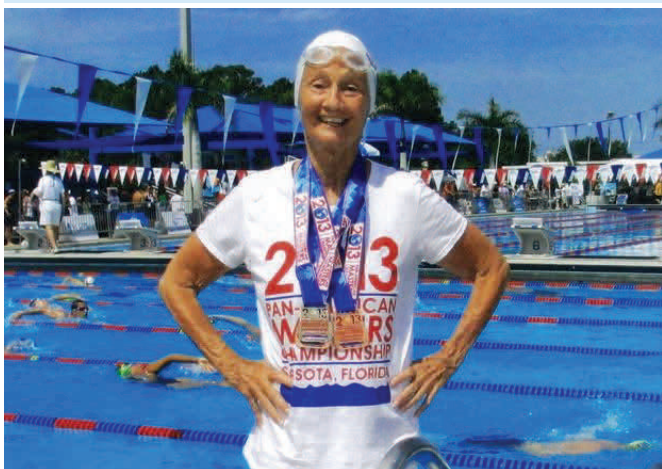


# EASTLANE

## 79-year-old Bridgewater swimming champion still bringing home the gold

~~~ by Walter O'Brien, NJ.com... Janet Moeller, 79, of the Martinsville section of Bridgewater, has been swimming competitively, and winning, for 40 years — and she shows no interest in hanging up her bathing cap!



See page 10!

A lifelong swimmer, Moeller practices three times a week at the Bridgewater Family YMCA branch of the Somerset Valley YMCA as part of the Garden State Master Swimmers program, affiliated with the U. S. Masters Swimmers and N.J. Master Swimmers.

"I learned to swim at the Plainfield YMCA,

and I used to swim at the Rahway River Park Pool," Moeller said. "Swimming is the best — it lowers the blood pressure, it's good stress management, it keeps you physically fit and you get to stretch out in the water. It keeps me at 5'6".

In June, Moeller won the gold medal in the 400-meter individual medley, a bronze medal in both the 50-meter freestyle and the 50-meter butterfly, and the silver medal for second place in the 200-meter butterfly race at the Pan American Masters Championship in Sarasota, Fla. She also won a fifth-place medal in the 100-meter butterfly.

"I surpassed all my expectations," Moeller said. "The 200 fly was held on the sev-

Continued page 6



Hummm, what's up with the purple toes? Check out the story page 7!

# Calendar 2013

## Events

**January 1 - December 31** USMS Go The Distance 2013 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 2013 calendar year. Information includes online and paper entry .

## New Jersey Events

**September 8** Lake Hopatcong Open Water Swim Festival Lake Hopatcong, NJ. For more information please see [www.swimlakehopatcong.com](http://www.swimlakehopatcong.com) or contact Bridgette Hobart via email at [bhobart@ptcllc.com](mailto:bhobart@ptcllc.com), or via phone at 973.663.3663

**October 12** Octoberfest at Drew University, details to follow!

**October 19** Sussex County YMCA Fall Adult Mini-Meet.



"It's just a job. Grass grows, birds fly, waves pound the sand. I beat people up.

Muhammad Ali

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# ***LIGHT THOSE CANDLES***

## ***HAPPY BIRTHDAY JULY/AUGUST BIRTHDAYS!***

|                               |                        |                      |                     |
|-------------------------------|------------------------|----------------------|---------------------|
| Enrique Azcurra               | Catherine Hetzel       | Allison Vespa        | David Juchniewicz   |
| Robert Baile                  | Deirdre Hughes         | Wendy Weill          | Rebecca Kalibat     |
| Steven Becker                 | Sandra Karyczak        | Marilyn Berta        | Stan Konopka        |
| Patti Bell                    | Jerry Katz             | Arthur Bilenker      | Peter Langham       |
| Tom Burkardt                  | Bryan Kelly            | Jorge Blum           | Matt Lefkowitz      |
| John Carlton                  | Simona King            | Nancy Breitbarth     | Mario Lepore        |
| Karen Charen                  | Ursula Kohama          | Tiffany Brennan      | Gregory Lockard     |
| Oleg Chebotarev               | Sam Kongsamut          | Judith Brown         | William Maher       |
| Kevin Chiella                 | Mike Leddy             | John Buford          | Margaret Martonosi  |
| Lorna Cialdella-<br>Morehead  | Nai Lee                | Elizabeth Burton     | Peter McCoy         |
| Lisa Ciccone                  | Todd Lewandowski       | Janet Byrne Smith    | Lorraine McPhillips |
| LaJoy Collins                 | Kevin Lynott           | Richard Cahayla-Wynn | Megan Mongan        |
| Jeffrey Connors               | Patrick Maloney        | Heather Cameron      | Elizabeth O'Connor  |
| Mark Corl                     | Andrea McGruther       | Mary Carley          | David O'Dougherty   |
| Tim Crow                      | Maureen Mortell Koziol | Amy Carow            | Elske Parker        |
| Sam Cynamon                   | Anne Newman            | Bo Cederquist        | Marcia Postallian   |
| Chuck Dender                  | Edward O'Hara          | Yonjai Chung         | Craig Prince        |
| Lisa DiGiovanni               | Graziano Padovan       | Timothy Clewell      | Kathleen Reynolds   |
| Laurie Ditommaso              | Victoria Picciochi     | Arthur Deffaa        | Brian Rose          |
| J Wesley Donnelly             | Patricia Piserchia     | Benn Doyle           | Sarah Sangree       |
| David Dorfman                 | Beth Poore             | Dan Drury            | Julia Scales        |
| Monica Driscoll               | Rowan Prior            | Joe Dutton           | Michael Schwebel    |
| Karl Fenske                   | Michael Randazzo       | Omar Ali Elrafei     | Sandra Seddon       |
| Joseph Filose                 | Michael Roesch         | Melanie Fink         | Kevin Seise         |
| Jennifer Finotti-<br>Sheppard | James Ryan             | Donald Free          | Samantha Simone     |
| Diane Foley                   | Norman Sorkin          | Robert Gatto         | Donald Smart        |
| Chip Freund                   | Nancy Steadman Martin  | David Groeneveld     | Faith Springsteen   |
| Jack Freund                   | Amy Sugerman           | Gal Harel            | Margaret Tuohy      |
| Laura Graham                  | Matt Sweeney           | Glenn Hartrick       | Jack Zakim          |
| Gail Greenstein               | Ryan Swift             | Craig Hubert         |                     |
| Mark Haftkowycz               | Mark Tepes             | Kathleen Hurley      |                     |
| Jamie Heighway                | Edward Tirpack         | Susan Ibarra         |                     |
| Whitney Henry                 | Oscar Torres           | Marc Israel          |                     |
|                               | William VanPelt        | David Jacob          |                     |



# COACH CHUCK WARNER: BERKELEY MASTERS at RUTGERS

In the fall of 2010, Berkeley Masters launched a new training program at Rutgers University. The head coach for the Rutgers program is Chuck Warner. Coach Warner served 13 years as the Rutgers head coach, is a three-time USA National team coach, former President of the American Swimming Coaches Association and author of two highly acclaimed books on swimming: *Four Champions, One Gold Medal* and the recently released *...And Then They Won Gold: Stepping Stones to Swimming Excellence*.



The Berkeley at Rutgers program offers six training sessions per week, two in the early morning, two at noon and two in the evening. Coach Warner is assisted by former Rutgers team captain Kirsten Fontana, Northwestern University distance star Dave Hersh and Raritan Riptide co-Head Coach Brian Rose. The mix of coaching offers the program's swimmers many sets of eyes for feedback on skill development and variety in practice design.

In August of 2012 the group trained two successful Ironman finishers in Lake Placid, Keith Cook and Jen Homma. One of the stars in the pool is Ken Niemi.

Ken has been swimming Masters for about 18 years. After a short high school swimming experience Ken began to swim on his own when he turned 30. But marriage and children followed. Once his kids were safely moving through school he got back into the pool. Ken read his Master's magazine and the USMS website. He became hooked on learning, training and racing. He found that working on technique and race strategy in an organized program resulted in much faster swimming than he had ever found on his own.



“When I joined Berkeley Masters at Rutgers (in 2010), I thought I knew how to swim. However, there was more to learn,” Ken recalls. In 2011 he met a long time goal when he made the top ten Masters rankings in the 55-59 age-group. In 2012 he competed in his second National Championship in Omaha, Nebraska at the spectacular Olympic Trial site. For the first time he took home medals for individual events including a seventh place finish in the 400-meter freestyle.

Ken currently practices 4-5 times per week, about 60-75 minutes each time, swimming between nine and eleven miles per week.

For more information about the Berkeley at Rutgers Masters program please go to [www.aretswim.com](http://www.aretswim.com), email [berkeleymasters@gmail.com](mailto:berkeleymasters@gmail.com) or call 732-921-5989.

# KUDOS KUDOS KUDOS KUDOS KUDOS

~~~ by Ed Tsuzuki

July 16, 2013 - The NJ LMSC still boasts the highest participation rate of all of the "high yardage" LMSCs with almost 13% of the NJ membership (119 swimmers) recording Go The Distance results on line! In total, NJ has logged the 8th highest mileage of all 52 LMSCs and along with fellow LMSCs New England (4th) and Potomac Valley (5th), has helped the Colonies Zone remain as the highest ranking zone with over 800 swimmers recording almost 100,000 miles this year! New Jersey certainly has even more swimmers working out on a regular basis so, please don't forget to register and log your miles! To participate, simply register and then 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 (8) LMSCs for 2013:

Pacific - 51k miles, 391 swimmers (4% of LMSC membership)

Southern Pacific - 31k miles, 208 swimmers (5% of LMSC membership)

Florida - 25k miles, 175 swimmers (9% of LMSC membership)

New England - 21k miles, 166 swimmers (7% of LMSC membership)

Potomac Valley - 16k miles, 142 swimmers (5% of LMSC membership)

Illinois - 16k miles, 158 swimmers (8% of LMSC membership)

Oregon - 15k miles, 118 swimmers (11% of LMSC membership)

New Jersey - 14k miles, 119 swimmers (13% of LMSC membership)

## Coach Warner's Summer W/O

Fins: 8 x 50s k-sw/drill-sw ev. 50 or 7 x 50s ev.\* 1:10

(Note: We generally use the same interval but vary the distance for the different levels of swimmers, thus the / to separate levels. \*leaving every)

2 x {Drill – 2 x 25s ev. 45

{Swim- 3 x 50s stroke ev. 1:00 or 2 x 50s ev. 2

{K – 2 x 100s/75s ev. 2

{S – 300/250/200 ev. 4 PINK\*\*

{S – 200/175/150 ev. 2:50 RED\*\*

{S – 100/75/50 ev. 1:30 PURPLE\*\*

{Pull- 2 x 75s/50s ev. 1:20 Good Form-ez

Crash and Burn 50s: 6 x 50s ev. 1:30-1:20-1:10-1:00-50 – go fast and see how long you can last!

100 ez

Total: 3100

\*\*Pink is about 60% effort or pink is the face

Red is about 80% effort or red in the face

Purple is 100% effort and purple face



# KUDOS KUDOS KUDOS KUDOS KUDOS

enth day of competition, and many swimmers were exhausted and "scratched" out of this event. It truly is a test of endurance."

This was the first time the U.S. hosted the biennial event, which drew nearly 2,000 adult swimmers from South America, Central America, the Caribbean, Mexico, Canada and the U.S., Moeller said.

Her interest in competitive swimming began while she was a lifeguard at the Somerville YMCA at the age of 36. "I was so happy to be a lifeguard," Moeller said. "Then a lifeguard at Watchung Lake told me about the U.S. Master Swimmers program for adults and the idea began to germinate."

She got Al Scotch, then the girls' coach at the Somerville YMCA, to teach her how to perform the various strokes — the breast stroke, butterfly, backstroke and freestyle — and all the turns. Thanks to Moeller, the Master Swimmers program at the YMCA had begun. "Back then you had to fill out little index cards and mail them in to register," she said. "Now it's all online."

All world registration and swim meet results get entered into the Luzerne, Switzerland Master Swimmers database at the [World Federation International de Natacion, or FINA](#). FINA is the international affiliate of the U.S. Master Swimmers group. "Everyone who does the 200-meter butterfly is in there," Moeller said. "I'm in the top 10 for my age group."

Every time Moeller wins at a FINA meet she wins a special FINA patch which she attaches to her warm-up jacket. The problem is that she has won more than 35 so far, and she's run out of space on the jacket. And that's not counting boxes and bags of medals from the Garden State Master Swimmers, she said.

"When I won my first individual gold medal at the 1995 San Antonio Masters meet, I won gold, bronze and other medals and tried to wear them on the plane coming home," Moeller said. "I set off all the security bells and whistles."

Moeller's next official competition will be the Jason Nessel Memorial Invitational swim meet at Rahway River Park's Walter E. Ulrich Pool on August 4. Then she has her sights set on the 15th FINA World Masters Championship in Montreal, Canada in the summer of 2014.

Arthur Soybel has been an aquatics instructor and director for about seven years, first at the Hillsborough YMCA branch and now at the Bridgewater YMCA. "We have the Masters Swimming program at both Bridgewater and Hillsborough," Soybel said "There are no age limitations, but there are different qualifying times for each age group and stroke." Soybel said that participants tend to be former competitive swimmers who want to keep in shape, or triathletes looking to keep their swimming skills strong for triathlons. "It's an amazing program and people respond very positively to it," Soybel said. "And the benefits of swimming — you can't beat that!"

"We are so proud of Janet (Moeller) and her tremendous accomplishment," said Dan Roth, SVY Head Age Group Coach and Director of Masters Swimming. "The Masters program that we have here at the Y now is all thanks to the one she started in 1971. She is a great example of how swimming can help improve anyone physically and mentally, at any age."

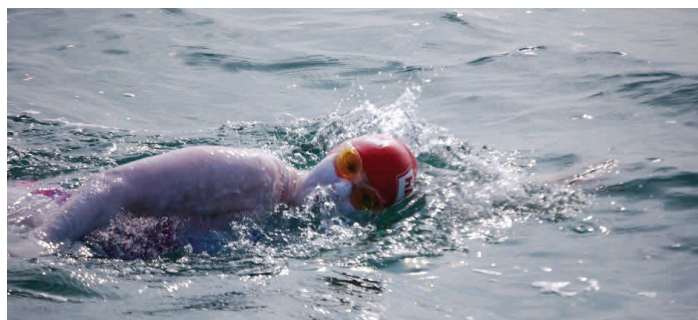
"Masters swimming is about fitness, friendship and fun, too," Moeller said. "It's the best exercise for a lifetime."

## Bridgette Hobart's English Channel swim, *by Bridgette*

Many thanks to those who wished me well pre and post my English Channel attempt, and continue to support my efforts. After some doses of Benedryl I'm feeling fine today. I always hoped when the day came for my first DNF (did not finish) that I'd handle it well, and I think I am. First, I honestly feel mentally and physically great and feel nothing but gratitude for Bob's call. I'm blessed with not just a perfect hubby, but a solid reliable crew support.

My entire experience has been nothing but great since I arrived in England. I've met so many wonderful people, swimmers and non-swimmers. I'm leaving with new friends, and the knowledge that my new approach to mental and physical training did me well. I was feeling nothing but pure bliss for my entire swim, and I just felt so strong and positive.

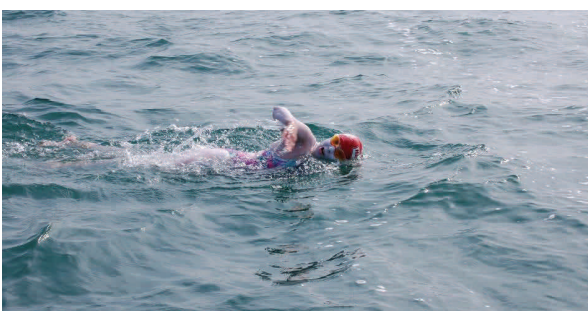
One of the last words spoken to me on shore by another channel swimmer, Loretta, observing for a relay team stuck in my mind – just relax and enjoy your channel experience. I did just that. When my observer looked at me with a WTF look on his face and said the water is 11, I looked to Bob who nicely translated to – it is 51-52. I recall shaking my head no because I thought he was kidding. One toe hit the water and I said oh, wow he is serious. I stayed positive and let my body embrace the temp as I swam to shore to start thinking ah, mental training is paying off! A special thanks to Tom Meade's efforts in this area!



**I'm off on my channel attempt leaving from Samphire Hoe Beach, Dover England on July 6 at approximately 8:30am. Starting temps at 52, but within an hour more steady at 58.**

I spent a lot of effort on cold water acclimation and felt confident. I started feeling fine, and embraced the temps by going out faster than normal. After that I could feel it get warmer (solid 58ish), thrilled I was under 20 sec on feedings and peeing between feedings (good sign meaning my kidney's weren't shutting down and my body heading towards hypothermia) – my body was fine. I felt stronger than ever with boundless energy—even my tapering was paying off.

I saw a few jellies early on under me and took in their beauty and reflected back on my first 2008 one mile ocean swim my swim buddy Erika convinced me to do. I was freaked by the ocean and closed my eyes until the lifeguard startled me when he told me I was going in the wrong direction. Lesson learned – one must keep eyes open to navigate, which meant I had to get over my fear of the ocean and embrace it. I felt so thrilled I



**The feeling of pure bliss in the channel – I'm even kicking!**

was now swimming over them, admiring them. I wasn't worried about a sting at all. I was stung in Tampa so I knew it would hurt but I'd get through it because I did before. You learn something from each challenge in life to apply to the next. While I could've lived without the stings in Tampa Bay swim, I left saying "at least I know I won't have a negative reaction!" I saw few more and fine again.

I couldn't believe how awesome it was swimming in the channel, and how fast time was going between feedings – a sign of pure bliss. I was just so excited to be in the channel – 33 years after I first said I was going to swim the English Channel one day. My

shoulders suddenly felt as if I exchanged them with my 17 year old body. Everything was falling in place. Could I really be one of the lucky ones where everything just aligns and works out on attempt one?

I was thrilled to be fundraising for the Nazareth Fund – a place where I enjoyed many great swim years, made many friendships that have lasted through today, and where I currently serve on the Board of Trustees. I showed up in my new Purple and Gold swim parka symbolizing our school colors, and discovered I actually matched my boat. I thought wow, how cool to pick out probably the only purple boat in the entire English Channel to be my pilot- meant to be! Gosh when your parka, and nail color match your boat you'd think nothing could go wrong! I was finally at a point where I started to think about my landing, something I forbid myself to do until I earned the right to do so. So many times I've been asked "what will you think when you finish?" or "what will you do next?" I'm sure I frustrate folks when I say I haven't thought about it, or I haven't planned anything because I want to focus on the channel until I'm done. But now I was finally feeling that wow, this could really happen. And then it didn't. I went from feeling on top of my game, to clueless where I was even swimming in minutes.



I read over and over, it then comes down to luck. There are so many variables – temps, weather, sea sickness, just a bad body day, injury. Jellies – honestly, never gave them a thought and when I spotted my first one I recall thinking huh, jellies in the channel- thought they liked warmer water. I'm so much like my Mom – she said the same thing when I talked with her! Then I was fascinated by my close up shots and wished I had a camera.



**My fav picture, and last picture taken during the swim. This was taken minutes before my blanket of jellyfish encounter. We're about half way between England and France, a point where Bob said you couldn't see either on our hazy day. We'd soon run into the jellies, and Bob said there was no way to avoid them because on every side of the boat it was all he saw.**

I last remember swimming through what seemed like endless jellies and thinking wow, so many and so cool. I felt the stings and said wow, not as bad as Tampa, must be cuz I'm numb from the cold temps. That thought made me giggle as felt I was making the best of the temps. My core was warm, my limbs numb and fortunately I never experienced shivering until I exited. I swam on and then suddenly I felt drugged, then my left side of my body was doing its own thing and I recall trying to focus to swim through it but was really disoriented. I heard Bob's voice and from that point I really thought I was chatting with them, but Bob said nope, unresponsive. In my mind I was swimming

through it, but his vision had me not even rolling my head to breathe and my left side just doing whatever. I remember feeling like someone was strangling me and trying to focus on breathing, but was at peace doing so – no panic, no pain. It really wasn't a bad experience for me since I was in la la land, but I'm sure I stressed poor Bob out and for that I'm sorry. He's done nothing but support my goals 100%, and unfortunately he had to make a decision that I'm sure is hard for any crew to make. But it was the right decision, and one that I've accepted, agree with, and greatly appreciate.

While this didn't go as I hoped, I am really feeling good, strong and healthy today. I'm touched by the many words of inspiration and support I've received from family and friends before and after my attempt. I'm staying positive, looking forward to getting back to the states to swim with my swim buddies as we train for our Manhattan Island Relays on August 10th to support Ilse's selected charity, Hands on the World Global. I am

blessed with a great team at Paradigm, and look forward to wrapping up some current projects and starting some new exciting projects on our agenda. I'm sure all our kiddies will be thrilled they see us in person now, and don't have to Skype again.

When I did Manhattan Island in 2012, I met fellow swimmer Steve Faulkner. Steve and I became swim buddies as we found our goals were the same in 2013. Steve was part of my Catalina crew in 2012, and offered to pet sit our kiddies (3 cats, 2 dogs) while we went to England so we could go away and be at ease they were cared for at home. He even did a Skype session for me to see them all pre swim! We did our long winter training weekends together, and we've done so much prep and planning for our channel swims together. Most of all, I'm honored to serve as Steve's crew for his upcoming channel attempts and I'm committed to staying focused and positive, so he can have the same dedicated crew experience I had with Bob –

one that truly understands it is all about the swimmer and their safety. I mention this because I previously said if the weather doesn't work for me in July then I'll go on Steve's spring tide in August. Now I've been asked if I'll give it a go again this August. I now see that is not realistic time for another attempt, or fair to Steve or my MIMS relay team. Open water swimming has changed my life so much, and for the better. I've become more balanced in my life, and I've met so many incredible people, and traveled to places I probably wouldn't have gone otherwise. It is much more than one event. But most of all, I feel I gained another brother through swimming with Steve, and I look forward to focusing on his safety while supporting and encouraging him through his channel swims. My parents and in-laws had the comfort of knowing I was in good hands with Bob, and I hope Steve's mom has the same comfort with me. Therefore, I'm focusing on reviewing the available dates for the 2014 English Channel swim season.

Thanks again to all of you for your support, and a special thanks to my parents and in-laws for their constant support. I'm sure they thought their worries were over when we became responsible adults, and now they find themselves following a GPS Tracker in the middle of the ocean and wondering what went wrong when the boat suddenly turns rapidly back to shore and we're out of cell range. For those few hours of stress – I'm very sorry. I really am leaving healthy, injury free, and content. I came here with no other 'next' swim planned because I said anything can happen, and I want to focus on the channel until I hit France and I plan to keep my word and my goal. Until then I remain grateful I've been blessed with so many family, friends, good health and a supportive hubby!



**Proof I'm really doing fine post swim. We've admired the Dover Castle every day and said post swim we were going to tour it, and we did! Magnificent. Bob wanted to walk up, so off we went. In addition to learning my body doesn't do jellies well, I also realized I'm a sea level girl – that hill was awful.**



# 2013

## PAN-AMERICAN MASTERS CHAMPIONSHIP

### SARASOTA, FLORIDA

**SNAPSHOTS...** of the 2013 Pan American Games in Sarasota in June. There were approximately 2,000 competitors representing 27 countries from South America, Central American, the Caribbean, Mexico, Canada and the USA.

The swimmers in the photos are Beth Maloney and Bill Reichle, both representing Berkeley Aquatics; Mike Fanelli, formerly of GSM, now living in Delaware; and Jerry Katz representing Garden State Masters.

All these swimmers performed very well, with the top finish going to Jerry Katz who took 2nd place in the 50 Breast, age 75-80!



Beth, Mike, Bill & Jerry are enjoying some time on the podium with the Pam American Masters Mascot!



Jerry using the Mascot for a resting place between events!



Beth, Bill and Debbie Katz cheering on Mike & Jerry!



Mike Fannelli having fun as the mascot!

