

September 2013

EASTLANE



Where are they going?

See page 8 for the lowdown!

Swimmers and crew 4:45am at North Cove, Battery Park NYC

riding the Zodiac prior to the Ederle swim

Our own Susan Kirk and Lynn Ascione

On their way to the start at Gangway 1 in Battery Park

Need to know swim news as it's happening? Check out New Jersey Masters Swimming on Facebook and Twitter!

'Like' us on our [Facebook](#) page and follow us on Twitter [@NJMastersSwim](#) for some of the latest swimming news in New Jersey. Also, once you 'Like' the New Jersey Masters Swimming Facebook page, you can post announcements on the wall and share your swimming pictures and videos with your fellow New Jersey Masters Swimmers.

Calendar 2013

NJ LMSC VOLUNTEERS

Chair/Secretary

Susan Kirk
908.313.6785
sqkirk@gmail.com

Vice Chair

Chris McGiffin
908.630.0166
CMcGiff@aol.com

Treasurer

Bill Reichle
908.587.2053
ReichsSwim@aol.com

Co-Registrars

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

Sanctions & Safety Chairman

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

Top Ten Records

Ed Tsuzuki
908.371.9179
edtsuzuki@comcast.net

Newsletter Editor/Design

Sara Harrison Johnston
908.322.2449
aras33@comcast.net

Open Water Co-Chairs

Alben Fischer
908.884.1120

AFischer1

@lifetimefitness.com
Marie Vellucci
646.641.4236
marielovestowim@aol.com

Event Coordinator

Lynn Ascione
201.825.0328

lynnascione@optonline.net

Coaches Co-Chairs:

Bill Reichle
908.587.2053
ReichsSwim@aol.com
Julie Schoenlank
JSchoenlank@lifetimefitness.com

Fitness Chair:

Linda Brown-Kuhn
908.479.1038
lindabk11@gmail.com

Webmasters

Bridgette Hobart
bhobart@ptcllc.com
Jason Pintinalli
jpintinalli@ptcllc.com

Event Snippets

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 Snippets

September 8 Lake Hopatcong Open Water Swim Festival Lake Hopatcong, NJ. For more information please see www.swimlakehopatcong.com or contact Bridgette Hobart via email at 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.

November 16 & 17 Thanksgiving Classic at TCNJ, Ewing, NJ

February 2 NJ LMSC Annual 100 x 100s ~~ location TBD

More Snippets

For more in-depth calendar info, follow check out:

<http://www.njmasters.org/Events/events.html>



Swimming gave me my start, but my pal Tarzan did the real work. He set me up nicely.

Johnny Weissmuller

LIGHT THOSE CANDLES
HAPPY BIRTHDAY SEPTEMBER BIRTHDAYS!

Courtney Anderson
Robert Barrish
Errington Bennett
Dennis Benson
Patricia Beronio
Christina Breznak
Ronald Brown
Richard Clew
Kathleen Coffey
Chris Czvornyek
Brittany Dalonges
Femke de Ruyter
Jeffrey Dietel
Michael D'Imperio
Peter Dobi
Lainey Dooman
Diane Duelfer
Ronald Epstein
Greg Ewing
David Farrell
James Ferriter
Joseph Flanagan
Evan Friedman
Doron Frimer
Robert Gamer
Paul Grassie
Anthony Greco
William Haas
Jessica Hagenbuch
Reuwai Hanewald
David Hersh
Jeffrey Jenkins



Sally Jones
Dillard Kirby
Tyler Kneidl
Przemyslaw Kupinski
David Leit
Thomas Loscalzo
Meredith Lyndon
Gregory March
Lani Martin
George Melick
Lynn Mellor
Howard Miller
Daniel Morgan
Pia Mountford
Boris Orobinsky
Flavio Pardo
Sian Pearson
Jim Pestrichelli
Sherri Plunkett
James Rokosny
Martin Rothfelder
Toms Royal
Anne-France Saillot
Curtis Sawin
Scott Schmitt
James Sheerin
Isaac Siskind
Laura Smith
Joyce Taite
Linda Twining
Aaron Weiman



KUDOS KUDOS KUDOS

By Ed Tsuzuki

Congratulations to the following NJ LMSC swimmers who set new LCM records at the 2013 **Pan-American Masters Championships** in Sarasota, Florida on June 5-12, 2013.

Women 50-54 Laurie Ditommaso (51) 50 Free - 30.01; 100 Free - 1:07.74; 100 Back - 1:19.07; 50 Fly 31.30 Women 55-59 Deborah Cipriano (56) 50 Free - 32.92; 100 Free - 1:11.17 Men 55-59 Benn Doyle (55) 50 Breast - 33.73; 100 Breast - 1:16.66; 200 Breast - 2:46.83; 200 IM - 2:35.56 Men 65-69 Frank McElroy (65) 200 Free - 2:25.57; 400 Free - 5:05.59; 800 Free - 10:37.17; 200 Fly - 2:55.11; 400 IM - 6:01.74 Men 75-79 Jerry Katz (75) 100 Free - 1:22.77; 200 Free - 3:09.88; 50 Breast - 47.07; 50 Fly - 42.44

Congratulations to Frank McElroy (65) and Laurie Ditommaso (51) on setting new LCM records at the **2013 Masters Summer Sizzler** in Wilton, CT on July 21, 2013. Frank set new LCM records in the 100 free (1:08.86), 100 Back (1:26.80) 200 Free (2:25.57) and the 200 IM (2:54.22), while Laurie posted a new record in the 50 fly (30.65) and the 200 IM (3:00.81).

Congratulations to the following swimmers who set new NJ LMSC LCM records at the **Jason Nessel Memorial Invitational** meet on August 4, 2013 in Rahway NJ.

Women 70-74 Barbara Rosenbaum (72) 50 Free - 54.67; Women 75-79 Janet Moeller (79) 400 Free - 9:25.33, 100 Breast - 2:29.13.

Men 55-59 Benn Doyle (55) 100 Breast - 1:19.67 Men 65-69 Frank McElroy 200 Breast - 3:23.45, 100 Fly - 1:19.71 Men 70-74 Bob Hopkins (71) 200 Breast - 4:08.68 Men 85-89 Isaac Siskind (85) 50 Fly - 1:41.44, 200 IM - 7:48.40

Congratulations to Christopher Gibson, 57, who set a new NJ LMSC LCM record in the men's 55-59 1500 meter free with a 19:42.91 at the **2013 North Carolina Long Course** meet held at the Triangle Aquatic Center on August 3, 2013.

Fall back into a workout!

Warm Up 400 (50 drill, 50 swim)

400 IM kick

4 x 100 (100 back, 100 Free)

2 x 200 kick 50, swim 150 (fins)

4 x 100 free pull breathing pattern (per 100 breathe 3, 4, 3, choice)

8 x 50 (25 fly, 25 free)

6 x 100 (100 IM/100 free)

200 cool down

3200 total

This workout is from Beth Maloney who has experience coaching age groupers and Masters swimmers and has recently earned her ASCA (American Swimming Coaches Association) Level 2 Masters certification!



www.shutterstock.com · 29418943

OPEN WATER SWIMMING MANUAL

AN EXPERT'S SURVIVAL GUIDE FOR TRIATHLETES AND OPEN WATER SWIMMERS

BY Lynne Cox

Overview

Lynne Cox has set open water swimming records across the world, and now she has focused her decades-long experience and expertise into this definitive guide to swimming. Cox methodically addresses what is needed to succeed at and enjoy open water swimming, including choosing the right bathing suit and sunscreen; surviving in dangerous weather conditions, currents, and waves; confronting various marine organisms; treating ailments, such as being stung or bitten, and much more. Cox calls upon Navy SEAL training materials and instructors' knowledge of open water swimming and safety procedures to guide her research. In addition, first-hand anecdotes from SEAL specialists and stories of Cox's own experiences serve as both warnings and proper practices to adopt.

Open Water Swimming Manual provides a wealth of knowledge for all swimmers, from seasoned triathletes and expert swimmers to beginners exploring open water swimming for the first time. It is, as well, the first manual of its kind to make use of oceanography, marine biology, and to weave in stories about the successes and failures of other athletes, giving us a deeper, broader understanding of this exhilarating and fast growing sport.

Editorial Reviews

From the Publisher

Praise for Lynne Cox and *Open Water Swimming Manual*

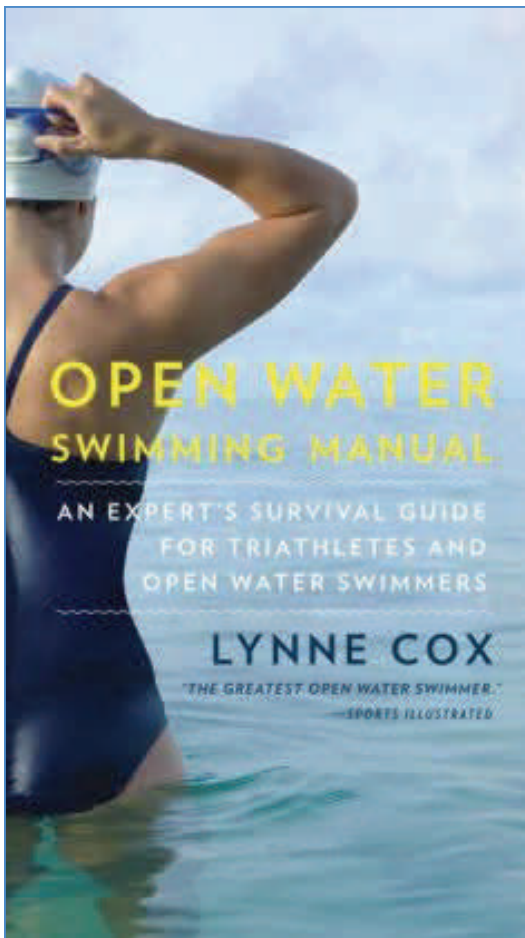
"Lynne Cox's books are the works of a singular mind. That was true for the best sellers *Swimming to Antarctica* and *Grayson*, and it is true for her new book, *Open Water Swimming Manual*, a 300-page paperback instructional that is the most unlikely page-turner you could put on your summer reading list. She's written a sort of fantasy in which you, the reader, are the protagonist. You can't swim half a mile? Cox will put you on a program to swim 10! . . . Cox's *Open Water Swimming Manual* could do for long-distance swimming what Jim Fixx's *The Complete Book of Running* did for the American jogging movement in 1977."

—*Sports Illustrated*

"Lynne Cox is an artist of the open water. No one knows more about swimming's beauty and skill than this great champion, or could describe it with such clarity and grace. Every sport—every *art*—should have a book like this and a guide like Lynne Cox."

—Christopher McDougall, author of *Born to Run*

~~~~~*barnesandnobel.com inc.*



Lynne Cox was born in Boston, Massachusetts, and grew up in Los Alamitos, California, where she presently lives.

She has held open-water swimming records all over the world, for among others, the fastest crossing of the English Channel (at age 15), the Santa Catalina Channel, the twelve-mile Oresund between Denmark and Sweden, and the Kattegut between Norway to Sweden. Cox was the first woman to swim across the Cook Strait in New Zealand, the first to swim across the Strait of Magellan, the Beagle Channel between Argentina and Chile, Lake Baikal in Russia, and around the Cape of Good Hope.

In 1987, Cox crossed the Bering Strait to the Soviet Union, and in 2002 swam more than a mile in the 31°F waters off Antarctica. Cox has been inducted into the International Swimming Hall of Fame.

She is the author of *Swimming to Antarctica, Grayson, South with the Sun*. Her articles have appeared in many publications, among them *The New Yorker* and the *Los Angeles Times Magazine*.

"The greatest open water swimmer." —*Sports Illustrated*

## Iran ignores swimmer's record because of 'revealing' bathing suit

In June, Elham Sadat Asghari accomplished something incredible when she swam almost 20 kilometers in the open waters of the Caspian Sea while wearing a swimming costume that weighed over 13 pounds.

Asghari, who is Iranian, is required to wear "a diving suit, a full jacket and a headscarf" so that not a single curve of her figure is visible to men.

She abides by those conditions, but her latest record-setting swim reportedly won't count — and won't even be noted in the record books — because the sports ministry said her wardrobe was too revealing. "I don't see how she could cover her body any more that she already does," a friend said, frustrated with the decision not to acknowledge Asghari's achievements.



## Diane Nyad completes the 110-mile Cuba to Florida Swim

By Matt Pearce

In the end, emerging from the great big ocean wearing a blue swimming cap and goggles -- and having swum roughly 110 miles in 52 hours and 54 minutes -- Diana Nyad still had enough strength to walk ashore Monday. Failing four times over the years, on her fifth and final attempt this weekend, the 64-year-old Nyad officially became the first swimmer to go the distance from Cuba to Florida without a shark cage.

Upon reaching shore at Smathers Beach in Key West, Fla., Nyad had three things to tell the mob of onlookers who had watched her achieve a lifelong dream.

"One is, we should never ever give up," said a slightly dazed Nyad, whose slurred remarks were received with a roar by the crowd. "Two is, you're never too old to chase your dreams.

"Three is, it looks like a solitary sport, but it's a team," Nyad concluded and then was taken away on a stretcher for medical examination.



Nyad plans to swim in a pool set up in Manhattan's Herald Square for 48 straight hours to raise money for Hurricane Sandy relief. She'll do it Oct. 8-10, around the one-year anniversary of the storm hitting the Northeast. Her Cuba-to-Florida swim took about 53 hours.

"After the jellyfish and the ocean, that will be a piece of cake," Nyad said on *Today*. "I'm going to invite all kinds of notable New Yorkers to swim next to me."



## 1500 Meters for Mike Team

**When:** Saturday, September 21, 2013  
**Location:** On the beach, 10th Avenue and Ocean Avenue, Belmar Beach, NJ  
**Time:** 7:00am – Day of Registration Opens  
8:30am – Race start (wave 1, subsequent waves will be ~3 minutes apart)

As many of you know, Michael Heaney, former swimmer and 2009 graduate of The College of New Jersey, was involved in a severe accident on April 11th, 2012 when he was hit by a car while riding his bike. He was left in critical condition and, as a testament to his strength, he miraculously survived. Unfortunately his fight is a long and slow one. Michael received fairly extensive brain damage and has been in a semi-vegetative state.

He has been in and out of hospitals and rehabilitation centers since his accident, where he has been undergoing surgeries, as well as cognitive and physical rehabilitation. Most recently, doctors have confirmed that he has been responding in small ways to stimulation and has even been following simple commands like blinking and moving his left arm. The hope is that he becomes more consistent with this behavior and continues to progress. No one can say for sure what lies ahead, but knowing Mike's incredible willpower, and strength of a small bear, we all remain positive that he will come out of this in the best way he can manage. That being said, a long and difficult road awaits our friend. He is going to need the love and support of friends and family in his journey. He and his family have many burdens facing them during this time of need, and one of the biggest unknown burdens is financial. Thus we are trying to raise funds to help pay for his rehabilitation and long term care.

After some thought, it was decided there would be no better way to honor a great friend, teammate and swimmer than by hosting an ocean swim to benefit him. Consequently, we, the family, friends and teammates of Michael Heaney, organized the first official ocean mile race in 2012 to help with the rising medical and rehabilitation costs he and his family have incurred since his accident in April 2012. Mike continues to fight his daily battles to recover but with your support and assistance, there is no doubt that Mike will come out of this ordeal in the best way possible!

We want to thank everyone in advance and appreciate all your efforts. We look forward to seeing you at the next 1500 Meters for Mike!

## The Epic 17.5 mile Ederle Swim this past August

Ederle Swim, named for a swim pioneer and icon Gertrude Ederle, is a competitive marathon swim organized by the NYC Swim and is one of the longest marathon swims in the world. It is also one of America's Top 100 Open Water Swims.

From the shores of Manhattan through bustling New York Harbor and under the Verrazano-Narrows Bridge, this 17.5-mile swim ends with a beach finish in Sandy Hook, New Jersey. Along the way, swimmers see the Statue of Liberty, Governors Island, the beaches of Staten Island, beautiful lighthouses, the supertanker thoroughfare that is Ambrose Channel, and a multitude of other sights!



Beth Maloney, Sarah Clark, Susan Kirk, Rosanne Lemongello, Lynn Ascione, Jen Bauman



Susan swimming --  
sharing the waterways with the big cargo ship!



Lynn swimming leaving NYC behind

*Lynn Ascione and I began this journey together back in December 2012 when our entries were both successfully accepted for the Ederle Swim! That put the ball in motion for 8 months of training, both pool and open water. While Lynn and I inspired each other and trained together in the open water, we also each had wonderful pool training buddies as well. Lynn at the Wyckoff YMCA and Susan with the Berkeley Aquatic Masters. The camaraderie and motivation of lane mates can not be understated here!! They are a constant presence during both the ups and the downs! We love you lane mates!! Leading up to the Ederle Swim and as additional training, Lynn and I also both successfully completed the USMS 10K Open Water National Championship in Las Vegas in May and the 10 mile Kingdom Swim in Lake Memphremagog in Vermont in early July.*

*Our stellar crew members, Jen Bauman and Beth Maloney for Lynn and Sarah Clark and Rosanne Lemongello for Susan, all NJ Masters Swimmers, were integral to our success. We were all a team out there and we could not have completed this swim without their unwavering support and encouragement! ~~Susan Kirk*