

April 2014

# EASTLANE

*Oh what a night!*

**Our Annual Awards Banquet was a big success...**

*first, conversation, cocktails 'n dinner!*



*Then...*

*All photos taken by Ed Tsuzuki unless otherwise noted, thanks Ed!*

# ...Guest speaker and awards recipients

## ***Guest Speaker!***

Our own longtime NJ Masters Swimming member, Jeff Jotz was guest speaker. Jeff is an accomplished swimmer and was also recognized as one of the NJ LMSC Continuous Membership Recognition Program Award Recipients honored at this banquet achieving his 20-year milestone.



## ***Award Recipients!***

Below, Bob Hopkins (left) and Tom Brunson (right) accepting their 2014 Lou Abel Distinguished Service Awards for their many years of service to the NJ LMSC and to the NJ Masters swimming community. Congrats!



Continuous Membership Recognition  
Award Program Recipients

with their booty:

Back row (l to r) Ed Tsuzuki, Bob Hopkins, Jeff Jotz, David Feldman and Chachi (John) Sabatino.

Front row (l to r) , Larry Lengle, Marie Vellucci, Carol Mateo, Susan Kirk, Kathleen Reynolds.

*Thanks Jerry Katz for taking the picture!*



Most of the NJ LMSC board members all dressed up:

Back row (l to r) Marie Vellucci, Julie Schoenlank, Linda Kuhn, Lynn Ascione, Tom Brunson, Susan Kirk, Chris McGiffin.

Bottom row (l to r) Bill Reichle, Sarah Clark, Ed Tsuzuki, Jen Bauman.

Not pictured: Bridgette Hobart, Sara Johnston, and Ramunas Radzevicius

*Thanks Jerry Katz for taking the picture!*

Jeff Jotz, Christian Kroyer  
and Jeff's wife Liz

Lucky Liz won the grand prize door prize of two tickets to the production of South Pacific at the Papermill Playhouse, donated by Christian!



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# Calendar 2013

## Event Snippets

**July 27 – August 10** FINA World Masters Championships Montreal

**January 1 - December 31** USMS Go The Distance 2014 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 2014 calendar year. Information includes online and paper entry .

## New Jersey Snippets

### More Snippets

**April 12** Adult Learn-to-Swim Fest at Cranford Pool, 6-8 pm see article page 5.

**May 17** Karlyn Pipes-Neilsen Clinics Raritan Bay Area YMCA details to follow.

**September 6th & 7th** ~~~ 2014 New Jersey Senior Olympics Woodbridge, NJ

For more in-depth calendar info, [click here!](#)  
<http://www.njmasters.org/Events/events.html>



# April is Adult Learn-to-Swim Month

As a USMS member, you're probably a proficient swimmer. So, you may wonder what this has to do with you. The [Swimming Saves Lives Foundation](#), USMS's charitable arm, is undertaking a national awareness campaign to help prevent adult drowning. USMS want you to know about the campaign and encourage others to join us.

So, USMS declared the month of April, "Adult Learn-to-Swim Month." To date, the governors of Indiana, Nebraska, Washington, Maine, New Jersey, and Florida have issued proclamations in support.

You might be surprised to learn that, according to the [Centers for Disease Control](#), 37% of American adults can't swim the length of a standard 25-yard pool. Even more alarming, 10 people drown every day in the U.S., and 8 of those are adults or young adults.

The Swimming Saves Lives Foundation and USMS can't ignore these numbers and feel compelled to help.

The USMS sees and hears every day from you, the members, how the fitness, health, and social benefits of swimming are life-changing and sometimes, literally lifesaving. But many of us take our swimming skills for granted, and forget that lifesaving in the immediate sense begins with basic swimming skills.

Once adults have basic swimming skills, getting them comfortable and confident in water so they can use Masters Swimming programs in their communities ultimately fulfills our "Swimming for Life" purpose.

On a planet that's 70 percent water, everyone should know how to swim. Please visit the awareness campaign page at [usms.org/learntoswim](http://usms.org/learntoswim) to learn more and help us spread the message.

**Are you a USMS Member  
who learned to swim as an  
adult? We'd love to share  
your story —**

please contact the Fastlane Editor,  
Sara Johnston, [aras33@comcast.net](mailto:aras33@comcast.net)

## Learn-To-Swim Fest

Cranford Pool & Fitness Center is supporting Learn-To-Swim month with a Learn-To-Swim Fest on Saturday, April 12 from 6:00pm-8:00pm. This will be a 2-pronged event. 1). Adult beginners, those who always think about learning, but never got around to it; and 2). Beginners to Masters and open water swimming. Red Cross instructors will be on hand to teach customized lessons. Also Masters coaches Jeff Jotz, Sally Kleeman, and Bill Reichle will be available for anyone who has thought about Masters or open water swimming but were afraid to ask, or didn't know how to start.

The event is free to anyone 18 and older. We are using a drop-in format, but would appreciate advance registration. Call 908-709-7260 x 1 to speak to a manager, or ext. 4 to speak to Sally Kleeman.

# **LIGHT THOSE CANDLES**

**HAPPY APRIL BIRTHDAYS!**

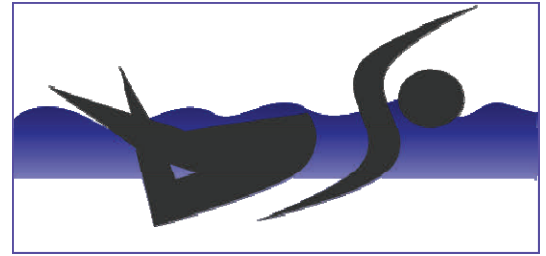
Danielle Armus  
Beth Bigham  
Sandy Bluhm  
Richard Bohan  
Michael Bohan  
Christopher Bright  
Bethanne Bruninga-Socular  
Lauren Byron  
Benedicte Callan  
Kenneth Cappel  
Kathleen Carlyon  
Amanda Ciccone  
Louisa Clayton  
Rachel Coviello  
Nickolas Demas  
Adam DiBartolo  
Cedric Druce  
Scott Duprex  
Lauren English  
Edward Eyring  
Jose Faria  
Deborah Fennelly  
Ken Fitch  
Sharon Friedman  
Andrew Gilpin  
Peter Gruntfest  
Carsten Hansen  
Mark Hoffman  
William Howarth  
Stacey Jones

Daniel Judge  
Daniel Kaufman  
Kathy Kibby  
Lisa Laskaris  
Peter Madley  
Richard Maier  
Nancy Moore  
Marie Morey  
Rita Nannini  
Scott Okal  
Laura Patrick  
Chris Remetz  
Lynne Rider  
Andrew Ritter  
Arturo Ruiz  
George Russ  
Denise Salvatore  
Martin Scheidl  
Karen Shearly  
Sue Sierke  
Aaron Smith  
Harrison Squires  
Don Sumada  
Rebecca Updegraph  
Marie Vellucci  
Douglin Walker  
Alicia Warburton  
Maria Wedgeworth  
Ilse Wolfe  
Scott Yeomans



## Fitness Standouts...

*...letting members share what motivates them to stay fit through Masters swimming !*



## Team Big Shoulders

By Laura J. Smith

In the 1985 movie "Cocoon," a group of elderly adults discovers that a nearby pool has the power to bless them with new strength and youthful vitality. While their health improvements were certainly suspect, it is almost impossible to overstate the real benefits of swimming, but certainly the appeal of reducing the risk of chronic illness, markedly improving of cardiovascular functioning, improved sleep, burning of daily stress and improvement of appearance are all major motivations for "Team Big Shoulders".

"Team Big Shoulders" is an 11-member fitness workout group at the Lakeland Hills YMCA in Mountain Lakes. Our records are sketchy, but we believe we convened in 2004. We were unnamed until one team member read a Wall Street Journal article profiling extreme long-distance butterfly Tom Boettcher. Our fascination with the absurdity of swimming the famous Chicago Big Shoulders 5K open water race entirely butterfly prompted us to pilfer the race name as our team moniker. Long-standing TBS members include: Larry Bishof, Eric Becher, John Bernauer and myself (Parsippany), Chuck Graf, Mike Tucker and Mark Hoffman (Mountain Lakes), Rob DeSimone (Montville), Jeff Sartorio (Kinnelon), Christin Dehnel (Lake Mohawk) and Alisha Carrazza (Boonton Township). I serve as the workout writer for the group (I use the workouts on the USMS.org boards for inspiration), and we swim for one hour, three or four times a week.

The social dynamic of an organized fitness group is profound, for we motivate - as well as good-naturedly lavish abuse - upon each other. Although we are not formally coached, the peer pressure to come to 5:30am workouts is tremendous, for we know that "no-showing" will prompt a flurry of emails demanding attendance. But here's the overriding reason for our dedication to TBS: We like each other and we are teammates. We will spend time socially outside of the pool with each other, including regular "Team Meetings" and an annual Award Night for presentation of the coveted plastic "Swimmer of the Year" trophy, conveniently convened at a local pub for adult beverages.

While some of TBS still race in an occasional pool meets, an open water event, or a triathlon, the "training to race" focus on continual improvement on the stopwatch is behind us. The mindset of a fitness swimmer is truly based on individual motivators, as none of us are in the pool chasing a scholarship or from parental pressures. I am a former NCAA Division III and USMS All American, USMS national record holder, YMCA masters national champ and have 30 Top Ten swims to my credit. However, the daily demands of working for a global oncology company, plus being mom to active 14 and 11 year old children, often make interrupted periods of quality race training time fleeting. My situation is not unique within TBS, as we have corporate vice presidents, construction, real estate and sales professionals, a high school teacher, a recent law school graduate and even an anesthesiologist. We are all "former something's": NCAA Division I scholarship swimmers, YMCA national champions, Ironman finisher, Canadian Olympic Trial qualifier, college record holders, USS national championship qualifiers, high school stars and college conference champions. However, we are also a group with chronically sore shoulders, a stent, a serious neck injury, herniated back discs, cholesterol concerns, and "creeping middle aged girth size".

So I posed questions to TBS: “Why do you swim? If it’s not about racing, what is it about?” Here are some replies: (I promised to keep their responses anonymous – TBS likes to fly under the radar!):

“It’s my insurance policy. I feel great mentally, emotionally and physically after a good workout with TBS. It’s an awesomely diverse group of overachievers that never disappoints me. I’ll be turning 50 this year and I look forward to a crazy surf trip every winter for four to six hours of surfing every day for five days. If I didn’t swim with TBS, I would end up gassing on the first day and not enjoying myself at all. “

“I swim because the sport has always been a part of my life. Swimming is the best overall physical and mental exercise. While it is always hard jumping in for that first lap of warm-up, every time a workout is finished, I feel like I can ‘move a mountain’. The sport also encompasses a certain camaraderie that other sports do not have. “

“Throughout my life, instead of saying that I am a boy, a man, a Canadian.... I have always said, “I am a swimmer”. The years that I didn’t swim after retirement always seemed to be missing something, and when I got back in the pool, I knew what it was. It takes only a swimmer to understand that even though you might have your face in the water 95% of a three hour practice, swimming is one of the most social sports in the world. The type of people that swimming draws are some of the most upstanding, honest, honorable and professional people I know. The common bond that swimmers share are incredibly strong, either with people that you have been friends with your whole life or someone you just might have met.”

“The pool is our safe and private escape where the phone doesn’t ring and we can’t be found. We dive into a ‘feel good zone’ rather than a lane. We might not need to win anymore but we still need to know we’re giving our best, even if our best isn’t so fast and our bodies sometimes hurt. I was the little girl who fell in love with swimming 50 years ago and never looked back. “

“ I credit the group with enabling me train harder. I can never work that hard by myself. Everyone elevates everyone else’s performance. I also consider the whole group as friends. There have been instances where one of the group has had a life changing event and we have all pitched in to cook food or anything else our friend has needed.”

And that, my Masters swimming friends, is what it’s all about!



## Kudos Kudos Kudos

By Ed Tsuzuki

**Congratulations to all the latest record holders!  
Click [here](#) to see their accomplishments!**

**All records will be listed in next issue of the Fastlane!**

## After 37 years in Berkeley Heights, Berkeley Aquatics is moving to New Providence *From TheAlternativePress Berkeley Heights News Online* — The

The new teaching and training facility could become one of the largest on the East Coast, its owner believes. “I don’t believe there is any privately owned teaching and training facilities that equate with us,” Berkeley Aquatics President Jim Wood said.

The facility will house three indoor pools on 6.8 acres of land at 629 Central Ave. An existing two-story office building that formerly housed Panasonic employees will be refurbished to accommodate two pools. An L-shaped pool of 1,500 square feet will be used for swim instruction. Another 20-foot-by-15-foot pool will be used for aqua therapy rehabilitation. A single story addition consisting of almost 26,600 square feet will abut the existing location on the west side and house a 50-meter Olympic-sized pool that has a recorded history.

In 2004, Berkeley Aquatics purchased one of two above ground prefabricated Olympic sized pools used at the Long Beach, Calif. Olympic trials. The pool can be easily adapted to be placed in-ground, which will be the case in New Providence.

The pool, which can be assembled like a giant “erector” set, has remained in storage. However, about five years ago, thieves broke into the warehouse and stole much of the stainless steel. Wood said the losses were fully insured and the original manufacturer has replaced the stolen parts.

Geo-tech bearing tests will be conducted in early April to test the foundation for the new building, with Wood expressing optimism for a quick construction start.

The facility provides lessons annually to 6,000 swimmers who come from well over 20 New Jersey communities. There are also 330 dedicated competitive swimmers who train at the center. Wood said that during the course of a year the center hosts several swim meet competitions that include out-of-state teams.

The influx of visitors to New Providence should prove an economic bonanza to all borough merchants, especially lodging and food providers. “We should bring a lot of people to New Providence,” Wood said. While Berkeley Aquatics has a well-deserved reputation for developing competitive swimmers, Wood said the emphasis is on teaching and giving all people opportunities to reach their potential.

“Our primary goal is not to take young swimmers and make them into great swimmers, but to take young swimmers and make them into great adults,” Wood said. Wood chuckled when he recalled his very first job as a teenager, when he served as a coach and lifeguard at the New Providence Community Pool.

He excelled in track and field at Union Catholic. He graduated from Johns Hopkins University where he coached and participated in swimming and lacrosse. After graduation, Wood sought a post-graduate degree and served as an assistant coach at the University of North Carolina, where he eventually became the head men’s and women’s swim coach.

Wood, a 55-year resident of the borough, said he was grateful for the warm welcome he received from New Providence officials and looked forward to continuing the program developed over the last 37 years.

**Save the date for 2 clinics at the Raritan Bay Area YMCA by *Karlyn Pipes-Neilsen... May 17<sup>th</sup>* -- details coming soon via email blast!**



# FINA World Masters Championships Announcement

*from the NJ LMSC Social Chair -- Lynn Ascione*

The FINA World Masters Championships will be taking place in Montreal from July 27 – August 10, 2014. The swimming events will be held from 8/3 – 8/9 and the open water 3k event will take place on 8/10. We want to help make your planning a bit easier by providing some information and would also like to schedule some NJ Masters socials while in Montreal.

FINA has reserved a number of rooms at the host hotel, Fairmont The Queen Elizabeth. The room rates start at \$169 CAD. Reserve soon because they will go fast. The hotel is close to public transportation and is approximately 15 – 20 minutes by car to the aquatic complex. I am anticipating more details regarding a shuttle service from the host hotel to the aquatic complex. As soon as the information becomes available, I will pass it along. There are several lodging options available and you can find out more details on the meet site link below.

If you are attending Worlds and would like to receive our updates on the event, please send your email address and cell phone number to Lynn Ascione at [lynnascione@optonline.net](mailto:lynnascione@optonline.net). Also let me know if you are ok with being part of group emails going out to the NJ World Championship participants. In Montreal, it will be best to contact each other through email.

We hope you will consider attending this incredible event. We look forward to seeing many of you in Montreal. Just a friendly reminder, you will need a passport. Happy swimming!

Some helpful links to aid with planning:

The site for FINA World Masters Championships is here: <http://finamasters2014.org/home/>

The schedule is here: <http://finamasters2014.org/schedule/>

The name of the venue is "Parc Jean-Drapeau Aquatic Complex" <http://www.parcjeandrapeau.com/en/attractions/aquatic-complex/>

360 view of the complex: <http://www.parcjeandrapeau.com/images/360/complexe-aquatique/index.html>

On this page, you can sign up for updates directly from FINA.

<http://finamasters2014.org/registration/>

