

EASTLANE

Ryan Hardgrove gets the gold!

Ryan Hardgrove, a 21-year old NJ Masters swimmer with the Berkeley Aquatic Masters Club in Berkeley Heights, was selected earlier this year to represent Team NJ at the 2014 Special Olympics USA Games in Aquatics hosted by New Jersey and held at the DeNunzio pool in Princeton in June.

Ryan competed in 2 individual events -- the 100 yard Butterfly and the 200 yard Individual Medley -- and won 2 Gold Medals!! Ryan was also on 2 relays, the 4 x 50 yd Free relay and the 4 x 50 yd Medley relay and he won an additional Gold Medal! What an amazing performance!

Ryan has been swimming for the Special Olympics since he was eight years old and currently trains regularly with the Berkeley Aquatic Masters. He said, "Training at BAC made a difference in my swimming. I grew more confident after each and every race."

The Berkeley Aquatic Masters and the NJ Masters Swimming community are very proud of Ryan and his outstanding swimming achievements! Congratulations, Ryan!!! Way to go!!!



Rick McKern recaps the Manhattan Island Marathon Swim

NYC Swim's premier swim of the season, the Manhattan Island Marathon Swim, is a 28.5 mile swim. It's also the longest annual swim race in the world and Rick's time was 7 hours 41 minutes!



Rick McKern MIMS 2014 swim

The weather was beautiful in Manhattan on Saturday, June 14th--clear skies with a high of 74. I felt good before the 8:20 AM start having warmed up at the 24 Hour Fitness on 53rd and Lex--the only pool in the city open at that hour. Others felt 8 hours of swimming was plenty for one day and did not feel the need to warm up.

I was able to out-touch Rowan Webb from Sydney, Australia to get 4th. I had put in a large amount of training and was feeling good. I entered the race seeded roughly 9th, based on 1 hour pool times, and the results of the race exceeded my expectations.

Continues page 7

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Calendars 2014

[Click here!](#)

**2014 NJ LMSC Colonies Zone Open
Water Swim Calendar now available**

Sarah Clark saritaylor71@gmail.com

For updates or questions

Event Snippets

July 27 – August 10 FINA World Masters Championships Montreal

September 27 & 28, 2014 USMS Masters Coach Certification

Levels 1&2 and Level 3, New York, NY, see page X for more info

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

Click for More Snippets

August 30— Last Chance Swim, Cranford Pool

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

September 7 — Lake Hopatcong Open Water Swim Festival

For more in-depth calendar info, [click here!](#)

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



LIGHT THOSE CANDLES

HAPPY JULY AUGUST BIRTHDAYS!

July Birthdays

Enrique Azcurra
 Steven Becker
 David Bedell
 Patti Bell
 Todd Boone
 Robert Budwilowitz
 Tom Burkardt
 Karen Charen
 Oleg Chebotarev
 Kevin Chiella
 Lorna Cialdella-Morehead
 Lisa Ciccone
 LaJoy Collins
 Jeffrey Connors
 Mary Cooke
 Mark Corl
 Tim Crow
 Alison Cucciniello
 Sam Cynamon
 Laurie Ditommaso
 Wes Donnelly
 David Dorfman
 Monica Driscoll
 Jennifer Finotti-Sheppard
 Chip Freund
 Gregory Gallo
 Laura Graham
 Mark Haftkowycz
 Michael Halfacre
 Terry Jones
 Sandra Karyczak
 Jerry Katz
 Bryan Kelly
 Simona King
 Ursula Kohama
 Sam Kongsamut
 Christian Kroyer
 Mike Leddy
 Nai Lee
 Jay Lynch
 Kevin Lynott
 Patrick Maloney
 Richard Mc Kern
 Barbara McGregor
 Andrea McGruther
 Maureen Mortell Koziol
 Herve Morvan
 Julia Murphy
 Anne Newman
 Edward O'Hara

Steve Ostrander
 Beth Poore
 Michael Randazzo
 Sean Reilly
 Michael Roesch
 James Ryan
 William Saillot
 Julian Setian
 Daniel Sexton
 Gavin Simpson
 Norman Sorkin
 Nancy Steadman Martin
 Amy Sugerman
 Ryan Swift
 Maureen Thomas
 Edward Tirpack
 Roy Vaccaro
 William VanPelt
 Allison Vespa
 Wendy Weill
 Jenny Zarzuela

August Birthdays

Hope Adams
 Christopher Albrecht
 Alice Allen
 Lisa Arpaia
 Arthur Bilenker
 Jorge Blum
 William Blumentals
 Tiffany Brennan
 Judith Brown
 Elizabeth Burton
 Janet Byrne Smith
 Richard Cahayla-Wynne
 Heather Cameron
 Mary Carley
 Amy Carow
 Bo Cederquist
 Timothy Clewell
 Charles Daniel
 Arthur Deffaa
 Deborah DeGraw
 Benn Doyle
 Joe Dutton
 Melanie Fink
 Donald Free
 Harold Gainer
 Robert Gatto
 Brian George
 Richard Gilbert

George Goldsmith
 David Gorman
 Gal Harel
 Kenneth Heyman
 Craig Hubert
 Kathleen Hurley
 Craig Iorizzo
 Marc Israel
 David Jacob
 David Juchniewicz
 Rebecca Kalibat
 Reza Khodabin
 Stan Konopka
 Jared Lando
 Peter Langham
 Mario Lepore
 Gregory Lockard
 William Maher
 Margaret Martonosi
 Peter McCoy
 Lorraine McPhillips
 Jelani Millard
 Megan Mongan
 Brett Nichols
 Elizabeth O'Connor
 Lisa O'Donnell
 Hugh O'Donnell
 Nick Olivieri
 Clayton Paterson
 Marcia Postallian
 Irene Potter
 Suzanne Reeves
 Kathleen Reynolds
 Sarah Sangree
 Julia Scales
 Michael Schwebel
 Sandra Seddon
 Kevin Seise
 Tim Shallcross
 Donald Smart
 Noelle Stary
 Peter Turek
 Barri Wautlet
 Debra Weier
 Peter Westhuizen
 Jack Zakim



Kudos Kudos Kudos By Ed Tsuzuki

New Jersey is off to a fantastic start in 2014 with the 6th highest mileage totals out of 52 LMSCs, behind perennial leaders Pacific, Southern Pacific, Florida, New England, and Oregon, and 5 miles ahead of another top LMSC - Illinois. Perhaps even more significant than total mileage is the member participation rate. New Jersey maintains one of the highest participation rates in the country with almost 15% of its members enrolled in the Go The Distance fitness event! (In comparison, Pacific, with over 42,000 miles logged (NJ has 10,500), has only 4.9% of its members enrolled.) This on-line fitness event is a great way to keep a log (you can log all of your fitness activities – not just swimming) and also serves as a tremendous motivator for you to stay consistent. Please register for 2014 if you have not already done so and start logging your yardage! 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 (7) LMSCs for 2014:

Pacific - 42.5k miles, 473 swimmers (5% of LMSC membership)
Southern Pacific - 25.7k miles, 259 swimmers (6% of LMSC membership)
Florida - 15.8k miles, 150 swimmers (8% of LMSC membership)
New England - 15.1k miles, 166 swimmers (7% of LMSC membership)
Oregon – 11.1k miles, 108 swimmers (11% of LMSC membership)
New Jersey - 10.5k miles, 116 swimmers (15% of LMSC membership)
Illinois - 10.5k miles, 158 swimmers (8% of LMSC membership)



Congratulations to the following NJ LMSC swimmers for setting new NJ LMSC SCY records at the USMS Nationwide Spring Nationals at the George Haines International Swim Center in Santa Clara, CA on May 1-4, 2014. A special congratulations to national champion Ann Monaghan who won the women's 45-49 100 backstroke in a new NJ LMSC record time! Fellow JAM swimmer, Bill Segal was second in the same event and same age group on the men's side also setting a new NJ LMSC record. **Women 45-49:** Ann Monaghan (47) 100 back - 1:04.95; **Men 45-49:** William Segal (49) 50 back - :26.53, 100 back - 57.43; Oleg Chebotarev (45) 1650 free - 18:27.04; **Men 50-54:** Scott Yeomans (50) 200 free - 1:58.27, 200 back - 2:18.07, 400 IM - 4:48.69; **Men 55-59:** Benn Doyle (55) 50 breast - :29.78, 100 breast - 1:06.32, 200 breast - 2:23.30, 100 IM - 1:01.42, 200 IM - 2:17.40

Congratulations to Jose Faria and Marie Vellucci for setting new NJLMSC SCY records at the NYC Parks Swim Meet at Flushing Meadows Corona Park Aquatic Center in Queens, NYC on April 27, 2014. Jose (48) set a new record in the 45-49 200 back with a 2:10.04 and Marie Vellucci (65) set the following 4 new records in the 65-69 age group: 500 free - 8:53.75, 200 breast - 3:58.52, 200 fly - 3:54.47, 100 IM - 1:47.14

Congratulations to Kip Gibson and Jerry Katz for setting new NJLMSC SCY records at the 2014 Colonies Zone SCY Championships at George Mason University in Fairfax, VA on April 4-6, 2014. Kip (58) swam the 500 free in 5:32.34 to set a new record in the 55-59 age group and Jerry (75) swam the 100 fly in 1:41.43 to set a new record in the 75-79 age group.

Congratulations to Janet Wehrlen-Moeller, 80, who set five new NJLMSC SCM records in the 80-84 age group at the 2014 Albatross Open at the Shriver Aquatic Center in North Bethesda, MD on March 15, 2014. Janet swam the 400 free in 9:21.03, the 100 breast in 2:30.12, the 100 fly in 2:39.55 and the 200 fly in 6:56.81

Congratulations to Andrew Maggion for setting new NJLMSC SCY records in the 200 backstroke at the YMCA Masters National Championships in Fort Lauderdale, FL. In 2006, Andrew (50) swam a 2:18.69 on May 20 to break the 50-54 age group record and in 2012 (at age 55), Andrew swam a 2:25.49 to set a new standard in the 55-59 age group.

Pipes Clinic a Big Success!

In May, Masters World Record Holder, Karlyn Pipes (pictured below, plaid shorts/pink shoes!), returned to New Jersey for two USMS Sanctioned Swim Clinic Events at the Raritan Bay Area YMCA.



Twenty-two Masters Swimmers attended the "Faster Freestyle" morning session, and 16 attended the afternoon "Open Water" Clinic. From beginners to the advanced tri-athletes, all swimmers learned more efficient ways to swim freestyle, as well as different strategies on how to swim in open water competition.

After some classroom instruction, these swimmers were eager to try their new skills in the pool. Karlyn explained ways to

warm up, where to start in open water races, drafting, sighting, and information from her experience as a Masters Swimmer.

Many thanks to Karlyn for making the trip from Hawaii to the east coast, and to our on-deck Coaches Ramunas Radzevicius, Beth Maloney, Bill Reichle, and Julie Schoenlank! A great time was had by all participants, and I'm sure we will see a lot of faster times in the upcoming competitions!



NJ Masters meet at the Jersey Shore for two fun ocean swims!

Back Row L ==> R

Mike Lavitt, Simon Bintley,
Jeff Jotz, Christian Kroyer,
Ed Eyring

Middle Row L ==> R

Mike Recchia, Lauren
Twombly, Sarah Clark,
Susan Kirk, Ed Tsuzuki,
Patrick Scanlon

Front Row L ==> R

Kim Plewa, Bill Reichle



Back Row L ==> R

Matt Murphy, Brad Lawrence,
Glenn Saunders, Sarah Sangree,
James Sheerin, Steve Levine,
Arland Macasieb,
Julia Scales

Front Row L ==> R

Marybeth Jacob, Murray Simon,
Susan Kirk, Marie Vellucci,
Rosemary Merkel, Kim Plewa,
Ed Tsuzuki

Continued from front page

I think it helped to be somewhat local (no jet lag) and to have a great crew including the only tandem kayak in the field paddled by friends who helped read the currents and find the best water. The currents are quick in MIMS and your support team can make or break you. I started out the first hour a little fast at 68 strokes per minute but was able to settle in around 62/63 for the rest of the race. For me it was less about feeling aerobically tired in the race and more about managing muscle fatigue--both in my arms and legs.

Winners from the past three years had generously shared their training, strategies and experiences in online blogs. Although there are many variables beyond your control in the race--weather, boat traffic, water temperature--preparation from training to feedings to communication with your support team is hugely important. After doing 40K to 50K per week in the pool for six months including 4 hour and 6 hour open water swims, the actual event seemed to take care of itself.

My lane mates in various pools around Northern NJ were about to disown me in the buildup to MIMS but now they have been mysteriously friendly asking why I'm slacking on my yardage this week! I also appreciate my family's support in allowing me to train for the race.

Rick McKern's Sample Workout

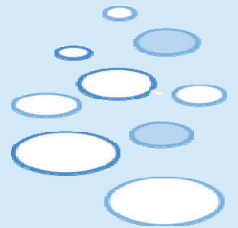
400, 300, 200, 100 free with every 4th length backstroke. (1000 yards)

Main Set (Half Life): 400, 2x200, 300, 2x150, 200, 2x100, 100, 2x50 (I mainly do this freestyle trying to pace the set with minimal rest but sometimes add in stroke on the 2nd half life. (2000 yards)

Super 200 - (50, 50, 100), (100, 100), (50, 150), (200), (150, 50), (100, 100), (100, 50, 50) The 100s are IM. The rest is free. (1400 yards)

8 x 50 kick (400 yards)

Total - 4800 yards



“The water doesn't know how old you are.”

— *Dara Torres*

8 BRIDGES HUDSON RIVER SWIM



120 MILES | 7 DAYS | JUNE 18-25, 2014

Lynn Ascione and Susan Kirk, picture below, took on the mighty Hudson River and participated in Stages 5 and 6 of the **8 Bridges Hudson River Swim** epic open water marathon swim event.

The first day, The Beast Stage, was just shy of a 20-mile swim (swum as a 2 person relay) from the Bear Mountain Bridge to the Tappan Zee Bridge and was a 10 ½ hour day of swimming ~ well, not relaxed swimming ~ it was really 10 ½ hours of swim rotations of 1-hour all out sprints as the southerly winds minimized the ebb current and the race was on with the anticipated changing of the tides. The opposing flood tide was arriving fast and furiously! Only a few hundred yards to go to the Tappan Zee Bridge ~~~



The next morning, each set out on a solo 15-mile swim from the Tappan Zee Bridge to the George Washington Bridge. Strong south east winds blasting up the mighty Hudson River created significant wind chop leading to a very bouncy swim and once again minimized the ebb current and brought on the early arrival of the opposing flood tide. The swim was called after 6 ½ hours and only 4 of the 12 swimmers officially finished, including Lynn, although others were so very close. The distance left to the iconic George Washington Bridge was trivial for most of the remaining swimmers (about a ¼ mile for Susan) ~ the current was insurmountable! Mother Nature was surely showing the swimmers



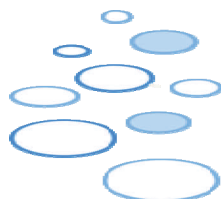
Lynn Ascione on the mighty Hudson!

who ruled the Hudson on both of those 2 days! Both Lynn and Susan had an awesome and exhilarating open water swim adventure and truly embodied the “Never Give Up” mantra!!

Additionally, Lynn and Susan utilized participating in this unique and very challenging open water swim adventure as a platform for raising funds for

the new Berkeley Aquatic Club Center of Excellence 50-meter pool aquatic facility which is due to open in the late spring of 2015 in New Providence, NJ.

Happy open water swimming to all!
Be safe, have fun,
and challenge yourself!



Susan Kirk swimming Stage 5 of the 8 Bridges marathon swim.

Last Chance End of the Summer 5k Pool Swim

(Outdoors, long course!)

Saturday, August 30th

7:30 - 9:30 am with a 7:15 Warmup

Cranford Pool & Fitness Center

FREE to 2014 NJ Masters members



100 X 50's

Or

50 X 100's

Sponsored by the NJ
LMSC for our members

It's Labor Day weekend but if you're around, get in a great, free end of the summer swim! Choose between 100 x 50's or 50 x 100's, we'll take the first 25 swimmers for each.

Register by emailing Linda Brown-Kuhn at lindabk11@gmail.com with your 2014 USMS registration number and choice of swim -- 50's or 100's plus your fastest interval for the 50's or 100's.

We'll swim in rain but not thunder and lightning. There's no storm date. We are looking for a few volunteers to help count if you have a spouse or friend who's willing to lend a hand.

Cranford Pool & Fitness Center is located at 401 Centennial Avenue in Cranford, NJ 07016 at the intersection of Centennial Ave and Pat Fosella Street.

**Metropolitan LMSC is hosting a
USMS Masters Coach Certification
Levels 1&2 and Level 3
September 27 & 28, 2014
New York, NY**

Levels 1&2 and 3

Host: R.C. Saint-Amour, LMSC Chair - rsaintamour@gmail.com

Questions Contact: Bill Brenner bill.brenner@usms.org

Instructors:

Mel Goldstein was the 2001 Speedo US Masters Coach of the year, Mel won the 1997 Ransom J. Arthur MD Award that goes annually to a person who best supports the objectives of Masters swimming. It is the highest honor bestowed by United States Masters Swimming. He is a past President of USMS and a USMS All American with 255 Individual Top Ten Achievements. In 2012, he was inducted into the International Masters Swimming Hall of Fame.

Bill Brenner is the Club and Coach Services Director for USMS. He has 30 years coaching experience working with age group, college and Masters swimmers. Bill has served as a support team member for his local Masters club, team representative to the LMSC, an LMSC officer as the Top Ten Recorder, a multi-year delegate to the USAS convention and a member of national committees. He has served as the meet director for multiple events and most recently helped organize the Pan American Masters championship in Sarasota, Fla. A USMS Level 3 certified Masters coach, he enjoys attracting adult athletes to the sport of swimming and coaching all levels of ability.

Online Registration is Paid by Credit Card:

Your online registration for this course will be paid by credit card and processed by Club Assistant. Please look for "ClubAssistant.com Events" on your credit card statement.

Cancellation Policy

Course registrations are non-refundable and non-transferrable to another individual. However, you may transfer your registration to a course at an alternate date and location. Questions, please email Bill Brenner at bill.brenner@usms.org.

[Register Now](#)