

EASTLANE

Our own Paul Kiell Makes History!



Congratulations Paul on an amazing swim and entering the history books!! You are an inspiration to so many, not only in the open water community, but to all swimmers and athletes!! Keep on swimmin' Paul!!!

From NYC Swim... An honorable mention goes out to Paul Kiell, who at 83 years old is the oldest person in history to swim across the East River!!

Paul swam last weekend's Brooklyn Bridge Swim in 31 minutes and 56 seconds. He celebrated with a kiss from his wife. Way to go, Paul!

Thanks NYC Swim for the pic and to [read his extensive swim history here](#)

Way to go Paul!

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Calendars 2014

Event Snippets

September 27 & 28, 2014

USMS Masters Coach Certification

Levels 1&2 and Level 3, New York, NY

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 here for more Snippets](#)

October 11 — Sussex County YMCA Adult Mini Meet, Hardyston, NJ

October 18 — Octoberfest at Drew University

November — Thanksgiving Classic Meet at TCNJ

Don't be a fish; be a frog. Swim in the water and jump when you hit ground.

Kim Young-ha



LIGHT THOSE CANDLES

HAPPY SEPTEMBER BIRTHDAYS!

Nikki Arakelian
Robert Barrish
Errington Bennett
Dennis Benson
Peter Benza
Patricia Beronio
Ronald Brown
Paul Cassidy
David Castaldo
Richard Clew
Kathleen Coffey
Carin Cohen
Alton Crooks
Chris Czvornyek
Michael D'Imperio
Donna Dacey
Ameriquin Dalmasy-Laccetti
Jeffrey Dietel
Lainey Dooman
Diane Duelfer
Ronald Epstein
David Farrell
Robert Felsch
James Ferriter
Joseph Flanagan
Evan Friedman
Douglas Fulton
Robert Gamer
Paul Grassie
William Haas
Reuwai Hanewald
Bill Imken
Jeffrey Jenkins
Sally Jones
Stephen Jones
Voyta Karas
Dillard Kirby
David Leit
Stephen Levy
Meredith Lyndon

Arland Macasieb
Gregory March
Fran McManus
Lynn Mellor
Carlene Messinger
Howard Miller
Matthew Moates
Daniel Moore
Jonathan Morey
Pia Mountford
Flavio Pardo
Peter Park
Jim Pestrichelli
Sherri Plunkett
Will Price
James Rokosny
Martin Rothfelder
Toms Royal
Anne-France Saillot
Curtis Sawin
Morgan Sawin
Scott Schmitt
James Sheerin
"Sukhmeet ""Mickey"" Singh
Isaac Siskind
Nancy Small
Laura Smith
Joyce Taite
Linda Twining
Tom Waldron
Charles Yoo



Kudos Kudos Kudos By Ed Tsuzuki

The NJ LMSC was represented by 14 swimmers from 5 teams at the USMS Summer (LCM) nationals at the University of Maryland on August 14-17, 2014. Congratulations to the following NJ LMSC swimmers for setting new NJ LMSC LCM records and a special congratulations to national champions Michelle Davidson (50 back and 400 IM), Nancy Steadman-Martin (800 free, 200 fly and 400 IM), Scott Yeomans (800 free) and Christopher Gibson (1500 free). Earning silver medals were Nick Demas (50 free), Nancy (200 free, 400 free and 200 back) and Scott (400 free) and NJ's bronze medalists were Michelle (100 free), Jerry Katz (50 fly) and Scott (200 free).

The new LCM records set by the NJ LMSC swimmers are as follows: **Women 60-64:** Nancy Steadman-Martin (60) 200 free - 2:32.91, 400 free - 5:26.48, 800 free - 11:03.87, 200 back - 2:56.46, 200 fly - 3:01.50, 400 IM - 6:24.05; **Men 50-54:** Scott Yeomans (50) 200 free - 2:15.24, 400 free - 4:45.50, 800 free - 10:02.27, 200 back - 2:38.32; **Men 55-59:** Christopher Gibson (58) 1500 free - 19:21.78; **Men 75-79:** Jerry Katz (76) 50 fly - :40.32

Congratulations to the following NJ LMSC swimmers for medaling at and setting new NJ LMSC LCM records at the FINA World Masters Championships at Jean Drapeau Park in Montreal, Canada on August 3-10, 2014. This included both pool and open water events and NJ was well represented with over 20 swimmers attending. A special congratulations to world champion and new world record holder in the 50 fly, Jim Dragon (70). Jim swam a 31.37 to win the event and lower the existing world record of 31.42 held by this year's runner up Richard Burns also from the United States. Other top ten medalists at this meet are as follows. New NJLMSC records are marked with an (*) **Women 45-49:** Ann Monaghan (48) 50 back - :34.46 (7th place), 100 back - 1:15.35* (5th place); **Women 50-54:** Lorna Cialdella (50) 100 fly - 1:15.21* (7th place), 200 fly - 2:50.27* (6th place), 200 IM - 2:45.44* (5th place), 400 IM - 5:58.20* (4th place); **Women 55-59:** Deborah Cipriano (57) 200 free - 2:37.58 (10th place); **Women 80-84:** Janet Wehrlen-Moeller (80) 50 breast - 1:05.01* (5th place), 50 fly - 1:09.59* (4th place), 100 fly - 2:35.77* (2nd place), 200 fly - 6:54.67* (3rd place), 400 IM - 11:06.59* (4th place) **Men 45-49:** Oleg Chebotarev (46) 400 free - 4:38.55* (9th place), 800 free - 9:38.04* (9th place); **Men 50-54:** William Segal (50) 50 free - :26.46* (10th place), 100 free - 57.81* (10th place), 50 fly - :28.06 (7th place); **Men 55-59:** Christopher Gibson (58) 800 free - 10:12.07, Michael Leddy (55) 200 breast - 3:00.16 (8th place); **Men 65-69:** Frank McElroy (66) 400 free - 5:13.68 (2nd place), 800 free - 10:52.84 (6th place), 100 fly - 1:15.93* (2nd place), 200 fly - 2:58.18 (2nd place), 400 IM - 6:04.07 (3rd place); Larry Seidman (67) 100 fly - 1:35.37 (9th place); **Men 70-74:** Richard Alexander (70) 100 free - 1:11.59* (4th place), 50 back - :36.20* (2nd place), 100 back - 1:24.60* (3rd place), 50 fly - :33.90 (8th place), 100 fly - 1:25.91* (6th place); Jim Dragon (70) 50 free - :30.08* (2nd place), 50 breast - :38.24* (2nd place); **Men 75-79:** Jerry Katz (76) 50 free - :35.26 (5th place), 100 free - 1:23.72 (9th place), 50 breast - :47.85 (9th place); **Men's Relays 240-279 age group:** 200 free relay Ed Tsuzuki (56), Larry Seidman (67), Jerry Katz (76), Frank McElroy (66) - 2:04.81 (7th place); **Mixed Relays 240-279 age group:** 200 free relay Deborah Cipriano (57), Larry Seidman (67), Frank McElroy (66), Laurie Ditommaso (52) - 2:07.51* (4th place); 200 medley relay Deborah Cipriano (57), Laurie Ditommaso (52), Frank McElroy (66), Larry Seidman (67) - 2:32.16* (10th place); **280-319 age group:** 200 medley relay Janet Wehrlen-Moeller (80), Jerry Katz (76), Barbara Rosenbaum (73), Ed Tsuzuki (56) - 3:19.59* (9th place)

Also setting NJ LMSC records at this meet were **Women 50-54:** Laurie Ditommaso (52) 100 breast - 1:29.51; **Women 55-59:** Deborah Cipriano (57) 50 free - :32.59, 800 free - 11:38.58; **Men 45-49:** Oleg Chebotarev (46) 200 back -- 2:40.74; **Men 50-54:** Craig Hubert (50) 800 free - 10:53.77

Congratulations (and apologies for the late post) to Oleg Chebotarev who, at age 44 in 2012, broke his own LCM record for the 800 meter freestyle at the 2012 FINA World Masters Championships in Riccione, Italy with a 9:27.76

Congratulations to the following NJ LMSC swimmers for setting new NJ LMSC LCM records at the Jason E. Nessel Memorial Invitational LCM meet in Rahway, NJ on July 27, 2014. **Women 50-54:** Laurie Ditommaso (52) 50 Breast - :41.54; **Women 55-59:** Barbara McGregor (55) 800 free - 12:37.76, 50 back - 44.35; **Women 65-69:** Marie Vellucci (65)

Kudos continued next page

Kudos Continued...

100 fly - 2:10.36, 200 fly - 4:37.86; **Men 70-74:** Jim Dragon (70) 50 breast - 38.73, 50 fly - 32.79

Congratulations to the following NJ LMSC swimmers for setting new NJ LMSC LCM records at the 14th Annual Wilton Wahoo Masters Summer Sizzler in Wilton, CT on June 29, 2014. **Women 50-54:** Laurie Ditommaso (52) 50 Breast - :42.12, 200 IM - 2:58.67; Lorna Cialdella-Morehead (50) 100 breast - 1:36.20, 100 Fly - 1:20.20; **Women 55-59:** Deborah Cipriano (57) 50 free - :32.85; **Women 80-84:** Janet Wehrlen-Moeller (80) 400 Free - 9:21.23, 100 breast - 2:25.43, 200 IM - 4:57.73. Also setting a new 400 free relay record in the **Mixed 240-279** age group with a 4:56.84 was Deborah Cipriano, 57, Frank McElroy, 66, Lawrence Seidman, 67 and Laurie Ditommaso, 52

August 25, 2014 - New Jersey continues to show its strength in membership participation and total mileage in 2014 by posting the highest participation among the top 20 LMSCs and the 6th highest mileage totals out of 52 LMSCs. The very large LMSCs of Pacific, Southern Pacific, Florida and New England, each with over 2000 members continues to dominate the leaderboard in total mileage while Oregon (1,121 members) New Jersey (864 members) and Illinois (2,191 members) are reporting very close results with 19.2k, 19.1k and 18.9k total miles respectively. 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 continue to log 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:

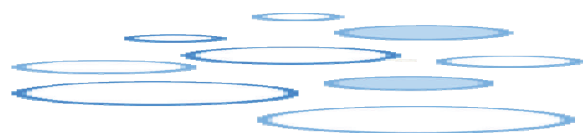
Pacific - 73.9k miles, 499 swimmers (4% of LMSC membership)
Southern Pacific - 45.7k miles, 280 swimmers (6% of LMSC membership)
Florida - 28.2k miles, 161 swimmers (8% of LMSC membership)
New England - 26.1k miles, 170 swimmers (7% of LMSC membership)
Oregon – 19.2k miles, 114 swimmers (10% of LMSC membership)
New Jersey - 19.1k miles, 121 swimmers (**14% of LMSC membership**)
Illinois - 18.9k miles, 169 swimmers (8% of LMSC membership)



Julie Schoenlank sports her Medals!



Julie Schoenlank represented Garden State Masters at the 2014 USMS Summer Nationals at The University of Maryland College Park. She placed 6th, 8th, and 9th in the 50, 100, and 200 meter backstroke respectively.



Last Chance Swim Recap

The Last Chance Swim on August 30th turned out to be a great chance for participants to swim 5,000 meters in the beautiful long course Cranford Pool & Fitness Center. Of the 25 swimmers who attended this free event (offered by the NJ LMSC to its members), 23 opted to swim 50 X 100's while Gail Seelig and Sandra Seddon swam 100 X 50's. Christian Kroyer swam and he also provided refreshments complements of Investors Savings.

~~ by **Linda Kuhn**



L to R, Sandy Bluhm, Bill Sullivan, Eric Marquard, and Julie Porro



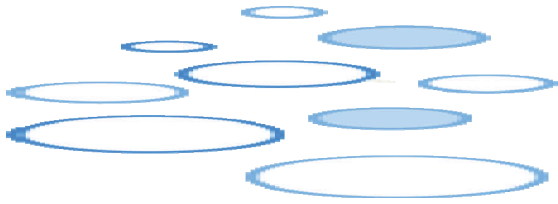
L to R, Kathy Carlyon, Sara Clark, Susan Kirk and Christian Kroyer.



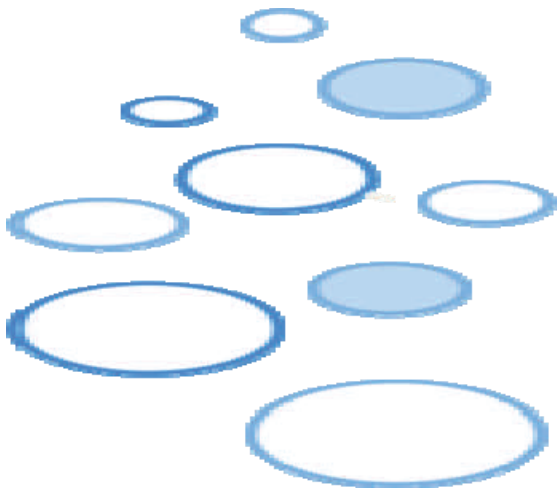
From L to R, Beth Maloney, Cathy Maloney Falicon & Mike Recchi.

***Thanks for the
pics
Carmen Rivera!***

More Snippets from FINA



Relay 2:
Mixed 240+ Free and Medley Relay (4th place in free, 10th place in medley)
L-R Frank McElroy, Larry Seidman, Laurie Di-tommaso, Deb Cipriano



Relay 1:
Mixed 280+ Medley Relay (9th place)
L-R Ed Tsuzuki, Barbara Rosenbaum, Janet Moeller, Jerry Katz



Relay 3:
Men's 240+ Free Relay (7th place)
L-R Larry Seidman, Frank McElroy, Jerry Katz, Ed Tsuzuki

Thanks Ed Tsuzuki for the pics! More can be found on our Facebook page!

Photo Fun Recap of the Lake Hopatcong Open Water Swim Festival



The WOWSA 2 mile open division swimmers lining up for the start.



The festival attendees were treated to a K-9 water demo!



MORE Lake Hopatcong!



Still going strong at 83, Paul Kiell completes puts another one mile swim in the books!



Our open water neighbors from the CIBBOWS team make an appearance!



Carol Morman is very happy to be back swimming again.



Steven Levine finishes the open division one mile swim.



Susan Kirk and Flash Marina owner, Tracey Serratelli Swenson are all smiles are the last one mile race of the day.



Richard Wallace & Sarah Clark following the 1 mile swim!

Thanks Ed Tsuzuki and Susan Kirk for the pics

Sussex County YMCA Adult Mini Meet



Mark your calendar for Saturday, October 11th so that you can attend the Sussex County YMCA Adult Mini Meet. The meet is user friendly in every respect (people, facility, events, duration, culture, etc...) with 50's and 100's of each of the four strokes and a 100 yard individual medley. Two new events include a meet ending distance event, the 1000 yard freestyle for triathletes, open water swimmers and pool swimmers and a first event 25 yard freestyle for newbies (or anyone else) who want to get their feet wet via a super short sprint of one pool length. Test you endurance as well as your speed at the same meet.

For first time (or long time absent) adult swimmers, a half hour orientation session will be held from 2:00-2:30 PM to explain how the meet will be run, what to expect and to put swimmers at ease. Meet sign in is at 2:30, warm ups at 3:00 and the meet will start at 3:30. Lane 1 will be open the entire meet for those that want to arrive late and warm up for the 1000 free (or any other event) while the other events are going on. Attached is the meet information sheet and entry form.

Click below for more information:

http://www.metroymcas.org/news/2014/09/03/sussex-county-ymca/adult-mini-meet/#.VA8DH_IdXng

The meet is open to anyone over 18 years of age. Although the meet is recognized by United States Masters Swimming, you do not have to be a USMS member to participate. All are invited and all are welcome. Entries are due by Friday, October 3rd.

