

EASTLANE

Fitness Standout, Arthur Wein: Taking Masters Swimming to Heart

By Linda Brown-Kuhn

Think of all the reasons that Masters swimmers choose to swim and you'll likely come up with a bunch: become more fit, lose weight, make new friends, learn a new sport, improve the weak link in triathlons, or because injury has bumped them out of other sports. Arthur Wein may fit into some of those categories but the overriding reason he got involved was to save his life.

Sounds weighty and it is but it's a happy story. Arthur was a serious college swimmer who could bang out a 47 in the 100 free but after he graduated he closed that chapter of his life. Career, marriage, and kids took over and Arthur turned to doubles tennis for exercise.

While he excelled at tennis, it didn't offer him anywhere near the kind of workout he experienced while swimming. He gradually gained weight, going from 158 as a college athlete to 225 as a less-than-fit 50 year old. Combine that with the fact that all the males in his family suffered from heart disease and you can see where this is headed.

Playing tennis one day, his good friend and tennis partner stopped the game telling Arthur that he looked washed out and not well. Arthur took the warning seriously and went through a barrage of heart tests learning that two of his three coronary arteries were almost completely blocked with plaque.

His doctor recommended emergency bypass surgery or angioplasty. These procedures had not worked well for other family members so Arthur asked about other less invasive options such as diet and exercise. Though his cardiologist, Dr. Nathaniel Lebowitz, cautioned him that most patients who attempt a radical life-style cure soon find themselves backsliding into bad habits he gave him the green light for a 3-month trial. "When he heard I was a swimmer he told me to watch the diet, take some medications and swim as much as I could," said Arthur.

This happened in 2001 when Arthur was 51. So he dramatically altered his diet and started dropping weight, dutifully took statins and got back in the water. He started slowly on his own, adding distance gradually. At this point he hadn't heard of Masters swimming.

Serendipitously, while surfing the Internet he found out about a local Masters meet happening that night and went just out of curiosity. He met Ed Nessel at the meet who somehow cajoled him into swimming the 100 free. The swim was painful but people reached out to him at the meet and he met Larry Seidman and Jack Zakim who became his training partners. "Quite frankly, without Larry and Jack's encouragement I could not have succeeded in turning around my health," said Arthur.

Arthur joined Garden State Masters and got even busier transforming himself. He lost 30 pounds, his total cholesterol level fell from 297 to 135, and his resting heart rate lowered. When Dr. Lebowitz checked Arthur's heart he found that the ancillary arteries were



Fitness Standout continues on following page



sprouting around the blockages, redirecting the blood flow, like a self induced bypass.

With training buddies in place, Arthur ramped up his swimming. "I really felt like I started again in training when I was 52 because all those old muscles from my teens and early 20s hadn't done anything for 30 years, they just didn't want to be woken up," said Arthur. "But they were still there under the flab."

By 2002, Arthur's fast swimming was setting records and he was really enjoying himself. "I was a freestyler in college and now I'm having so much fun doing strokes that I never did like breaststroke and backstroke."



Arthur (L-R) with good friends and training partners Larry Seidman and Zack Zakim



He felt enormously healthier not only physically but mentally. With the time taken up swimming 3-4 days a week, Arthur became more focused at work and home.

"You are doing something in the pool that's productive for your health so you can be productive at your job and with your family," he said.

He has continued his fitness and health regimen with great success even though he has since been diagnosed with cervical spine disease. Dr. Lebowitz monitors Arthur closely, reprimanding him if his weight starts to edge up. And every three years he undergoes the same test to make sure the blockages are under control and to ensure that they don't have to intercede with any surgery.

"So long as I'm able to keep up training and competitive swimming, my prognosis is good and it's been good now for pushing 15 years," Arthur said.

Arthur feels that he owes Masters swimming a great debt and he is happy to spread the word about its myriad benefits whenever he can. "I obviously credit the sport with giving me back my life, seeing my four children all get married, and now I swim with my ten grandchildren at the Teaneck Swim Club in the summer."

Everybody has a story about how they got involved in NJ Masters swimming, why they swim and what fitness (and other) benefits they derive. Fitness Standouts will relate the stories of NJ Masters swimmers who make you say "wow" when you hear about them. Not just the superstars but any Masters swimmer staying fit and healthy with an interesting tale to tell. I know we've got a ton of amazing swimmers in the Garden State!

Please send me candidate names and I can chat with them and write pieces or people can pen their own stories. I'm excited to share these accounts that are bound to inspire and motivate others.

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Calendar 2014

Ongoing Events

November 1 - April 30, 2015 NJ LMSC Virtual Fitness Swim ~~ Swim University, see page 5 to learn more!

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.

Upcoming New Jersey Events

December 31 U.S. Masters Swimming registration expires

January 10 9-11:30 Fourth Annual 50 X 50's, Perth Amboy Raritan Bay YMCA

February 1 8am - noon NJ Masters Annual 100X100s at the Raritan Bay Area YMCA in Perth Amboy

March 21 2015 NJ Masters Swimming Annual Awards Banquet at the Dolce Basking Ridge



"I never thought it was such a bad little tree. It's not bad at all, really. Maybe it just needs a little love."



LIGHT THOSE CANDLES

HAPPY NOVEMBER AND DECEMBER BIRTHDAYS!

November Birthdays

David Allred
Irene Ayers
Norman Bartner
Jennifer Bauman
Zeev Bieder
Maribeth Bowen
Edward Breisacher
John Callahan
Amy Campbell
William Capuzzi
Jeffrey Charen
James Christie
Anna Danna
Don Denny
Marianne Eybye
Norma Fallon
Michele Faul
Lori Freeland-Morris
Matthew Gann
Todd Garner
Kate Gibbons
Jeffrey Gold
Brian Hersh
Mary Hesselgrave
Marc Hourican
Richard Infield
Maureen Jende
Cristina Judge
Denis Kallish
Marin Kirk
Mark Kolman
John Krawczyk
Craig Leisher
Steven Levine
Jill Loveland
Steven Martin
Carol Mateo
Moirra McCullough
Daniele Merlis
Sheila Monaghan
Robert Nissen
Craig Orski
James Parseghian
Dave Pierson
Barbara Rebak
Michael Recchia
Barbara Rosenbaum
Joel Rubenstein
John Sabatino



Neil Seth
Michael Stewart
Clarence Tomsen
Leslie Trott
Michael Tugetman
Dmitry Umanski
Stacey Ushery-Wright
Paul Van Valkenburg
Robert Votruba
Denise Webber
Lydia Zakim

December Birthdays

Mohinder Ahluwalia
Allen Bachenheimer
Kurtis Baker
Rich Bean
Anthony Bonura
Megan Breznak
Elizabeth Bromley
Peter Cancila
Sean Cercone
Sue Charatan
Anne Clewell
Courtney Collins
Ann Dandurand
Sharon Danzger
Albert Di Prizito
Chris Draper
Glenn Duphiney
Timothy Dwyer
Brian Fagan
David Feldman
Robert Fetter
Nancy Finn
Caitlin Flaherty
Philip Gilligan
Mary Guilfoyle
Noel Hahn
Ryan Hardgrove
Karen Harjes
Juli Harpell-Elam
Lei He
Drew Heighway
Carol Jordano
Daniel Keller
Isaac Keselman
Daniel Kornick
Frank Kraljic
Ellen Kranefuss
John Lemmo



Ronald Loria
Thomas MacNabb
Lawrence Maraldo
Eric Marquard
Carol Martyniuk
Eduardo Mayol-Bracero
Maria McClure
Tom Nagy
William O'Brien
Daniel O'Connell
Ashley Pertsemliadis
Joanne Porro
Gabrielle Rasure
Joshua Raymond
Ann Marie Regan
Dennis Santangelo
Glenn Saunders
Todd Schaper
Annabel Schlossberg
Rick Schluter
Karla Schmidt
Lesley Schofield
Janine Serell
Meghan Servello
Deborah Shepherd
Ismail Sirtalan
Jenn Sommermann
Richard Sosa
Robert Stricker
Spencer Sullivan
Don Sullivan
Ed Tsuzuki
Peter Van Nuis
Sue Waldron
Richard Wallace
Andrew Wallace
Janet Wehrlen-Moeller
Charlotte Wei
Richard Wismer
Dave Wissemann
Arthur Zawodny
Benjamin Zhou
Brenda Ziegler

New NJ LMSC Virtual Fitness Program offered to all NJ LMSC registered members has begun!! Sign up today!!



Join Swim University This Winter:

Earn your fitness swim degree without picking up a book!

Who ever knew that getting a “degree” in swimming was so simple and free! All you have to do is swim, swim, swim plus keep track and record your mileage (that’s where the math comes in). If you swim 30 miles (5 miles per month) between November 1 and the end of April 2015 you’ll earn your associate’s degree, 60 miles (10 miles per month) will get you a bachelor’s degree, if you log in 120 miles (20 miles per month) you’ll have a master’s degree and for 240 miles (40 miles per month) you’ll become a PhD in swimology!

It’s easy to get started in this brand new virtual swim program that the NJ LMSC is offering to its members. Email Linda Brown-Kuhn at lindabk11@gmail.com with your USMS # and keep track of your yardage using the Go The Distance log, counting your distances from November 1 through April 30th. If you are already participating in GTD you’re all set and you can double dip. If not, go to the [USMS website](#) and sign up.

At the end of the swim you’ll receive an official unofficial diploma for whatever level of swim fitness achievement you attained and if you like, you can order a custom-designed t-shirt (more about that later). So sign up now – Swim University is in session! What degree will you go for?

Join Swim U!



Fourth Annual 50 X 50's

Start off the New Year with a splash by swimming the **Fourth Annual 50 X 50's** on Saturday, January 10th 2015 from 9-11:30 am. This swim, sponsored by the NJ LMSC, is FREE to all registered 2015 USMS swimmers and will be open to the first 60 swimmers. The swim will be held at the Perth Amboy Raritan Bay YMCA at 357 New Brunswick Ave., Perth Amboy 08861.



This year we are offering a mini freestyle clinic from 9-9:30 for those who would like to brush up on their freestyle technique. The 50 X 50's will begin at 9:30 and refreshments will be available after the swim.

Registration opens December 1st and all you need to do is email Linda Brown-Kuhn at lindabk11@gmail.com with your name and 2015 USMS registration #.



**2015 Annual
Awards Banquet
honoring 2014
continuous membership
awards recipients
Saturday, March 21, 2015
DOLCE Hotel
Basking Ridge**



Give Arthur Wein's workout a try....

(Abbreviation: S = Stroke; F = Freestyle; K = Kick; F = Wear Fins)

	RUNNING TOTAL
WARM UP (1,300 Yards)	
▪ 400 yard warm up with any stroke combination	400
▪ 4 X 25 Freestyle on 30 seconds and then right into 1 X 100 Freestyle	600
▪ 4 X 25 Stroke on 35 seconds and then right into 1 X 100 Stroke	800
F ▪ 4 X 25 Kick on 30 seconds and then right into 1 X 100 Kick	1,000
F ▪ 4 X 75 on 1:30 as follows: 1 st = Swim S/F/S; 2 nd = Swim F/S/F; 3 rd = Kick S/F/S; 4 th = Kick F/S/F	1,300
(2-3 Minute Rest)	
MAIN SET (1,350 Yards)	
8 X 150 yards (First 4 without fins, last 4 with fins):	
1) 1 X 50 F-25/S-25 on 1 minute 1 X 100 F/F/S/F followed by 2 minutes rest	1,450
2) 1 X 50 S-25/F-25 on 1 minute 1 X 100 S/S/F/S followed by 2 minutes rest	1,600
3) 1 X 100 F/F/S/F on 2 minutes 1 X 50 F/S followed by 2 minutes rest	1,750
4) 1 X 100 S/S/F/S on 2 minutes 1 X 50 S/F	1,900
(100 yard easy recovery choice swim, then put on fins)	2,000
F 5) 1 X 50 FK-25/F-Swim-25 on 1 minute 1 X 100 FK/FK/F-swim/FK followed by 2 minutes rest	2,150
F 6) 1 X 50 SK-25/S-Swim-25 on 1 minute 1 X 100 SK/SK/S-swim/SK followed by 2 minutes rest	2,300
F 7) 1 X 100 K/F/K/F on 2 minutes 1 X 50 F/S followed by 2 minutes rest	2,450
F 8) 1 X 100 K/S/K/S on 2 minutes 1 X 50 S/F	2,600
(50 yard easy recovery choice swim, then remove fins)	2,650
(2-3 Minute Rest)	
SPRINT SET (400 Yards)	
▪ 4 X 25 on 45 seconds with each being a mid-pool change from kicking the first half of each lap followed by swimming the second half of each as follows:	
- 1 X 25 of KS/S and 1 X 25 of KF/F, then repeat	
- 1 X 25 of KS/S and 1 X 25 of KF/F	2,750
F ▪ 4 X 50 on 1:15 with fins as follows:	
- 1 X 50 of S/F and 1 X 50 of all stroke, then	
- 1 X 50 of F/S and 1 X 50 of all freestyle	2,950
▪ 4 X 25 full-speed on 45 seconds of S/F/S/F	3,050
WARM DOWN (200 Yards)	
F ▪ 200 very slow yards of any stroke combination as follows:	
- 100 Swim with fins	
- 100 Kick with fins	3,250



NJ Master Swimming

2014 Annual Board Meeting Recap

On Sunday, November 16, 2014, the NJ LMSC Board of Volunteers held their Annual Board Meeting at the Berkeley Aquatic Club Center of Excellence.

Congratulations to the newly elected and appointed NJ LMSC Board Volunteer Members:

Elected:

Chair - Susan Kirk
Vice Chair - Chris McGiffin
Co-Registrars - Tom Brunson; Chris McGiffin
Treasurer - Bill Reichle
Secretary - Susan Kirk
Newsletter Editor - Sara Johnston
Top Ten and Records - Ed Tsuzuki
Sanctions and Safety - Jennifer Bauman

Appointed:

Coaches Co-Chairs - Julie Schoenlank and Ramunas Radzevicius
Event Coordinator - Lynn Ascione
Fitness Chair - Linda Brown-Kuhn
Graphic Newsletter Designer - Sara Johnston
Open Water Co-Chairs - Marie Vellucci and Sarah Clark
Webmaster - Bridgette Hobart/Jason Pintinalli

We are all looking forward to an exciting year in 2015 of servicing you, the NJ Masters Swimming membership! We'll be kicking off the New Year with the Annual 50 x 50s in January and the long-standing tradition of the Annual 100 x 100s on Super Bowl Sunday in February.

Thanks to you, all of our members, our LMSC is healthy and thriving. Our 2014 membership year concluded with 914 members and 2015 will surely top that figure. If you have not renewed your 2014 membership yet, we hope to see you back in 2015.

As you are setting your personal swimming goals for 2015, please keep in mind the new virtual swim program, Swim University, which began on November 1st 2014 and will continue through April 30th 2015. This is a great way to challenge yourself to attain a higher level of aquatic fitness.

We greatly appreciate your passion for Masters swimming and your continued support of the NJ Masters Swimming community. We would love to hear what you are doing in your swimming life. Please visit our [NJ Masters Swimming Facebook page](#) throughout the year and share your pictures and stories with your fellow Masters swimmers.

Happy swimming to all!

Susan Kirk
NJ LMSC Chair



Kudos Kudos Kudos

By Ed Tsuzuki

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCM records at the **Wilton Wahoo Masters Fall Short Course Meters** meet on November 2, 2014. **Women 80-84:** Janet Wehrlen-Moeller (80) 50 fly - 1:09.40, 100 IM - 2:18.48, 200 IM - 5:03.71; **Men 70-74:** Jim Dragon (70) 50 back - 37.61, 50 breast - 37.85, 50 fly - 30.96.

A special congratulations to Jim Dragon as his 50 fly time of 30.96 is under the current world record SCM time of 31.55!



Congratulations to Eric Materniak, 23 for setting a new NJ LMSC SCY record in the men's 18-24 200 IM. Eric swam a 2:02.80 at the **Octoberfest IV** meet at Drew University on October 18, 2014.

November 11, 2014 – New Jersey moves up to 5th place with very strong member participation with a 27,224 mile total for 2014! NJ moved ahead of Oregon and still boasts the highest participation among the top 20 LMSCs (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 and the Colonies Zone remains the number one Zone in total mileage. 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 – 95.4k miles, 507 swimmers (4% of LMSC membership)
Southern Pacific – 60.57k miles, 291 swimmers (6% of LMSC membership)
Florida - 38.3k miles, 166 swimmers (7% of LMSC membership)
New England - 34.1k miles, 174 swimmers (7% of LMSC membership)
New Jersey - 27.2k miles, 129 swimmers (**14% of LMSC membership**)
Illinois - 24.7k miles, 178 swimmers (8% of LMSC membership)
Oregon – 24.3k miles, 114 swimmers (10% of LMSC membership)

Click here to see NJMS participants standings!



Whether looking for a holiday gift, or a good read, ❄️ check out *Blue Mind*, by Wallace Nichols

NJ Master Swimmer Paul Kiell shares his review! ❄️

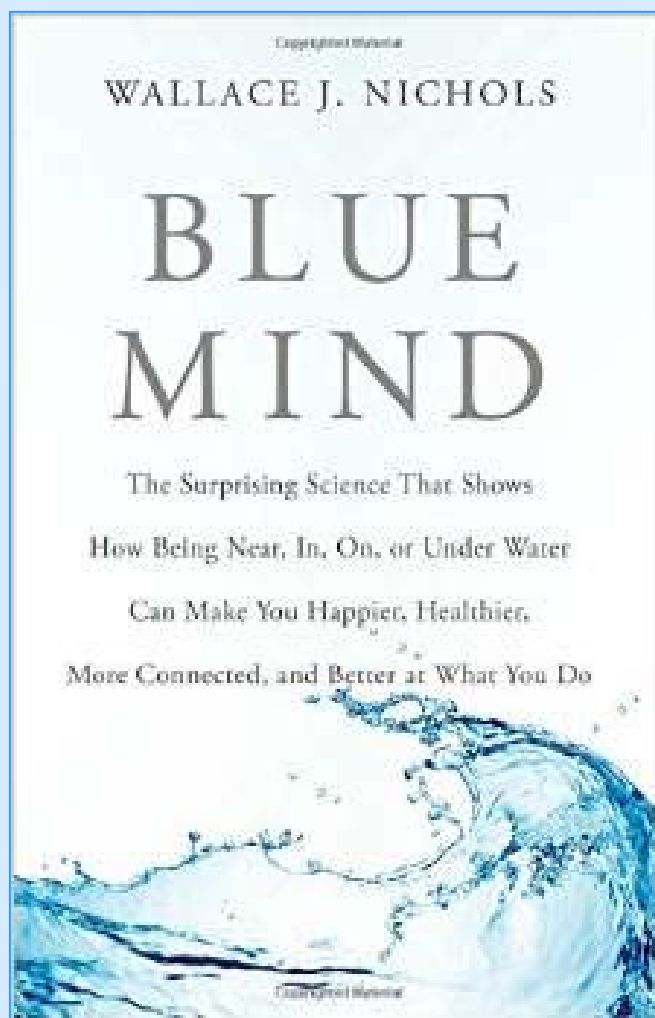
"I'm always impressed at the prescience of authors and poets where they describe the more transcendent benefits of aerobic exercise. For example, the old Roman dictum *Mens sana in corpore sano* (You should pray for a healthy mind in a healthy body) or the last lines of Dryden's 18th century poem, *The wise, for cure, on exercise depend; God never made his work for man to mend.*

In *Blue Mind*, proclaiming the power of water to heal his mental state, just note this quote originally from Herman Melville's *Moby-Dick*, spoken by the protagonist, Ishmael:

Some years ago—never mind how long precisely—having little or no money in my purse, and nothing to interest me on shore, I thought I would sail about a little and see the watery part of the world. It is a way I have of driving off the spleen and regulating the circulation. Whenever I find myself growing grim about the mouth; whenever it is a damp, drizzly November in my soul; whenever I find myself involuntarily pausing before coffin warehouses, and bringing up the rear of every funeral I meet; and especially when my hypos get such an upper hand of me, that it requires a strong moral principle to prevent me from deliberately stepping into the street, and methodically knocking people's hats off—then, I account it high time to get to the sea as soon as I can. This is my substitute for pistol and ball.

Blue Mind tells of, and scientifically validates, the benefits of exercise per-se, particularly of water, as regulators of the brain neurohormones (endorphins, dopamine, serotonin, etc.), explaining why we are attracted to the streams, the lakes, the rivers, the oceans, and to top it off, even to the color blue itself."

By Paul Kiell



Blue Mind: The Surprising Science That Shows How Being near, in, on, or under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do



2015 Registration Information



USMS Club Membership: \$25 (USMS fee) + \$20 (NJ LMSC fee) = \$45 total

All Club contacts should renew/register their Club for 2015 by Oct. 30, 2015, in order to allow their members to register successfully with their Club starting on Nov. 1, 2015.

USMS Workout Group Membership: \$25 (USMS fee) + \$0 (NJ LMSC fee) = \$25 total.



Workout group registration with a club is a new (as of 2014) optional membership category that permits Workout Groups to register and take full advantage of available USMS resources offered by the NJ LMSC, USMS National Office and Club and Coach Services to help with program development.

USMS Individual Membership: \$37 (USMS fee) + \$10 (NJ LMSC fee) = \$47 total

Registration opens for members to renew/register on November 1, 2015. Please direct any questions to: NJRegistrar@usms.org.

NJ LMSC Online Registration

Your current 2014 U.S. Masters Swimming registration will expire on December 31, 2014. Please remember to renew your registration soon!! Click on the link above to direct you to the online registration page for the New Jersey LMSC and then select your club from the list provided. If you renew your membership by December 31, 2014, then USMS will provide you with discount codes from 9 USMS sponsors. You will have until January 15, 2015 to use any or all of your discount codes.

Aqua Sphere (20% off of entire order) aquasphereswim.com

blueseventy (30% off of orders in the swim collection*) blueseventy.com

Colorado Time Systems (\$125 off the Backstroke Start Device) coloradotime.com

FINIS (25% off of entire order) finisinc.com

Malibu C (20% off of entire order**) allamericanswim.com/malibu-m-104.html

P2Life (25% off of entire order) P2Life.net/USMS

Speedo (30% off of entire order***) SpeedoUSA.com

TRISWIM (40% off of all TRISWIM, FOGGIES, TRISLIDE and DERMASPORT products) sbrsportsinc.com

Swimoutlet.com (15% off USMS merchandise & Sporti branded products****) swimoutlet.com/usms/ for USMS merchandise or swimoutlet.com/sporti/ for Sporti products

Sponsor Discount Restrictions:

* Discount only applies to blueseventy swim collection

** Excludes SwimCare Wellness Shampoo and Conditioner in 8 oz. tube

*** Offer valid through 1/15/2015 11:59pm PST at SpeedoUSA.com or by calling 1-888-477-3336. Customers will receive 30% off your order on Speedo merchandise, except as noted below, by adding code USMSSPD3 at checkout. Offer excludes select Performance Suits, all LZR Racer suits, FS3 Goggles, Vanquisher Goggles, Speed Socket Goggles, Aqua V Silicone Swim Caps, Hydralign and Hydralign Jr. Center Snorkels, Bullet Head Snorkel, Teamster Backpacks and online gift certificates. This offer not valid on previous purchases and cannot be combined with any other offer. No Cash Value. Void where prohibited by law.

**** Discount only applies to USMS and Sporti products. Free shipping on \$49 and above.

Anytime throughout the year, you can access and print out your own copy of your current U.S. Masters Swimming registration card by clicking on the link below and following the instructions.

[U.S. Masters Swimming Membership Card electronic version](#)

Please direct any questions to NJRegistrar@usms.org

