



**2015 USMS NJ Masters  
Continuous Membership  
Recognition Awards Banquet!**  
**Saturday, March 21st, 6-10pm**  
**DOLCE Hotel, Basking Ridge**

**Guest Speaker announced!**

*We are thrilled to announce our guest speaker, Charlotte Samuels, for this year's NJ LMSC Continuous Awards Banquet.*

*In 2014, Charlotte, at the age of 16, made history by becoming the youngest person to complete the triple crown of open water swimming and she did it all within a few short months. The triple crown consists of The Manhattan Island Marathon Swim, The Catalina Channel and The English Channel.*

*We are honored to have Charlotte join us for the evening!*

*Invitations coming soon!*

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# Calendar 2015

## Ongoing Events

**November 1 - April 30** LMSC Virtual Fitness Swim ~~ Swim University. To sign up contact Linda Brown-Kuhn at [lindabk11@gmail.com](mailto:lindabk11@gmail.com).

**January 1 - December 31** USMS *Go The Distance* 2015 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 2015 calendar year. [Information](#) includes online and paper entry.

## Upcoming New Jersey Events

**February 1** 8am - noon NJ Masters Annual 100X100s at the Raritan Bay Area YMCA in Perth Amboy [Online Registration](#)

**February 15** OCY Unofficial Masters Team Championship SCY meet Ocean County YMCA in Toms River, NJ [online registration is open!!](#)

**March 7-8** TCNJ SC Yards Masters Meet

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

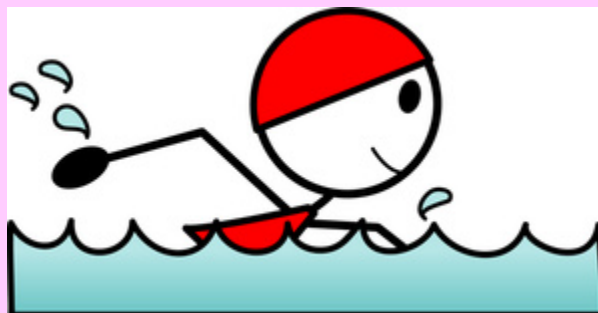
**April 10-12** Colonies Zone Championships (SCY) George Mason University, Fairfax, VA.

**April 18** TENTATIVE date for the Sussex County YMCA Annual Spring Meet

## "never say quit"

"My primary interest used to be competition. At 87 I am now too slow, still try to compete in 1 mile open water events."

from Hedy E.,



# LIGHT THOSE CANDLES

## HAPPY JANUARY AND FEBRUARY BIRTHDAYS!

### JANUARY BIRTHDAYS

Juan Adrover  
Ann Allen  
Maisha Amen  
Greg Bassett  
Judy Baum  
Fay Bizub  
Alan Chodosh  
Sarah Clark  
Foster De Jesus  
Keith Drayer  
Jacqueline Fagan  
Bill Fallon  
Gregory Fernicola  
Jane Fisher  
Asaf Gal  
Jacqueline Glasser  
Edward Goracy  
Geoffrey Grice  
Jonathan Grubb  
Pauline Gyllenhammer  
Darek Hahn  
Peter Hempel  
Greg Hincks  
Moirra Horan  
David Kaufman  
Boris Kavlakov  
Kathy Kelly  
Mingi Kim  
Bryan Krut  
Russ Lane  
Sheila Lanman  
Joanne Lazzaro  
Judith Lee  
Francesca Mancuso  
Amanda Maxwell  
Michael May  
Kieran McGuire  
Curtis Miller  
Maria Nobles  
Len Oppenheimer  
Ray Ortiz  
Brian Perry  
Kimberly Plewa  
Joseph Puvogel  
Bill Reichle  
Fang Schmitz  
Leigh Segal  
Coray Seifert

Michel Serieyssol  
Nancy Shapiro  
Philip Sherratt  
Cathy Signorin  
Rachelle Slater  
John Sowa  
Jennifer Sullivan  
John Szabo  
Susan Thiel  
Thomas Toomey  
Adele Vespa  
Jens Volker  
Ali Wade  
Steven Waskow  
Lih Zelnik  
Jeff Ziegler

### FEBRUARY BIRTHDAYS

Paul Anderson  
Diane Bailey  
Russ Ball  
Benjamin Balmy  
William Beversluis  
Sean Brennan  
Corinne Buda  
Denise Carlson  
Richard Carlson  
Dan Chamby  
Deborah Cipriano  
Lucinda Cohen  
Robert Diday  
Janet Estenes  
Andrew Feldman  
Robert Fisch  
Frank Fitzgerald  
Jennifer Freeman  
John Gattringer  
John Giannasca  
Ronald Gilbert  
John Giordano  
Michael Goldberg  
Jeffrey Jotz  
Sally Kleeman  
Brian Kusterer  
Michael Lavitt  
Nancy Lester  
Roy Lester  
Ryan Lewis  
Diane Lynch

Erika Maresca  
Kurt Matheson  
John Menninger  
Bari Miller  
Drew Moll  
Lorenz Muller  
Michael O'Neill  
Jeanne Perantoni  
Indrek Porro  
Ramunas Radzevicius  
Heidi Remak-Ziff  
Rob Ripp  
Jennifer Roche  
Carla Scaturro  
Keith Scharfschwerdt  
Julie Schoenlank  
Cathy Schwerdt-Allen  
Scott Seibel  
Patricia Sener  
Murray Simon  
Kathryn Smith  
William Sullivan  
Keith Tamboer  
Yuta Tsuboi  
Henry Wang  
Courtney Welsh  
Nora Zurzolo



## Kudos Kudos Kudos

Kudos to **Bridgette Hobart Janeczko** who recently earned the Triple Crown of Open Water Swimming! She joins an elite group of open water swimmers including fellow NJ Master swimmers **Michelle Davidson** and **Nancy Steadman-Martin**!

Completing the Triple Crown requires the authenticated completion of three famous marathon swims:

- (1) 21 miles/33.7 km across the English Channel between England and France,
- (2) 20.2 miles/33 km across the Catalina Channel in Southern California, USA, and
- (3) 28.5 miles/45.8 km around Manhattan Island in New York, USA.

The youngest participant ever to achieve the Triple Crown is 16 year-old Charlotte Samuels also from New Jersey and will be our Guest Speaker at the Awards Banquet March 21!

Among the 104 individuals who have completed the Triple Crown of Open Water Swimming, the average age is 43.7 years old. The age of completion ranges from teenagers Charlotte Samuels (female) at the age of 16 and Lachlan Hinds (male) at the age of 18, to veterans Barbara Held (female) at 59 and Bob West (male) at 62.

Check out more stats at <http://www.triplecrownofopenwaterswimming.com>  
Information courtesy of the World Open Water Swimming Association.

## And more Kudos!

By Ed Tsuzuki

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC Long Distance Records at the U.S. Masters Swimming 2 mile cable national championships at Mirror Lake in Lake Placid, NY on August 16, 2014. Women 45-49: **Lynn Ascione** (47) 50:06.62, Women 50-54: **Margaret Martonosi** (59) 56:04.96, Women 55-59: **Sarah Sangree** (56) 56:41.30, Men 40-44: **Gregory Gallo** (41) 1:03:18.84, **Paul Kiell** (83) 1:32:04.68

Congratulations to **Benn Doyle** (56) and **Jose Faria** (48) for setting new NJ LMSC SCM records at the New England SCM Championships held at Boston University December 12-14, 2014. Benn lowered his own record in the 100 breast with a 1:13.24 and Jose bettered his 100 back record with a 1:07.03 and broke Scott Yeoman's record in the 200 back with a 2:30.00

Congratulations to **Eric Materniak**, 23 for setting new NJ LMSC SCM records in the men's 18-24 age group at the Dr. Bill Ross Annual Memorial Masters Swim Meet which was held at the Nassau County Aquatics Center on November 23, 2014. Eric swam a 1:07.74 and a 2:27.95 in the 100 and 200 meter breaststroke events respectively.



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# Why Swimming May Be the Best Exercise for Older Adults

by Karen Rowan, Health Editor | October 17, 2014



Falling down and getting hurt is a big problem for older adults, and researchers think that physical activity may lower people's risk of falls. But now, a new study suggests that the only type of exercise that lowers older adults' risk of falls is swimming.

Researchers in Australia looked at about 1,700 men ages 70 and older, and compared the types of exercise the men did with their likelihood of experiencing a fall over a four-year period. There were nearly 2,700 falls during the study.

Men in the study who swam were 33 percent less likely to fall compared with all men in the study. In contrast, the men who did other forms of exercise — including golfing, doing calisthenics, working out on treadmills or stationary bikes, or playing lawn bowling games (similar to Bocce ball) — were no less likely to fall, the researchers found.

"Unlike [with] land-based sports, swimmers are required to create their own base of support and at the same time, to produce a coordinated movement of both upper and lower extremities," said study author Dafna Merom, an associate professor of physical activity and health at the University of Western Sydney in Australia.

The researchers also found that the swimmers did better on a test of "postural sway," compared with the average of all men in the study. In this test of standing balance, a person is asked to stand as still as possible for 30 seconds, and researchers measure how much his or her body moves, at the waist level, from the center position.

Falls are a major public health problem in older adults. Some falls can cause broken bones, head trauma and other severe injuries, but even less-serious falls can lower people's mobility while they are recovering, and lead to other problems. Among adults ages 65 and older, one in three experience a fall yearly, according to the Centers for Disease Control and Prevention.

The new study is the first to compare various types of physical activity in terms of their ability to prevent falls, the researchers said. Further studies are needed to confirm the findings, Merom told Live Science.

The most common form of exercise that older adults engage in is walking, but studies have shown that walking does not lower the risk of falls, the researchers said in their study, which was published in the Oct. 15 issue of the *American Journal of Epidemiology*.

In the new study, the researchers asked the men what types of physical activity they had done in the past week, and then followed up with phone calls every four months, to ask the men if they had fallen and, if so, how many times. The men were also given tests that measured their walking speed and balance. The men in the study were all living in communities in suburban Sydney (and not in care homes).

Performing any sort of body movement requires balance, Merom said. The question the researchers wanted to look at is whether some forms of physical activity might enhance people's balance abilities to the degree that they provide an advantage when people are in a situation where they need a quick neuromuscular response to regain their balance.

Although the study included only men, it is likely that swimming also lowers women's risk of falls, Merom said. "I would expect it will work even better for women," given that women generally have less muscle strength than men, she said.

The study was observational, so the results show a link, but not a cause-and-effect relationship, between swimming and a lower risk of falls, Merom noted. For example, it could be that men with good leg strength and control of their posture are more likely than others to participate in swimming. Merom plans to conduct a study that randomly assigns people to a type of exercise, to look at whether there is a causal relationship, she said.

There is reason to think that swimming does work to prevent falls, she said. Swimming develops strong and stable core muscles, which are necessary for good balance control — a major protective factor against falls.

The data suggested that cyclists may also have a lower risk of falls, but there were too few men in the study who cycled for the researchers to know for sure whether there was an effect, Merom said.

Different types of physical activity may benefit people in different ways, she said. For example, dancing may help with the gait speed and reaction time.

"My view is that as people age, they should select and regularly participate in complex motor activities, and not only in functional walking," she said.

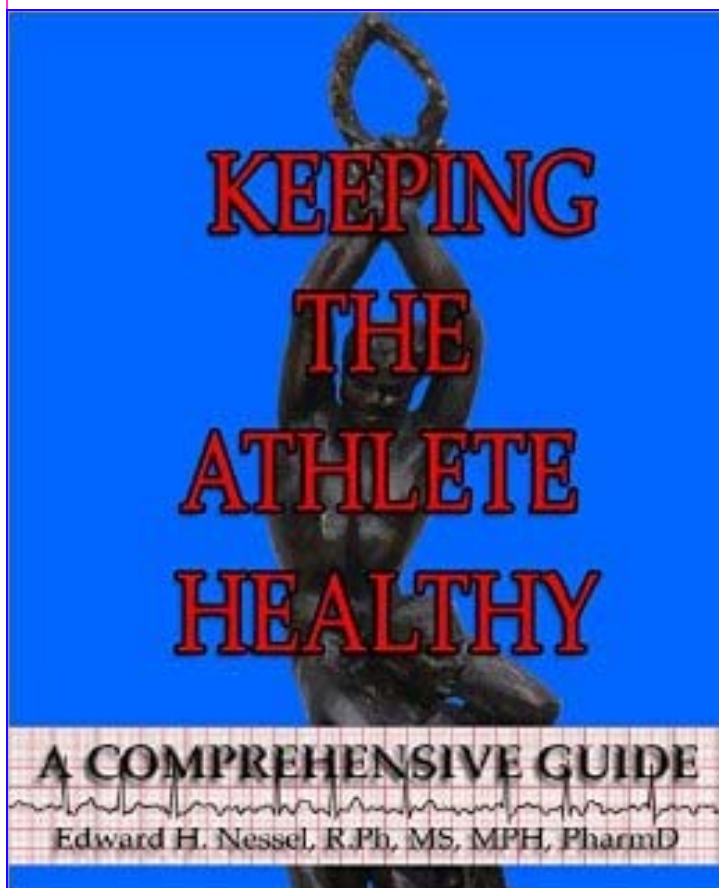
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# KEEPING THE ATHLETE HEALTHY: A COMPREHENSIVE GUIDE

By Edward H. Nessel, R.Ph, MS, MPH, PharmD

Reviewed by Paul J. Kiell, M.D.



To know this book is to know the author, Ed Nessel. I sought him out in early 1992, a time when permanent running injury steered me to my original sport, swimming. For me it would become one of those great serendipitous moments.

A perfectionist who left nothing to chance, Ed too was transitioning from pharmacist to swim coach. He possessed a unique quality, that one critical element we all need in a training partner or in a coach: *He was crazier than me.* (Ed spoke in 1992 at one of our New York City Marathon seminars; I introduced him as someone crazier than me. His wife later corrected me. “He is,” she whispered, “much crazier than you.”)

I said he was a perfectionist, and his influence on me has been most positive, although at times he could be a taskmaster, a real pain. He surely has pursued his father’s commandment: “Always do your best.”

With *Keeping the Athlete Healthy* the reader gets Ed’s best. As I said in my blurb:

***Keeping The Athlete Healthy* is an encyclopedic work encompassing the author's expertise**

**in both the medical and the physical. It is written in readable terms, containing everything you'd want to know or didn't know you needed to know about your life as a serious dedicated athlete or, as pertains to most of us, adding sports and vigorous activity as a balance to life.**

It’s especially pertinent since Ed has degrees in science, public health and pharmacy, and is a championship coach, swimmer and researcher.

Accordingly, explanations and discussions are backed up by scientific data. Nevertheless the writings have to be read slowly so that important information can be digested. I wish he would have pumped some air into some of the passages that are packed with scientific elucidation, but that comes later. His topics are insightful, educational and always helpful.

Be not dismayed, however, by the one criticism I have which is his use of the ‘Chicago style’ (new style) of writing instead of traditional grammar, coupled with his penchant for the ellipsis (...). There are also some misspellings as if a passage or a word was dictated, then misspelled by the typist, only to be missed by the editor, e.g., per-se spelled as “per-say”). These minor flaws, however, pale mightily, particularly when one reads the essay penned near the book’s closing.

That essay is entitled "Fish Gotta Swim." Here he writes for all of us who are at least a little bit crazy, crazy in a very healthy way. Swimming becomes metaphor for running, skiing, biking and similar activities, the activities that bring balance and gratification to our lives, the activities we want to engage in forever. He speaks of the strands of rhythm, of beauty, of music, of meditation, of all the reasons we cling to our sport, all the reasons that make us dread the day when we may be unable to participate any longer telling us how to stay healthy and maintain our vigorous lifestyles and avoid that dreaded doomsday.

I almost got to that day, when serious leg clotting closed out my running lifestyle. Ed was one person who helped me make an almost seamless transition. Rekindling youthful memories I even became a member of some of his championship masters teams. I thank him for helping me to be the best I could be and you will too by partaking of the knowledge and experience you'll find in **KEEPING THE ATHLETE HEALTHY.**

## What's Happening With Swim University?



The end of January will mark three months since Swim University, the new NJ LMSC virtual fitness program, was up and running. Twenty eight 'students' have enrolled and with rolling admissions anyone can sign up anytime, just contact Linda Brown-Kuhn at [lindabk11@gmail.com](mailto:lindabk11@gmail.com) .

Looking at the mileage available mid-January, Bridgette Hobart has already earned a Masters degree with 148.13 miles and several others were very close! Beth Maloney, Robert Gatto, Peter Langham, and Bill Reichle probably have reached that 120-mile goal by now. A number of swimmers currently hold a bachelor's degree (60 miles) including Gail Seelig, Janice Baker, Sandra Seddon, Susan Kirk and Sharon Danzger with Benjamin Zhou so close at 59.17. Those that swum their way to an associate's degree (30 miles) so far are Steve Jones, Carol Martyniuk, Patti Bell, Francesca Mancuso, Fang Schmitz, Aaron Moore, Erik Werfel, and Matt Gann. On their way to getting an associate's degree are Lindsey Holmes, Neil Chambers, Paula Pycz, Zeev Bieder, Cathy Falicon, Herve Morvan, Norma Jones, and Ed Tsuzuki. Way to go everyone!

# Super Bowl Sunday 100X100s a Big Success



Congratulations to all 92 NJ Masters Swimmers who swam in the NJ Masters Swimming Annual Super Bowl Sunday 100 x 100s! You all had awesome swims! Such an "amazing feeling of accomplishment" was a common sentiment being heard around the pool deck. For a number of swimmers, the distance that they completed during this event was by far the furthest that they had ever swum!! Kudos to all!!

Collectively, the swimmers swam 795,125 yards, drank 5 gallons of the electrolyte replacement/rehydrating sports nutrition drink, drank 2 cases of water and drank/ate whatever other sports nutrition they brought along with them. Not sure how many bagels, bananas, oranges, brownies, chocolates, and other yummys were consumed, but the NJ LMSC is happy that the swimmers all enjoyed the refreshments after their swims.

For additional photos/videos, please visit (and like if you haven't already) the [NJ Masters Swimming facebook page](#) and also feel free to share your pictures.

Thanks again to all of the swimmers for making the annual 100 x 100s such a fun and successful event and mark your calendars for Super Bowl Sunday 2016!!

Happy swimming!



Thanks for the photos!  
Ed Tsuzuki/Jim Sheerin /group photo  
Jim Sheerin panoramic  
Sarah Clark for the lanes!