

March/April 2015



2015 USMS NJ Masters Continuous Membership Recognition Awards Banquet

Last month, the NJ LMSC held its annual banquet at the Dolce Hotel in Basking Ridge, honoring 5-Year, 10-Year, 15-Year, 20-Year and 25-Year Continuous Members, as well as honoring Bill Reichle as the recipient of the Lou Abel Distinguished Service Award for his many years of dedication and inspiration to the NJ Masters Swimming community as well as his passion for our sport of swimming.

Peter McCoy, a fellow masters swimmer, and his friend Don, played guitar during the cocktail hour. They are a talented duo and we were so fortunate to have them donate their time and skills for our event.

We were thrilled to have Charlotte Samuels join us for the evening as our guest speaker. As you may know, Charlotte became the youngest swimmer to complete the Triple Crown of Open Water Marathon Swimming...The Manhattan Island Marathon Swim, The Catalina Channel, and The English Channel. Charlotte completed all these swims within 10 weeks, an incredible feat for any swimmer, let alone a 16 year old. Her presentation was inspiring to us all.

The NJ Masters Swimming Annual Awards Banquet is a great time to relax and catch up with our swimming friends. It is a fun night and we hope to see many of you there next year. Check out the photo montage on the following page.

Spread the word! In recognition of Learn-To-Swim month, Cranford Pool & Fitness Center is hosting the second annual Learn-To-Swim night on Saturday, April 11, 2015 from 6:00-8:00pm. It is open to adults 18 and over, beginners and up. They will have certified instructors for the beginners, as well as Master's coaches for those who would like to try a Masters workout, or just improve their technique. Please call the pool at 908-709-7260 for information or to pre-register. There is no charge. Pre-registration is not required, just helpful for planning.



Pictured above left to right; top to bottom:

Paul Kiell, Martino Caretto, Dieter Wunderlich, and Jane Fisher share swimming stories and embrace the camaraderie of Masters Swimming Don (Peter's good friend) and Peter (McCoy) provide some excellent live entertainment during the cocktail hour Special keynote speaker, Charlotte Samuels ~ current world record holder for being the youngest person to complete the Triple Crown of Open Water Marathon Swimming ~ enthralling, empowering, and inspiring the group as she shares her personal swimming journey from the pool to the open water The happy faces of most of the 2015 NJ Masters Swimming Annual Award Banquet attendees following a wonderful evening of celebrating Masters Swimming in New Jersey

The 2015 NJ Masters Swimming Lou Abel Distinguished Service Award winner, Bill Reichle and his wife, Beth Maloney enjoying their evening together sharing their long-term passion and involvement in NJ Masters Swimming during the banquet Dieter Wunderlich exudes his enthusiasm while accepting his 25-year NJ LMSC Continuous Membership Recognition Program milestone award Ken Niemi and Chris McGiffin proudly accept their 20-year NJ LMSC Continuous Membership Recognition Program milestone awards Erik Werfel, Kathleen Carlyon, Mike Lavitt, and David Goldberg happily accept their 10-year NJ LMSC Continuous Membership Recognition Program milestone awards.

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Calendar 2015

Ongoing Events

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

April 18 Sussex County Y for their "Adult Mini-Meet"

April 26 Olympian Kim Vandenberg will be running a Swim Clinic from 12:30pm- 4:00pm hosted by the New Jersey LMSC at the Raritan Bay Area YMCA, 357 New Brunswick Ave. Perth Amboy, NJ 08861. See page X for details.

May 27 Annual NAV-E-SINK OR SWIM Distance Festival at Victory Park, Rumson, NJ

May 30 The fourth 2 Bridges Swim Under the Walkway is an early season 2.5K/5K on a fast, fun, and scenic course in the Hudson River

June 13 Wycoff YMCA Lap the Lake, Wycoff, NJ

June 13 Asbury Icebreaker Asbury Park, NJ



Happy Birthday to March April Members!

MARCH Birthdays

Georgia Afxendiou
Donald J Asay
Ahmed Attia
Caroline M Block
Ryan Boate
Ron Borchers
Alexis Mara Broder
Leslie R Brunell
Tom Brunson
Cheri Caprio
Sandra L Carosi
Chris Chang
Lawrence D Chevres
Zachary H Chororos
Peter C Christopher
Todd R Clear
Glenda Cohen
Michele L Donato
Lynn A English
Sue Freeman-Patterson
Glen Fries
Rich Fu
Alex Gershowitz
Christopher E Gibson
Susan Gibson
Louise E Goldsmith
Peter J Groner
Diane L Guvenis
Mary H Hager
Mark Horton
Jennifer Howard
Siocain Hughes J
im Jaffe
Norma L Jones
Patrick J Kellachan
Roz Kelley
Laura Kenny
William J Kosakowski
Elizabeth B Krynska
Thomas H Lawson
Rosanne Lemongello
Larry E Lengle
Elizabeth Loe
Linda L Lucas
Karin A Lucke
Michele Lyons
Howard Mann
Paul Marsac
Mary Marvel
Steve McDarby
Frank McElroy
Chris D McGiffin
Katherine M McGrath
Lyndsay C McMeen
Tom McMenamin
Patrick Messmer
Pedro J Moreno

Reynard J Morrell
Teresa D Morrison
Matthew G Murphy
Ken Niemi
James Noumair
Edward P O'Connor
Sangil(Gilbert) Pak
Debbie Peers
Julie Percifield
Heidi Pfefferkorn
Lynda H Przedpelski
Yoav Rettig
Tom Reynolds
Kurt W Rotthoff
Paul Schaeffler
Ari Schertz
Nora Schultz
Maureen M Shannon
Bridget Sherratt
Melissa A Sions
James F Sullivan
John E Thomas
Patricia A Thompson
Lauren A Twombly
Nancy M Wagner
David Wallman
Sheryl G Walsh
Chenyang Wang
Ian Wendel
Craig Zaleck

APRIL Birthdays

Philip Aries
Kenneth Baker
Diane Berry
Beth Bigham
Sandy Bluhm
Richard Bohan
Daniel Boland
Toni Bonnette
Lauren Brundage
Bethanne Bruninga-Socular
Benedicte Callan
Sheila Campbell
Kathleen Carlyon
John Coyle
Anrei Degenhardt
Nickolas Demas
Linda DiCola
Cedric Druce
Scott Duprex
Michael Esnes
Edward Eyring
Jose Faria
John Fazzio
Deborah Fennelly
Ken Fitch
Caitie Flum

Sharon Friedman
Kim Gannon
Andrew Gilpin
George Glum
Andrew Gong
Peter Gruntfest
Jill Hendershott
Marie Heppner
Mark Hoffman
Reginald Hyppolite
Stacey Jones
Daniel Judge
Daniel Kaufman
Kathleen Keers-Nolde
Jacqui Koplik
Suanne Kowal-connelly
Anne Kraljic
Howard Libov
Jonathan MacArt
Christina Mackay
Richard Maier
Brent Matheson
Denise McCarthy
Desiree Merrell
Nancy Moore
Marie Morey
Alan Morrison
Alexander Naney
Rita Nannini
Michael Pasqual
Katherine Pennell
Daniel Quinn
Michael Reinitz
Chris Remetz
Lynne Rider
Ira Rimerman
Arturo Ruiz
George Russ
Martin Scheidl
Karen Shearly
Sue Sierke
Aaron Smith
Anthony Snoble
Don Sumada
Leo Tineo
Hilary Topper
Marlise Troy
Zsejke Tusa
Marie Vellucci
Michele Walker
Doug Walker
Maria Wedgeworth
Ilse Wolfe
Scott Yeomans

Kudos Kudos Kudos

February 16, 2015 - Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the OCY Unofficial Masters Team Championships Short Course Yards meet on February 15, 2015. **Women 60-64:** Nancy Steadman-Martin (60) 500 free - 5:59.43, 1000 free - 12:11.82, 50 back - 34.91, 100 back - 1:15.05, 200 back - 2:38.03; **Women 80-84:** Janet Wehrlen-Moeller (80) 1000 free - 22:08.68, 50 breast - 1:02.27, 50 fly - 59.07, 200 IM - 4:42.08; **Men 18-24:** Richard Maier (24) 50 breast - 27.41, **Men 45-49:** Oleg Chebotarev (46) 1000 free - 10:48.12; **Men 65-69:** Jack Zakim (69) 100 back - 1:15.86; **Men 70-74:** Jim Dragon (70) 50 free - 26.95, 100 free - 1:04.24, 50 breast - 34.85 **Mixed Relays 55+:** 200 Free Relay - Garden State Masters (GSM) 2:03.12 - Nancy Steadman-Martin (60), David Pierson (62), Ron Borchers (55), Mary Molloy (56); 200 Medley Relay - Garden State Masters (GSM) 2:18.35 - Nancy Steadman-Martin (60), David Pierson (62), Ron Borchers (55), Mary Molloy (56);

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the Spring Classic Masters Meet on March 7-8, 2015 at The College of New Jersey.

Women 80-84: Janet Wehrlen-Moeller (80) 500 free - 10:53.21, 200 fly - 6:28.43; **Men 18-24:** Eric Materniak (23) 200 breast - 2:16.34, 200 fly - 2:03.78; **Men 45-49:** Oleg Chebotarev (46) 1650 free - 18:25.09; **Men 50-54:** William Segal (50) 100 free - 50.84, 50 back - 26.87, 50 fly - 24.94, 100 fly - 54.91; Bill Fallon (52) 200 fly - 2:20.62; **Men 55-59:** Kip Gibson (58) 1000 Free - 11:25.88; **Men 70-74:** Jim Dragon (70) 50 Free - 26.58, 50 back - 35.05, 100 IM - 1:10.81; **Relays: Men 55+:** 400 free relay Lawrence Seidman (67), Sam Cynamon (64), Jack Zakim (69), Arthur Wein (64) - 4:41.06



March 23, 2015 – New Jersey continues in the number 5 (out of 52 LMSCs) spot in total mileage but has moved up to the third spot in total number of participants in the USMS Go the Distance Fitness event! Only Pacific and Southern Pacific have more participants. Of the top 13 participating LMSCs, NJ also has the highest participation rate with 12.5% of its membership recording their swim mileage on line. The large LMSCs of Pacific, Southern Pacific, Florida and New England continue 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. For the NJ LMSC membership note that you can also use GTD to track your mileage for the Swim University fitness event. 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 (6) LMSCs for 2015:

Pacific – 21,661 miles, 348 swimmers (4% of LMSC membership)
Southern Pacific – 12,072 miles, 184 swimmers (5% of LMSC membership)
Florida - 8,351 miles, 125 swimmers (7% of LMSC membership)
New England - 7,881 miles, 116 swimmers (6% of LMSC membership)
New Jersey - 7,389 miles, 116 swimmers (13% of LMSC membership)
Oregon - 5,960 miles, 83 swimmers (9% of LMSC membership)
Potomac Valley – 5,289 miles, 104 swimmers (5% of LMSC membership)

Calling all volunteers!

The Young Athlete Program will be running a Special Olympics swim program soon on Sundays at the Hillsborough Y. They are looking for swimming volunteers!

The dates are 5/3, 5/17, 5/31, 6/7 and 6/14, from 1:00pm- 2:30pm. You wouldn't be obligated to all sessions. Whenever you could make it would be fine. If anyone is interested, please email volunteer coordinator, Pam Figard at figard1999@hotmail.com.

Swim to help others!

Open Water Swim LLC will host the 4th Annual Fire Island 1 Mile, 5K and 10K distance Charity Ocean Swims on July 11, 2015. This is a charity fundraising event for open water swimming and proceeds are donated to Hospice Care Network Child and Family Bereavement as well as to Fire Island Ocean Rescue.

The 1 Mile, 5K and 10K open water swims take place at Atlantique, Fire Island. The swims run parallel to the beautiful Fire Island Ocean shores about 30 feet off the beach.

We have chosen to support 2 great Long Island charities over the past three years and are proud to raise money for these amazing causes:

Hospice Care Network, Children and Family Bereavement Program which provides a caring and safe environment for individuals and families during the grieving process.

www.hospicecarenetwork.org/children-and-family-bereavement.

Assist us in helping the best lifeguards on the east coast compete on The National Lifeguard Team Level and represent Long Island, NY! www.fireislandoceanrescue.com

We contributed approx.. \$6,000 to Hospice Care Network in 2014 and about \$15,000 over the past three years. This event is now listed Open Water Swim LLC on their annual report and donor wall at their headquarters.

<https://www.facebook.com/openwaterswim>

Sussex County YMCA Adult Mini-Meet

The Sussex County YMCA will hold an Adult Mini Swim Meet on Saturday, April 18th. 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, a 100 and 200 yard individual medley, and a 200 yard freestyle. The last event of the meet will be a distance freestyle event which will appeal to triathletes, open water swimmers as well a pools competitors.

For swimmers new to swim meets, 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 1,000 yard freestyle (or any other event) while the meet is going on.

The meet is open to anyone over 18 years of age. Although the meet is recognized by United States Masters Swimming (USMS), you do not have to be a USMS member to participate. All are invited and all are welcome. Entries are due by Wednesday, April 15th.

Meet information and an [entry form can be obtained here](#) or by calling Sarah Navarro at the Y at 973-209-9622 extension 210 .

Olympian Kim Vandenberg

Freestyle and Butterfly Swim Clinic

Sunday, April 26th 2015 from 12:30pm- 4:00pm

Raritan Bay Area YMCA 357 New Brunswick Ave Perth Amboy, NJ 08861

The clinic will focus mainly on freestyle, as well as some aspects of butterfly. In this clinic you will:

Become more efficient in freestyle and butterfly

Learn freestyle and butterfly turn work

Breakout tips

View dryland and in-water demonstrations

Kim is an Olympic Bronze Medalist in the 2008 games, Pan American Games Gold Medalist in 2011, and World Championship Silver Medalist in 2007. She specializes in both freestyle and butterfly strokes, and has over 22 years of racing experience. After graduating UCLA, Kim has traveled around the world over the past decade, teaching swim clinics to international schools all over Asia, Europe, and within the United States.

Her experiences have given her a unique perspective in the sport of swimming, and she continues to train and compete around the world. Kim will be available for questions as well as pictures and autographs. Come join us for an experience that promises to be informative and fun!

Cost is \$25 for registered NJ LMSC Members and space is limited. The clinic has been subsidized by the NJ LMSC. Click [here](#) for the registration form.

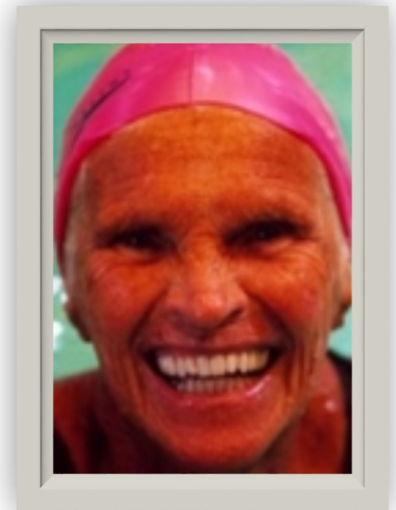
For any questions about the clinic, please email Julie Schoenlank: nyswim02@yahoo.com



COMPETING AGAINST MY MOM – VIRTUALLY!

By Nancy Steadman Martin

Those of you in the swimming community probably remember Doris Steadman as a world and national record holder, an All American, and general swimmer extraordinaire in the backstroke events. (She still is the current national record holder in three backstroke events in the 75-79 age group!) To me, she was all that, plus my best friend, confidante, and world champion mom. She never missed an event I was in throughout my life, and served as my crew on all my long distance swimming events.



Recently, she has become my competitor. I realize some of you must now be thinking that I have finally sniffed too much chlorine because Doris passed away over two years ago, on January 8, 2013. However, I have now entered the 60-64 age group, where Doris started reaching her stride, or should I say “stroke” in masters swimming. (She had started competing in masters events at age 58, but had been an outstanding swimmer in her teen years).

My first “race” against my Mom happened on January 18, 2015, at a swimming meet in Phoenixville, PA. It was a short course meters meet, and before I entered I noticed my Mom still held the New Jersey records in the three short course meter three backstroke events in my current age group of 60-64. This meet had only the 50 and 100 back events, and I initially debated about entering them. One swimming buddy, Lou Osborn, thought it was bad karma to enter the events that were going to take place in the same month in which she had passed away. However, the majority of my swimming friends thought I had to try for the records before someone else broke them. My competitive instincts told me I had to try and get her records.

When my Mom and I first started swimming in masters meets together over 30 years ago, I never thought I would ever have to worry about beating my Mom’s times. At one of our first national championships together, I can remember taking photographs of my Mom and her competitors and thinking, “wow, they look old!” They were 60, and, well, here I am at 60!

So, when I checked out her records, and compared her 50 and 100 SCM back events to times I had done in recent years, I realized her 50 was going to be a tough one to break. As I prepared for the event in the weeks before the meet, I realized she had set the record in 1988, before the backstroke turn had changed and before tech suits. I tried to get a consensus from my fellow swimmers as to how many seconds and tenths ahead of her time I needed to be to really confirm that I was faster. The answers varied greatly, but based on the responses, I decided I had to be at least 1.4 seconds ahead of her time to declare I was the victor. The same swim buddy, Lou, who advised me that I should not be competing against my Mom during this January week, told me I needed a specialist. I inquired, “Why? Do you think I need some help with my stroke.” He informed me that he meant a specialist in psychiatry! Others thought that maybe I should contact the Long

Island Medium. When it got closer to the meet, I informed others that if I got disqualified or didn't make it to the pool that it would mean Mom did not want me breaking her records (at least not the 50 – her best event).

On the morning of the meet, my number one swim buddy, and fellow Triple Crown long distance swimmer, Michelle Davidson, and I set out to go to Phoenixville. We left with plenty of time to spare, but as we got closer to the Pennsylvania border, black ice had taken over the roads. Fortunately, Michelle was driving, but we had to travel at a top speed of ten mph to be safe. Many cars were pulled over on the side of the road, but Michelle drove on. I called the pool a few times as we had to check-in for our 400 events. I was entered in the 400 Free and Michelle was in the 400 IM and these were the first two events. I learned the meet had been delayed 45 minutes to allow for the slower travel time.



Finally, we made it to Phoenixville and we were 2 miles from the pool, when we encountered a steep downhill that was sheer road of ice. Cars were turning around at the top of the hill, but Michelle decided to give it a try. We went a short distance, but had to pull over into an embankment on the side of the road to avoid skidding out of control on the downhill. We sat there for a few minutes deciding what to do. I mentioned that this must have been my Mom. She kept us safe, but was letting me know that she wanted to hold on to her records a bit longer.

I was ready to turn around and head home, but Michelle reversed out of the embankment and found a new way to the pool. We got to the pool just as heat one was stepping up on to the blocks in the 400 free. I was in heat 3, so I was able to get my suit on and swim in my heat. It turned out to be a good warm-up for my 50 back (event 3).

The 50 back came quickly and I was seeded in lane one. I could not help but think that Mom had made sure I was in an outside lane. I swam down the first 25, and could almost feel my Mom next to me. I missed the turn a bit and thought of my Mom trying to keep her record! I did beat her time by 1.52 seconds, but as I looked at the finish board, I could almost hear her saying, "I had to swim the entire 50 on my back. There was no turning on my stomach at the turn. And I did not wear a tech suit!" The 100 back was easier to break, but my Mom was a true sprinter and thought of the 100 and 200 backstroke events as "distance."

My Mom has left a legacy in her backstroke events throughout the ages. I know I will never set all the world and national records that she did. (Hey, I may be a bit nuts, but I'm not delusional!) However, it is really great fun to look at her records and swim against her "virtually." So to modify a line from her favorite movie (Casablanca), "Here's swimming with you, Mom!"



Happy Mother's Day
May 10, 2015

Remembering a Remarkable Master Swimmer



Elaine Dooman, 88, of the Basking Ridge section of Bernards Township, died on Wednesday, Feb. 25, 2015, after a brave and exemplary battle with cancer. Born Sept. 19, 1926, she was raised in New York City. She attended the Nightingale-Bamford School and was graduated in 1948 from Smith College.

She received a master of arts degree in psychology from Kean College in 1982 and an education specialist (Ed.S.) degree in marriage and family counseling in 1985 from Seton Hall University.

Mrs. Dooman was a marriage and family counselor and a parenting workshop leader. She was a rape crisis counselor at the Westfield

Rape Crisis Center for many years. She was a member of the Mental Health Players for more than 20 years. She will also be remembered for her more than 25 years in community theater with the Summit Playhouse, Westfield Community Playhouse and Stony Hill Players, and her more recent Fellowship Village productions, which she wrote and directed. LeadingAge New Jersey honored Mrs. Dooman her as the 2012 Resident of the Year at their annual meeting in Atlantic City.

She swam competitively throughout her life and was ranked in the top 10 nationally by U.S. Masters Swimming.

She was beloved by her children and their spouses, Carolyn Dooman of Wayne, Lisanne and William Hegman of Huntington, Vt., Russell and Mary Dooman of Woodcliff Lake, Gregory and

Adrienne Dooman of Leesburg, Va., and Philip Dooman of Roselle Park; and by her six grandchildren.

She dedicated her life to raising and nurturing her children and grandchildren, and to service in the field of counseling. She was a loving and loyal friend to many who will dearly miss her compassion, intellect and sense of humor.

A memorial service will take place at 12:30 p.m. on Saturday, April 18, at Christ Church, 561 Springfield Ave. in Summit.

In lieu of flowers, her children request that donations in her name be made to Christ Church, 561 Springfield Ave, Summit, N.J., 07901.



Left top, Lainey Dooman with her 20 year award; Left bottom, Florence (with her 10 year award) and George Melick and Lainey Dooman; Right, The Golden Girls (top to bottom...Florence Melick, Lainey Dooman, & Doris Steadman) getting ready to start their 100m backstroke race. All of them are 80+. Truly an inspiration to all Masters swimmers!

Photos from the OCY Unofficial Masters Team Championship SCY meet at the Ocean County YMCA in Toms River



After braving a snow storm, first-time swimmers and veterans had a great time. Congrats to all participants!

Upcoming Open Water Swims

Spring is finally attempting to make an appearance. With the warmer weather around the corner, I am sure many of you are thinking about the open water swim season ahead. New Jersey and New York have some great open water swims to kick off the season. Below is a short list with links to some swims in the area.

NAV-E-SINK or Swim

5/27/15

1.2 miles or 2.4 miles

<http://www.splitsecondracing.net/NSS/>

2 Bridges Swim

5/30/15

2.5K & 5K

<http://www.cibbows.org/races/2015/2-bridges-swim>

Wyckoff YMCA Lap the Lake

6/13/15

.5 miles, 1.2 miles & 2.4 miles

<http://www.wyckoffymca.org/wp-content/uploads/2015/01/Open-Water-Swim-Registration-Form-2015.pdf>

Asbury Icebreaker

6/13/15

More information coming soon on this new event

<http://www.tnya.org/events/asbury-park-open-water-event/>

For a complete list of all of the open water swims in the area please visit the 2015 Open Water Swim Calendar.

<https://docs.google.com/spreadsheets/d/1Hd6fgBhWR03zo2OAmayxcTqnbXS1e5r3MgrtehSjRtM/edit#gid=1102256440>

If you know of any swims that are not on the Open Water Calendar Please email me!

Sarah Clark saritaylor71@gmail.com