

EASTLANE



NJ Masters Swimming 2016 Annual Awards Banquet ~ Saturday, March 19, 2016

Mark your calendars and please join us as we celebrate and honor our 2015 NJ LMSC USMS Continuous Membership Recognition Program Award Recipients at the Dolce Hotel in Basking Ridge, NJ.

NJ Masters congratulates the 2015 New Jersey Masters Swimming Continuous Membership Award Recipients (see page 2) for their respective levels of commitment to United States Masters Swimming!

All 2015 award recipients will be honored and presented customized awards at the 2015 banquet. The awards are customized with the commensurate years of continuous NJ LMSC membership and can be viewed on the NJ Masters website.

Please note that it will not be possible to mail these awards. If you are unable to attend the awards banquet, then we hope to see you at another future NJ LMSC event so that you can pick up your earned award.

We are excited and honored to announce that the guest speaker this year will be Doug Clark, an 18-year continuous NJ LMSC USMS member, world class triathlete, and is currently waging a strong and courageous battle against stage 4 brain cancer. Doug is truly an inspiration to all those that cross his path and we look forward to the opportunity for him to share stories of his journey.

Details on the following page!!

Check out some of what's inside...

Vandenberg Clinic Swim Clinic page 13!

*Bridgette Hobart wins
Two Top Open Water Awards!*

Page 12

**Fitness
Standout
Jorge Lopes**

AND MORE!

Buffet Dinner – Cash Bar – Guest Speaker – Door Prizes – Time To Socialize
 With Your Master Swimming Friends. Music will be provided during cocktail
 hour by NJLMSC's very own Peter McCoy and friend, Don Giannico.

Saturday, March 19, 2016

6:00pm - 10:00pm

DOLCE Basking Ridge Hotel

300 North Maple Ave., Basking Ridge, NJ 07920

USMS NJ Masters Swimming
*2016 Annual
 Awards Banquet*

honoring our
 2015 Continuous Membership Awards
 Recipients

Enjoy our beautiful , Basking Ridge venue,
 conveniently located off Route 287. Detailed hotel
 information available on www.njmasters.org.

FEATURED SPEAKER – DOUG CLARK



Doug Clark is an 18 year member of USMS-NJ, and also of the US population. The bald 6' 5" Speedo-wearer is easy to spot at the pool. The 47 year-old husband and father won his Age-Division at the Hawaii Ironman Triathlon World Championships in 2009. He has taken 1st overall in 46 triathlons, and holds the record for

the most consecutive Age-Division wins at the US National Triathlon Championships. He twice took the "Performance of the Event" award during his 7 win streak which ended in November 2014 with the discovery of a large stage 3 brain tumor, which was resected in two 5 hour surgeries. He is currently battling a Stage 4 tumor, discovered in May 2015. As a Software Engineer he is a natural keeper of data. Details of his workouts go back to when he was a 14 year old cyclist racing in the UK. A knee injury at 20 caused him to take up swimming to retain fitness, and he maxed out with an 18:47 1650yd swim. He co-manages a friendly and light hearted "Yardstick" competition, particularly the web and data side. 70 local swimmers compete for who swims the furthest each month & year. As a small sideline Doug does some triathlon coaching, and also develops software for triathletes, which includes a personalized swim-workout generator. Doug doesn't do social media, but his brain does, having its own twitter account @dougsbrain. Having achieved most of his athletic goals, his new goal is to inspire other cancer fighters by replicating some of his past achievements.

CONGRATULATIONS TO OUR 2015 NJ MASTERS SWIMMING Continuous Membership Recognition Award Recipients.

30 YEAR MEMBERS

Richard Alexander, Tink Bolster, Penny Boorman, Linda Brown-Kuhn, Tom Brunson, Benn Doyle, Jim Dragon, Alfred Ferguson, William Haynes, Jerry Katz, Kathy Kelly, Beth Maloney, Bill Reichle, Nancy Steadman-Martin, William Van Pelt

20 YEAR MEMBERS

Richard Carlson, Charles Daniel, Curtis Sawin

15 YEAR MEMBERS

David Allred, Jodi Barrish (Weinstein), James Curd, Peter Hempel, Thomas Miller, Rita Nannini, Jeanne Perantoni, Marcia Postallian, Susan Thiel, Arthur Wein

10 YEAR MEMBERS

Lynn Ascione, Kurtis Baker, Jennifer Bauman, Errington Bennett, Gregory Blessing, Martino Caretto, Anne Clewell, David Fabian, Sue Freeman-Patterson, Rosemarie Froeder, Lan Ge, Ralph Hemecker, Peter Hockmeyer, Craig Hubert, Siachain Hughes, Dillard Kirby, Gregory March, Amanda Maxwell, Peter McCoy, Carol Morman, Edward O'Connor, Deirdre Omara, Sherri Plunkett, Joshua Raymond, Anne-France Saillot, Don Sumada, Sheryl Walsh

5 YEAR MEMBERS

John Balasic, Patti Bell, Richard Bohan, Judith Brown, Carol Buckwalter, Janet Byrne Smith, David Calabrese, Mary Carley, Christopher Chang, Sue Charatan, Tim Crow, Jeffrey Dietel, Michael Esnes, Edward Eyring, Bill Fallon, Lori Freeland-Morris, Jennifer Freeman, Robert Gamer, Chuck Graf, Noel Hahn, Jeffrey Jenkins, Sandra Karyczak, John Kehoe, Bryan Kelly, Meredith Lyndon, Thomas MacNabb, Julie McLaughlin, Yuri Mekhanik, Janet Moeller (Wehrlen), Aaron Moore, Flavio Pardo, Beverly Peterson, Kurt Rotthoff, Glenn Saunders, Alan Sawyer, Patrick Scanlon, Nora Schultz, Sue Sierke, Kathryn Smith, Norman Sorkin, Amy Sugerman, Joyce Taite, Keith Tamboer, Richard Truche, Chuck Warner

REGISTRATION CARD

Cost: Award Recipient Complimentary | 2016 NJ LMSC Registered Coach \$15 | **Members/Guests** \$25 if paid by 3/1/16, \$35 after 3/1/16, \$40 at door

NAME _____ NUMBER ATTENDING: _____ USMS MEMBER _____ GUESTS _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ USMS NUMBER: _____

PHONE _____ EMAIL _____

Please make checks payable to NJ LMSC. Mail completed form to: Lynn Ascione 35 Joshua Drive, Ramsey, NJ 07446
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Calendar 2016

Ongoing Events

January 1—December 31 USMS *Go The Distance* 2016 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 2016 calendar year. [Information](#) includes online and paper entry.

Postal event 2016 Check-Off Challenge

Upcoming New Jersey Events

December 1 - May 31 ~NJ Masters Swimming Virtual Fitness Program -- Swim University

Saturday, March 19 ~ NJ Masters Swimming 2016 Annual Awards Banquet

Saturday, Apr 2 ~ Short Course Yards ~ Sussex County YMCA Adult Mini Meet, Hardyston, NJ 07419

Sunday, April 3rd 10am-2pm ~ Swim Clinic with Olympian Kim Vandenberg, Raritan Bay Area YMCA

Sunday, Apr 3 ~ Short Course Yards ~ 2016 Rowan College at Burlington County Masters Swim Meet, Pemberton, NJ 08068

For open water info click

[2016 Colonies Zone Open Water Calendar!](#)

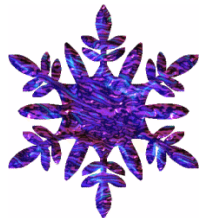
THE HARDER
YOU WORK,
THE LUCKIER
YOU GET.



- GARY PLAYER

Happy Birthday January February Swimmers!

JANUARY Birthdays



Greg Bassett
Judy Baum
Michael Betts
Fay Bizub
Gregory Blessing
Timothy Bosse
Joscelin Burrer
Michael Caputo
Alan Chodosh
Sarah Clark
Bobi Commer
Denise Daugert
Lynn Davis
Joe Donohue
Keith Drayer
Sarah Exposito
Jacqueline Fagan
Bill Fallon
Gregory Fernicola
Alben Fischer
Carolyn Fischer
Joachim Fruebis
Suzanne Gamez
Lynne Ganley
Maggy Giunco
Jacqueline Glasser
Nancy Goering
Edward Goracy
Melissa Grappone
Geoffrey Grice
Jonathan Grubb
Shruti Gupta
Pauline Gyllenham-
mer
Darek Hahn
Atsushi Hamanaka
Peter Hempel
Julie Heymann
David Kaufman
Kathy Kelly
Mingi Kim

Bryan Krut
Russel Lane
Joanne Lazzaro
Judith Lee
Francesca Mancuso
Anthony Marcus
Amanda Maxwell
Michael May
Jessica McAloon
Curtis Miller
Scott Mitchell
Maria Nobles
Bernadette O'Connor
Cande Olsen
Kim Patchett
Martina Pavlicova
Kimberly Plewa
Lori Procopio
Joseph Puvogel
Bill Reichle
Fang Schmitz
Leigh Segal
Nancy Shapiro
Philip Sherratt
Cathy Signorin
Rachelle Slater
Sabrina Smith
Oni Strother
Jennifer Sullivan
John Szabo
Susan Thiel
Thomas Toomey
Richard Truche
Joy Tsuzuki
Adele Vespa
Jens Volker
Ali Wade
Steven Waskow
Geoffrey Wells
Michelle Wriede
Jeff Ziegler

FEBRUARY Birthdays



Jodi Alper
Benjamin Ancher
Paul Anderson
Marilyn Anker
Russ Ball
Benjamin Balmy
William Beversluis
Neil Bradshaw
Corinne Buda
Matthew Callman
Richard Carlson
Denise Carlson
Dan Chamby
Deborah Cipriano
Lucinda Cohen
Neil Conley
Christina Deschaine
Seth Dressekie
Betsy Eickelberg
Janet Estenes
Michele Fenice
Kevin Feyen
Olympia Fiedler Lord
Robert Fisch
Frank Fitzgerald
Jennifer Freeman
John Giannasca
Laura Gibson-Rimer
Ronald Gilbert
Stephen Gillespie
John Giordano
Michael Goldberg
Jon Halpern
Lurlene Harrison
Mark Hutcheson
Jamie Hyrkas
Jane Ikeda
Joanne Jaeger
Christy Johnson
Jeffrey Jotz
Brendan King

Sally Kleeman
Mark Kruzel
Brian Kusterer
Michael Lavitt
Nancy Lester
Ryan Lewis
Ashley Mak
Erika Maresca
Kurt Matheson
John Menninger
Thomas Miller
Drew Moll
James Moriarty
Lorenz Muller
Gerald O'Mara
Louis Osborn
Keith Paterson
Jeanne Perantoni
Indrek Porro
Paula Poulafearh
Heidi Remak-Ziff
Rob Ripp
Jennifer Roche
Susan Roman
Catherine Ruiz
Nicholas Russo
Carla Scaturro
Keith Scharfschwerdt
Julie Schoenlank
Richard Schubert
Cathy Schwerdt-Allen
Kyle Severson
Murray Simon
Anne marie Stahurski
Kellie Stamm
William Sullivan
Keith Tamboer
Richard Tang
Wojciech Telacki
Alane Theofield
Yuta Tsuboi
Larry Van Horn
Courtney Welsh
Mary Young



January 10, 2016 – New Jersey has closed out the 2015 Go The Distance event with a remarkable rise to the number 3 spot out of all 52 LMSCs! NJ's total mileage of 36,553 touched out New England's grand total of 36,429. That 124 mile difference (0.34%) is like beating a one minute 100 yard event by a mere 0.2 seconds! Phew! Great job NJ USMS swimmers for maintaining a good pace all year long and finishing strong! NJ also finished with the third highest number of participants at 153, just 4 head of Florida. Those 153 participants represent 11.7% of the membership - second highest, just under the 12.6% from North Texas.

With New Jersey (#3), New England (#4) and Potomac Valley (#7) all in the same zone, the Colonies Zone crushed the other zones with a total of 160,334 miles logged. The next highest was Dixie with 114,202. **Great job NJ LMSC!**

If you haven't already signed up for the 2016 event, please consider participating in this terrific fitness event. This free on-line 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 sign up and 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 (5) LMSCs for 2015:

Pacific – 93,929 miles, 406 swimmers (3% of LMSC membership)
Southern Pacific – 50,003 miles, 207 swimmers (4% of LMSC membership)
New Jersey - 36,553 miles, 153 swimmers (12% of LMSC membership)
New England - 36,429 miles, 138 swimmers (6% of LMSC membership)
Florida - 35,770 miles, 149 swimmers (6% of LMSC membership)

just keep swimming



Kudos Kudos Kudos!!

Congratulations to Scott Yeomans (51) for setting three new NJ LMSC SCM records at the 3rd Annual Solstice SCM Swim Meet on December 5, 2015 at the Germantown Indoor Swim Center. Scott set new records in the men's 50-54 age group in the 200 free - 2:-09.89, 400 free - 4:35.91 and the 200 back - 2:31.79.

Congratulations to John Franklin (28) for setting two new NJ LMSC SCM records at the Metropolitan SCM Championships on December 13, 2015 at the Asphalt Green pool in NYC. John set new records in the men's 25-29 age group in the 50 breast - 29.98 and the 100 breast - 1:06.89

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCM records at the New England SCM Championships at Worcester Polytechnic Institute in Worcester, MA on December 11-13, 2015. Men 45-49: Jose Faria (49) 100 Back - 1:06.37, 400 IM - 5:15.92; Men 50-54: William Segal (51) 100 Free - 55.71, 200 Free - 2:04.57, 400 Free - 4:28.82, 50 Fly - 27.92; Men 55-59: Benn Doyle (57) 100 IM - 1:08.88, 200 IM - 2:34.97

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the Ocean County YMCA Unofficial Team Championship meet at OCY on February 14, 2016. Women 60-64: Nancy Steadman-Martin (61) 100 fly - 1:20.61; Women 65-69: Marie Vellucci (66) 1000 Free - 18:22.37; Men 18-24: Timothy Bosse (22) 500 free - 5:00.64; Men 50-54: William Segal (51) 200 free - 1:55.15



North Sydney Olympic Pool North
Sydney, NSW, Australia

Fitness Standout Jorge Lopes

GETTING OLD IS NOT FOR SISSIES!

When I was much younger (soon to be 53 on March 10th 2016) I was once told by an elderly person that “getting old is not for sissies”. I did not quite grasp what the person meant at the time but boy do I understand it now. First a little background on me. I am an accomplished lifelong runner (inducted into Newark, NJ Athletic Hall of Fame class of 2010) with a degree in Physical Education and a minor in Adult Fitness. For the past 25 years I make my living as an independent sales rep representing well known sporting goods companies/brands.



Jorge M. Lopes
Club: Berkeley Aquatic Masters
Workout Group: Cranford Masters

After college (1985) I stopped running to pursue my career. As the years went by I put on weight and became totally out of shape. By my late 30's I weighed 224lbs (I was 145lbs in college) with a 42" waist (28" in college). One day while driving to my office I experienced a health scare when my heart started to palpitate. I re-routed myself to my doctor at NYU hospital and after an examination and some tests he told me that I needed to lose weight and take medication for blood pressure. My wife encouraged me not to take the medication but to go on a diet and exercise routine instead.

I decided to start running again so I ran one mile around the neighborhood. This was a painful experience and a real wake-up call on how far I had let myself go physically. I kept at it and soon I ran my first 5K race (2004) after all those years. I then decided to set a goal for myself to run the 2005 NYC marathon again (1983 was my 1st) which I did. Since then I have run 10 marathons (11 lifetime) with my last one being the 2014 Chicago Marathon where I finished 9th (4th American) in the 50-54 AG with a time of 2:50:13 – (6:29 per mile average).

Physically my return to running has been a rocky road plagued with injuries starting with pelvic floor (Athletic Pubalgia) surgery in 2007, hamstring and calves injuries as well. Mostly due to muscle strength imbalances and a single sport (running only) focus. In an attempt to start cross training, I decided to experiment with a sprint triathlon in June 2011 and as a result had my first swim training experience when I joined the Cranford Masters swimming group. It was there that I met Coach Sally Kleeman and I really enjoyed it. However once the triathlon “experiment” was over (I was 11th OA and 1st in AG) I returned back to my old ways of running only.

In January 2015 I pulled my hamstring again and kept running on it which made it worse. On March 16th after placing 3rd in my AG (limped the last 5k) at the NYC Half Marathon the day before,



Jorge Lopes finishes 442nd overall in the Chicago Marathon

A True Believer – CW-X Mid-Atlantic region sales rep. Jorge Lopes of Metro & Rural Marketing in Linden, N.J., would probably wear CW-X even if he didn't represent the company. In the Bank of America Chicago Marathon last October, Jorge experienced, as he put it, "a pretty decent race in my CW-X Endurance Shorts." His time was 2:50:13 (6:29.81 average pace), ranking him ninth in the 50-54 age group (fourth American), and 442nd overall out of 40,659 finishers.

I saw my doctor. He told me no more running until you heal or you will cause permanent damage. Swimming only he said! The next day Tuesday, March 17th I re-joined the Cranford Masters Swimming group again and have been a loyal member ever since swimming 3 days per week.

Just as my hamstring injury situation was resolving itself by June 2015, I somehow injured my back which has been an ongoing issue ever since. Thanks to my swimming and other strengthening rehab exercises that I am doing it seems to be getting better every day. Because of swimming and having an awesome swim coach (Sally Kleeman) I have been able to maintain my fitness level as well as strengthen my muscle imbalances especially the glutes. I have now been swimming for almost 1 year enjoying it and have improved a great deal.

The other day I asked Coach Sally Kleeman how I measured up on a particular stroke and she told me that I was "average" and that was very motivating to me since my new goal is to be an "above average" swimmer. With this said, there is lots to learn and do as I continue to strive to be a better swimmer and a healthier and more balanced athlete for life.

By Jorge M Lopes

The water
doesn't know
how old you
are.

Dara Torres

Are We Obligated to teach our children to swim?

An Insightful article by Paul Kiell

Our Rabbis taught:

A father has the following obligations towards his son- to circumcise him,

To redeem him if he is a firstborn, to teach him Torah, to find him a wife, and to teach him a craft or a trade.

And there are some who say that he must also teach him how to swim.

(From the Talmud, written maybe 2,000 years ago. For more links to the subject, type *Kiddushin 29a* into browser):



Swimming dock on
Lake Glenwild, 1940

Teach Him How To Swim?

The last obligation, to teach the son to swim, must be understood given the geopolitics of the time. By this understanding, the intuitive and prophetic thinking of the Talmudic Rabbis can surface.

For *the* challenge during the time of the Talmudic writing was Phoenicia. It had then become a leading seafaring maritime force. Its people became the foremost navigators and traders of the Mediterranean. The Phoenicians traveled to the edges of the known world and would introduce their alphabet to the Greeks and other early peoples.

Physical and economic survival at the period of the Talmudic writings depended upon the knowledge and the ability to traverse the waterways. "To swim" was probably metaphor for navigating the seas. But the Rabbis, in their wisdom and prescience, may have intended something more and may have meant swimming in concrete terms, as we know it today. I can only use my experience to illustrate the value that Judaism, without actually knowing it, placed on swimming.

Not as any conscious religious obligation did my parents nudzhe (pronounced "nooge") me to learn to swim. Group and individual lessons at the old Newark YMHA from age four or five on became a part of growing up. At age 8-9 it meant being sent to a sleep-away summer camp where I truly began to master Lake Glenwild that stood on the shores of Camp Demarest.

Both learning to swim would come under the heading of adaptation, adaptation to the specific environment of that particular cross section of time for me. To adapt is really the essence of survival. Our bodies and minds adapt to stresses and become stronger, obtaining mastery through small inoculations of challenges.

Adaptation, in Jewish writing and tradition, has usually been an expression of mind, spirit and soul, with relatively little mentioned about development of body. In fact, Judaism as a culture has been ambivalent about the training of the physical, traditionally identifying it with the Hellenistic cults of long ago that deified the human body and encouraged nakedness.

Yet there is the counseling of Maimonides that presaged the aerobic age where the physician-philosopher advised that we should avoid fat, push away from the table, avoid second helpings, and, *exercise to the point of breathlessness*.

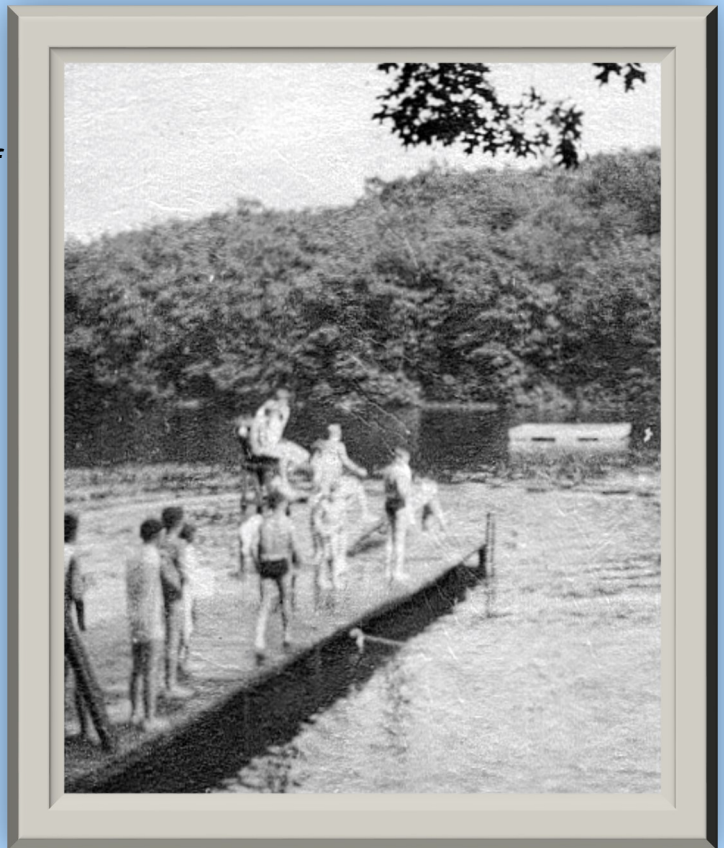
Maybe there was also the mind and spirit element that some of the talmudic Rabbis had in mind when they proposed the teaching of swimming as one of a father's obligations to the firstborn son.

For swimming, in its emphasis on technique, technique that demands a rhythm and timing and flow, then becomes the opening key to deeper levels of consciousness. To illustrate: Dr. Oliver Sacks, in an article he penned for the 5-26-97 *New Yorker*, writes of the joy, the well being, the ecstasy he feels when he swims: "I learned my strokes," he says, "by swimming with my father." Later he adds, "There was a total engagement in the act of swimming, in each stroke, and at the same time the mind could float free, become spellbound, in a state like a trance . . . There is an essential rightness about swimming, as about all such flowing and so to speak *musical* activities."

Swimming *is* a musical activity in its insistence on form, flow, rhythm, timing and discipline. It has a beat, rather it demands a beat. Like music it can be a thing of beauty. Swimming and music have another element in common. Although both require technique—in music it is the playing of the notes as they are written—there is an intangible infinite dimension that soars above it all that the Rabbis had in mind.

Artur Rubinstein, no slouch at technique, once verbalized this intangible dimension. At 90, he was wont to miss a few notes here and there. Yet he still transcended mere technique by his exquisite sense of rhythm, so that despite a few missed keys, he still would "make music." So even with swimming's proper execution of technique, the musician's playing of the notes, the writer's dotting the I's and crossing the T's, it is the unfolding altered state of consciousness, a meditative mantra-motored state if you will, tangible in feeling but intangible in words, that arises. This state flows freely and true from music, from swimming, from walking or running, from any physical activity practiced steadily and rhythmically.

I doubt that my parents were aware of that Talmudic swim injunction. Nevertheless they had the wisdom to send their son to a place where he'd learn to swim.



Adaptation,
Lake Glenwild, 1940

Shake it up with Swim University!

Are you getting stuck in the winter doldrums? Feeling like it's just too much trouble to get to the pool when it's so cold outside?



Well, give yourself some incentive! Sign up for Swim University and start working toward a goal! Each lap you swim and record in **Go the Distance** will get you that much closer to earning a degree, starting with an Associate's and going all the way up to a PhD of swimology.

Here's the breakdown:

30 miles = Associate's degree

60 miles = Bachelor's degree

120 miles = Master's degree

240 miles = PhD

Swim University runs through May of this year so you still have plenty of time to set and meet some great fitness goals. If you make it through the winter swimming strong, just think what the rest of the year will hold for you! To sign up, email Linda Brown-Kuhn at lindabk11@gmail.com with your USMS # and make sure you are participating in **Go The Distance** (click).

Two Awards Top a Terrific Year for Bridgette Hobart!

Congratulations on winning the
WOWSA Woman of the Year!

(World Open Water Swimming Association)

[Click here for her story!](#)

And... Congrats to Bridgette on winning the
Marathon Swimmers Federation's
2015 MSF Global Marathon Swimming

Barra Award

for Best Overall Year!



- Rottnest Channel Swim (19.7 km)
- 156-mile (251 km) stage swim of the 9 Finger Lakes of New York
 - 8 Bridges Hudson River Swim

Congratulations to the other two Barra Award winners Craig Lenning and Mark Sheridan!

Save the date!

2016 Swim Clinic with
Olympian Kim Vandenberg
Sunday, April 3rd 10am-2pm
Raritan Bay Area YMCA
Cost: \$25

More info to follow!

