

March/April 2016

# EASTLANE

## Oh What a Night! Everyone had a swimmin' good time at the 2016 Annual Awards Banquet



## Music, Dinner, Friends and Awards!



The evening began with cocktail hour entertainment by one of our very own NJ LMSC award winners, Peter McCoy and his friend, Don Giannico.

Peter has been recovering from a stroke that claimed his eyesight but he was determined to play for us...and play he did!

The music was a wonderful addition to our event and we are grateful to both for volunteering their talent. Peter and Don were an awesome Duo!

# Awards Night Recap Continued...



The night was further enhanced by our guest speaker, Doug Clark. We were honored to have Doug join us just days after undergoing major brain surgery.

Doug is a very dedicated, successful athlete with numerous accomplishments under his belt. So many of us find it difficult to excel in 1 sport, while Doug excels in 3...Swim, Bike, Run. He has taken 1st place overall in 46 Triathlons and holds the record for the most consecutive Age Division wins at the US National Triathlon Championships. Each one of us were touched by his inspiring presentation. He is a true champion in life and sport.

Our NJLMSC recognized our Continuous Membership Recognition Awards recipients.

Congratulations to each and everyone of you.

We were also proud to present Ed Tsuzuki and Dr. Paul Kiell with the Lou Abel Service Award.

Congratulations Ed and Paul

and a huge thank you for all you do for our wonderful sport of swimming.

A swimmer is shown from the waist up, swimming in a pool. The background is a dark blue night sky filled with stars and nebulae. The text is overlaid on the image.

**NEVER GIVE UP!**  
**FAILURE AND REJECTION ARE THE FIRST**  
**STEPS TO SUCCEEDING.**

YourSwimBook

## NJ LMSC VOLUNTEERS

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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

### **New Jersey Events**

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

For open water info click

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

## Happy Mothers Day!



# Happy Birthday March April Swimmers!

## MARCH Birthdays

Vincent Amendolare  
Donald Asay  
Kogan Bao  
Faye Barthold  
Caroline Block  
Ryan Boate  
Alexis Mara Broder  
Leslie Brunell  
Tom Brunson  
Cheri Caprio  
Sandra Carosi  
Diane Carr  
Jose Catano  
Chris Chang  
Lawrence Chevres  
Zachary Chororos  
Todd Clear  
Glenda Cohen  
Brett Cohen  
Steve Cozine  
Angie Dello  
Keith Demmerle  
Michelle Dion  
Michele Donato  
Jamie Duemo  
Matthew Englehardt  
Lynn English  
Naomi Ewing  
Adriana Fitting  
Barbara Franz  
Sue Freeman-  
Patterson  
Glen Fries  
Ana Garcia  
Robert Garcia  
Alex Gershowitz  
Christopher Gibson  
Susan Gibson  
Paul Giuntini  
Jason Goldmeier  
Louise Goldsmith  
Peter Groner  
Diane Guvenis  
Mary Hager  
Glenn Hofmann  
Harvey Homan  
Mark Horton

Norma Jones  
Patrick Kellachan  
Laura Kenny  
William Kosakowski  
Elizabeth Krynska  
Kristen Lanzano  
Thomas Lawson  
Rosanne Lemongello  
Larry Lingle  
Jorge Lopes  
Michele Lyons  
Matthew Mahan  
Paul Marsac  
Mary Marvel  
Frank McElroy  
Andrea McGee  
Chris McGiffin  
Lyndsay McMeen  
Diana Mentone  
Reynard Morrell  
James Mullaney  
Matthew Murphy  
Ken Niemi  
John O'Brien  
Edward O'Connor  
Lara Orner  
Debbie Peers  
Kevin Petto  
Heidi Pfefferkorn  
Lynda Przedpelski  
Lawrence Quinn  
Jason Rizzi  
Kurt Rotthoff  
Paul Schaeffler  
Ari Schertz  
Daniel Schrider  
Nora Schultz  
Bridget Sherratt  
Alessandro Sodi  
Peter Soguero  
Hilary Stevens  
Lori Strauss  
James Sullivan  
Michael Teters  
John Thomas  
Eli Tretola  
Lauren Twombly  
Nancy Wagner  
David Wallman

Sheryl Walsh  
Natalia Wika  
Bill Zalan  
Craig Zaleck

## APRIL Birthdays

Carolyn Abdenour  
Ottavio Angelico  
Philip Aries  
Beth Bigham  
Sandy Bluhm  
Richard Bohan  
Michael Bohan  
Daniel Boland  
Jack Bower  
Elizabeth Brauer  
Diane Brown  
Bethanne Bruninga-  
Socular  
Benedicte Callan  
Sheila Campbell  
Allison Canosa  
Kenneth Cappel  
Vanessa Carr  
Emily Cheng  
John Coyle  
Daisy DeSimone  
Nickolas Demas  
Lucy Donahue  
Cedric Druce  
Scott Duprex  
David Duran  
Robert Falzon  
Jose Faria  
John Fazzio  
Deborah Fennelly  
Ken Fink  
Ken Fitch  
Peter FitzPatrick  
Caitie Flum  
John Franklin  
Jennifer Gates  
Jacqueline Gattoni  
George Glum  
Melissa Goldstein  
Rachel Gurrieri  
Sean Hardick

Jill Hendershott  
Marie Heppner  
Mark Hoffman  
James Hoke  
Rosanne Howell  
Susan Howley  
Andrew James  
Daniel Judge  
Daniel Kaufman  
Kathleen Keers-Nolde  
Jacqui Koplik  
Suanne Kowal-connelly  
Anne Kraljic  
Laura Lang  
Allison Lee  
Megan Livak  
Susan Lockhart  
Kelly Morris Stromberg  
Rita Nannini  
Kirk Nesbeitt  
Alex Obelink  
Michael Pasqual  
Laura Patrick  
Katherine Pennell  
Michael Reinitz  
Lynne Rider  
Ira Rimerman  
Anthony Robinson  
George Russ  
Tom Sartorio  
Martin Scheidl  
Allison Schneider  
Jennifer Selverian  
Karen Shearly  
Aaron Smith  
Anthony Snoble  
Leslie Stevens  
Don Sumada  
Jennifer Taras  
Ryan Tighe  
Hilary Topper  
Marie Vellucci  
Michele Walker  
Doug Walker  
Maria Wedgeworth  
Graham Wilcock  
Ilse Wolfe  
Scott Yeomans

# Way to go 100 x 100 Participants!



**Congratulations to all of the NJ Masters Swimmers who swam in the NJ Masters Swimming Annual 100 x 100s that was held on Sunday, February 28th!!**

**You all rocked it!! And a special shout out to all of you who swam further than you have ever swum!!**

**Thank you to the Berkeley Aquatic Club Center of Excellence for allowing us to host our event at your magnificent new pool!! Everyone had an awesome swim!!**

**Save The Date ~~ Super Bowl Sunday February 5, 2017. See you all next year!!**



The purpose of the Swimming Saves Lives Foundation is to advocate and raise awareness, and to serve as a resource for programs providing adult learn-to-swim lessons. We solicit charitable contributions and provide grants to SSLF program providers.

Our hope is that once an adult learns to swim or improves their swimming skills, they will have the confidence and desire to continue swimming in a Masters Swimming program and experience the lifelong benefits of swimming.

Through the generous contributions of USMS members and other supporters, SSLF has awarded more than \$205,000 in grants and resources to programs that are providing adult learn-to-swim opportunities

**April is Adult  
Learn-to-Swim Month!  
Consider giving to SSLF!**

# Kudos Kudos Kudos!!

Congratulations to Paul Kiell (85) for setting a new NJ LMSC SCY record at the Adult Mini-Meet on April 2, 2016 at the Sussex County YMCA. Paul set a new record in the men's 85-89 age group in the 500 free at 9:44.74.

Congratulations to Janet Moeller (82) who set new NJ LMSC SCM records in the Women's 80-84 age group at the Bill Heebner Memorial Winter Freeze Meet at the Phoenixville YMCA (PA) on January 17, 2016. Janet swam the 800 meter freestyle in 20:48.77, the 50 breast in 1:07.72 and the 400 IM in 11:35.83.

Congratulations to Eric Materniak (24) who lowered his Men's 18-24 200 IM SCY record to 1:58.90 at the Maryland Masters Winter Distance Meet at the University of Maryland on February 28, 2016.

## Go the *Distance* in Full Swing NJ LMSC Doing Swimmingly

New Jersey has maintained its strong position in the Go The Distance event by holding on to the number 3 spot out of all 52 LMSCs as of April 20, 2016! NJ's total mileage of 10,884 is outpaced only by Pacific and Southern Pacific at 25,441 and 12,034 miles respectively. And NJ's participation is still the strongest of the leading LMSCs at 10%. 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. 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 2016:

Pacific – 25,441 miles, 304 swimmers (3% of LMSC membership)

Southern Pacific – 12,034 miles, 156 swimmers (4% of LMSC membership)

**New Jersey - 10,884 miles, 130 swimmers (10% of LMSC membership)**

New England - 9,570 miles, 115 swimmers (5% of LMSC membership)

Florida - 7,974 miles, 93 swimmers (4% of LMSC membership)

# School's Almost Out at Swim University



The students in this year's Swim University have been hitting the water – logging 4,020.26 miles since December 1! School's out on May 31<sup>st</sup> so let's see how many more miles we can add by then.

Here are the degree totals:

30 miles + = Associate's degree  
60 miles + = Bachelor's degree  
120 miles + = Master's degree  
240 miles + = PhD of Swimology

# Clinic with Olympian Kim Vandenberg Recap!

On Sunday, April 3rd, sixteen NJ Masters Swimmers attended a multi-stroke clinic with Olympian Kim Vandenberg. The clinic included stroke drills, turns, and starts. There was also a dryland portion, where Kim worked on stretches and exercises to perform before swimming and also stretches for after practice. Vandenberg has qualified for the 2016 Olympic Trials in June. We thank her for sharing her knowledge and love for swimming with our LMSC and wish her success on her upcoming trials!



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