FASTLANE

NJ LMSC Newsletter January/February 2018

NJ Masters Swimming 2018

Saturday, March 24, 2018
6:00pm - 10:00pm

Please join us as we celebrate our
2017 NJ LMSC USMS
Continuous Membership Recognition
Program Award Recipients
at our new venue
The Basking Ridge Country Club
in Basking Ridge

More info page 8

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2018 Event Calendar

January 1 - December 31, 2018 USMS Go The Distance 2018 Fitness Event. All 2018 USMS swimmers are eligible to enter this free event! Contact information: Go The Distance Support Team usmsgtd@yahoo.com More information

January 1 - December 31, 2018 USMS "Check-Off Challenge" National Fitness Event Event information

New Jersey Events

Saturday, March 3, 2018 Hawks Masters Spring Splash (SCY) This is a NEW NJ LMSC SCY meet that is being offered at Monmouth University. Online entry and meet information

Saturday, March 24, 2018 6:00pm - 10:00pm 2017 NJ LMSC USMS Continuous Membership Recognition Program Award Recipients at The Basking Ridge Country Club in Basking Ridge, NJ.

Sunday, March 25, 2018 The NJ LMSC welcomes back world-renowned Masters Swimmer Karlyn Pipes as our clinician for 2 clinics on Sunday, March 25th to be held at the Somerset Hills YMCA in Basking Ridge, NJ. The Faster Freestyle Clinic will be held from 9am - noon and the Multi-Stroke Clinic will be held from 1:00pm - 4:00pm. Lunch will be provided for those that attend both clinics.

Saturday, April 28, 2018, the 2018 Sussex County YMCA Adult Mini-Meet will be held. Online entry and meet information will be forthcoming very soon! SAVE THE DATE!!!!

Say Happy Birthday to these fellow swimmers when you see them!

MARCH MARCH MARCH MARCH MARCH MARCH

Vincent Amendolare
Isaac Arroyo
Kogan Bao
Chuck Beardsley
Andrew Bess
Linda Bjork
Caroline Block
Alexis Broder
Leslie Brunell
Tom Brunson
Ryan Butkus
Sandra Carosi
Chris Chang
Lawrence Chevres
Zachary Chororos
Pierce Cohalan
Steve Cozine
Alexandrah Deffaa
Keith Demmerle
Pavel Duda
Lynn English
Naomi Ewing
Katherine Fallon
Kevin Fitzhenry
Sue Freeman-Patterson
Glen Fries
Alex Gershowitz
Christopher Gibson
Susan Gibson
Christina Giordano
Kathy Godfrey
Melissa Griffie
Peter Groner
Ann Guarnaccia
Diane Guvenis
Frank Haftel
Mary Hager
William Hennessy
Glenn Hofmann

Rick Hopkins
Michael Iodice
Eric Jimenez
Norma Jones
Esta Kass
Patrick Kellachan
Laura Kenny
William Kosakowski
Elizabeth Krynska
Dennis Lam
Thomas Lawson
Suzanne Lemieux
Rosanne Lemongello
Larry Lengle
Laura Linenberg
Jorge Lopes
Maureen Loughman
Daniel Lynch
Michele Lyons
Frank McElroy
Andrea McGee
Chris McGiffin
Katherine Mcgrath
Lyndsay McMeen
Michelle Measday
Diana Mentone
Reynard Morrell
Faye Morrone
James Mullaney
Matthew Murphy
Ken Niemi
John O'Brien
Edward O'Connor
Debbie Peers
Heidi Pfefferkorn
John Profaci
Lynda Przedpelski
Lawrence Quinn
Sara Quinty

Kurt Rotthoff
Paul Schaeffler
Ari Schertz
Conner Schobel
Nora Schultz
Dane Seltenreich
Bridget Sherratt
Bill Sjovall
Alessandro Sodi
Leigh Sorrentino
Hilary Stevens
Megan Stolarski
Korey Stoller
Lori Strauss
Cathy Sullivan
James Sullivan
Christine Taylor
John Thomas
Lauren Twombly
Andrea Vantucci
Hillary Vinokur
Nancy Wagner
David Wallman
Sheryl Walsh
Natalia Wika
Jessie Yoh
Deborah Young - Doyle
Bill Zalan

Say Happy Birthday to these fellow swimmers when you see them!

APRIL APRIL APRIL APRIL APRIL APRIL APRIL

Kristen Americk
Kate Annis
Vinil Apelagunta
John Baran
Beth Bigham
Sandy Bluhm
Richard Bohan
Daniel Boland
Lauren Byron
Kenneth Cappel
Thomas Casey
Peter Castellana
Kelly Charlot
Louisa Clayton
Zachary Coppa
John Coyle
Robert Curry
Barbara Davis
Nickolas Demas
Daisy DeSimone
Lauren Diemar
Hilary Dudley
Patrick Elsevier
Lauren English
Edward Eyring
Robert Falzon
Jose Faria
Deborah Fennelly
Ken Fitch
Jacqueline Gattoni
Robert Geis
George Glum
Catherine Hartford
Jill Hendershott
Tim Henshall
Mark Hoffman
Andrew James
Daniel Judge
Daniel Kaufman
Kathleen Keers-Nolde
Greg King
Jacqui Koplik
Suanne Kowal-connelly
Olga Kulko
Allison Lee
Megan Livak
Susan Lockhart
Christina Mackay
Grace MacLennan
Justin McLean
Mark Menter
Rita Nannini
Karen Paffendorf
Michael Pasqual
Nick Pierson
Michelle Ray
Michael Reinitz
Amanda Rivera
George Russ
Tom Sartorio
Alllison Schneider
Jennifer Selverian
Karen Shearly
Aaron Smith
Allison Somerset
Tom Sterk
Don Sumada
Jennifer Taras
Hilary Topper
Brandon Vandegrift
Marie Vellucci
Suzanne Vlecides
Dougin Walker
Ilse Wolfe
Scott Yeomans

KUDOS

Congratulations to the following NJ LMSC swimmers for setting new NJ LMSC short course yards records at the Ocean County YMCA Team Championships in Toms River on February 11, 2018. Women 18-24: Alyssa Colasurdo (23) 50 breast - 32.87, 100 breast - 1:11.80; Women 45-49: Alison Hayden (46) 1000 free - 11:40.63

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCM records at the Dr. Bill Ross Memorial Masters Swim Meet on November 19, 2017 at Nassau County Aquatic Center in Long Island, NY.
Women 55-59: Laurie Ditomasso (55) 50 free - 31.48, 50 back - 36.36, 50 breast - 41.19, 50 fly - 33.21; Men 25-29: Eric Materniak (26) 100 breast - 1:06.62, 200 breast - 2:25.28; Men 50-54: Jose Faria (51) 100 back - 1:08.93

Congratulations to the following NJ LMSC swimmers for setting new NJ LMSC SCM records at the Somerset County YMCA Pentathlon (and 25s!) Festival at the Somerset Valley YMCA in Bridgewater, NJ on December 17, 2017.
Women 55-59: Laurie Ditomasso (55) 100 IM - 1:20.32; Megan Tompkins (55) 50 free - :30.85; Women 60-65: Deborah Cipriano (60) 50 free - :34.06; Women 65-69: Sue Freeman-Patterson (66) 50 free - 42.60; Men 70-74: Jim Dragon (73) 50 Free - :30.45; Men 75-79: Bob Hopkins (75) 200 free - 3:15.31, 400 free - 6:37.80, 200 breast - 4:07.05, 200 IM - 3:43.69, 400 IM - 8:05.49; Men 85-89: Paul Kiell (87) 200 free - 4:28.59, 400 free - 9:04.44

Congratulations to the following NJ LMSC swimmers who set new NJ LMSC SCY records at the Eastern Express Veterans Day Meet on November 11, 2017 at The College of New Jersey. Women 55-59: Laurie Ditomasso (55) 50 breast - 36.28; Women 65-69: Heidi Remak-Ziff (65) 50 free - 33.03, 100 free - 1:12.49, 200 free - 2:47.50, 100 IM - 1:28.40; Men 75-79: Bob Hopkins (75) 500 free - 8:06.91, 1000 free - 16:20.79, 1650 free - 26:51.33, 200 IM - 3:14.44

Go The Distance 2018

How Are We Doing?

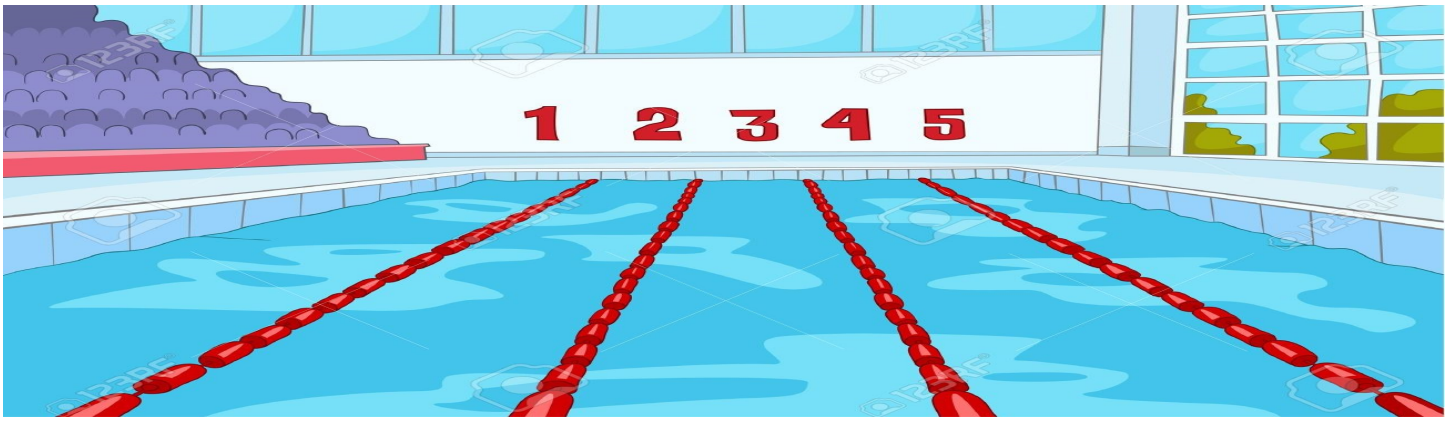
NJ has a history of fantastic participation in the USMS Go the Distance program. The USMS describes Go the Distance as "…a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress.

Speed doesn't count—just the effort to attain whatever goal you set for yourself." You keep track of your mileage on the online Fitness Log (FLOG) and off you go. There are milestone awards for purchase if you like.

Once again, NJ is cranking out the miles:

- We are in 3rd place in mileage behind Pacific and Southern Pacific.
- We are 2nd in percentage of members participating (of the top 12 LMSCs) behind Gulf. We have 6.9% and they have 7.5%.

But this is a dip in participation for us since we ended 2017 at 9.85% which was the top dog spot. So we need to get more swimmers to join GTD so we can regain our "normal" #1 place. We can do it!!



Octogenarian Athletes Are Proving that Age Is Just a Number

USMS Swimmer Joan Campbell is one!

Check out the link to see why they are proving age is just a number!

https://www.care2.com/greenliving/these-octogenarian-athletes-are-proving-that-age-is-just-a-number.html

Hope to see you at the Annual Awards Banquet!

The NJ Masters Swimming Annual Awards Banquet will be held on Saturday, March 24, 2018 from 6:00pm - 10:00pm at our brand new venue, The Basking Ridge Country Club in Basking Ridge, NJ.

The event will start off with live music by our very own NJ Masters Swimming musician, Peter McCoy, and his friend Don Giannico, during the cocktail hour and conclude with some great door prizes, including **a Grand Prize of a Pace Pal waterproof digital personal sized pace clock!**

We are also honored to announce that the guest speaker this year will be Karlyn Pipes! A world-renowned accomplished swimmer having set over 220 FINA Masters World records, in 2015 she was inducted into the International Swimming Hall of Fame and she can now add author to her long list of accomplishments! We are looking forward to Karlyn sharing her stories with us of her inspirational journeys to becoming a world champion swimmer.

Karlyn Pipes

We would love to see you all there, especially our Continuous Membership Award Recipients, who received a special e-invitation to the event! All 2017 award recipients will be honoured and presented customized awards at the banquet.

We hope that you all can join us for an evening of socializing and celebration of our New Jersey Masters Swimming community. Register today!

Registration form

If you have any **NJ Masters swimming photos** that you would like to share with your fellow Masters swimmers as part of the banquet slide show, please e-mail them to Sarah Clark at **saritaylor71@gmail.com by March 10th.** We would love to add your photos to the montage celebrating the NJ Masters Swimming community throughout the years!

Karlyn Pipes Clinic March 25

The NJ LMSC is excited to announce that world-renowned FINA Masters World record holder and esteemed clinician, Karlyn Pipes, will be returning to New Jersey to conduct a 2-session clinic on Sunday, March 25, 2018 being sponsored by the NJ LMSC.

Both of the clinics will be held at the Somerset Hills YMCA in Basking Ridge, NJ. The Faster Freestyle Clinic will be held from 9am - noon and the Multi-Stroke Clinic will be held from 1:00pm - 4:00pm. Lunch will be provided for those that attend both clinics.

The cost is significantly subsidized by the NJ LMSC and is only $50 per clinic session per registered 2018 NJ LMSC Masters Swimmer! If you sign up for both clinics, the cost is only $75! Mail in your forms today, space is limited!

Karlyn Pipes International Swimming Hall of Fame Inductee

Karlyn Pipes
Inspirational Speaker
Author of The Do-OverSwim Technique Guru

Karlyn is an internationally known inspirational speaker and the author of The Do-Over, a memoir about her struggles and victories with addiction. Karlyn also offers swim technique workshops worldwide, and private swim instruction and camps in Kona, Hawaii.

www.karlynpipes.com

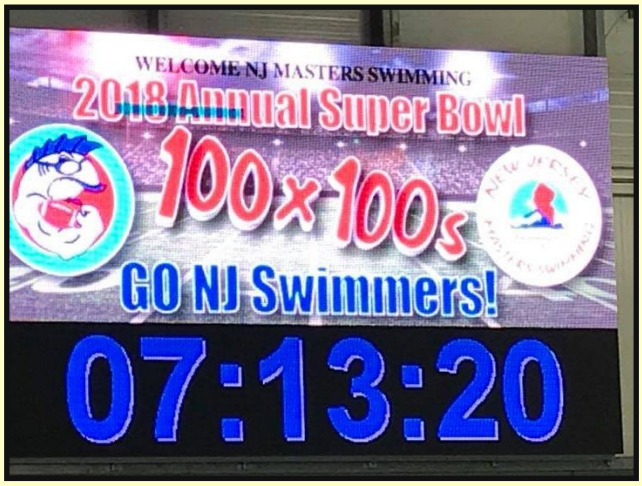
50 X 50's Rocked

Sixty five swimmers got the new year off to a great start by swimming the 7th Annual 50 X 50's on January 14th.

The event was held at the Berkeley Aquatic Club Center of Excellence in New Providence and swam short course. There was also a 30-minute clinic held before the swim, coached by Jen Bauman, Bill Reichle and Beth Maloney. Thanks to them and to Susan Kirk and Ed Tsuzuki for their help.

Besides the photos here, check out all of Ed's photos on Facebook!

2018 NJ Masters Swimming
Annual Super Bowl Sunday 100 x 100s



Congratulations to all of the NJ Masters Swimming Annual Super Bowl Sunday 100 x 100s Swimmers!! You ALL put forth such incredible effort and many of you swam further than you ever have! Super achievements by all!!

We had 95 swimmers in the water swimming and collectively, you all swam **842,950 yards**!! Impressive!!

We also had a couple of swimmers who were unable to swim on Sunday who swam their 100 x 100s during the prior week and one of our members swam hers in Wisconsin at the same time as us on Super Bowl Sunday! Hearing some chatter that we'll have several other former NJ Masters Swimmers join us in solidarity next year in Cincinnati, Ohio and San Diego, California!

Our across the pond swim mates in Scotland, led by Louise Scott, had a very successful inaugural Super Bowl Sunday 100 x 100s event!

While looking at the tallies for your completed yards, it was very heartwarming to see how many of you swam that extra 100 or more as a tribute to Doug Clark! Thank you!!!! I'm sure that many of you were thinking of him while you were swimming and he was certainly with us in spirit! This has now become an added annual tradition during the 100 x 100s event that we will carry forward to honor Doug.

Be sure to check out our New Jersey Masters Swimming facebook page for all of the fabulous pictures of the event and for the start video! The video truly captures the essence and vibe of 95 swimmers all swimming together! Very cool!!!

A huge thanks to NJ LMSC Board volunteers, Bill Reichle (check-in), Marie Vellucci (hospitality), and Sarah Clark (event photographer) for being fabulous NJ Masters Swimming ambassadors and for all of their efforts ensuring that this was a successful event! And thank you to Sandy Bluhm for the fun and inspirational themed graphic on the scoreboard welcoming all NJ Masters Swimmers!

And a huge thank you to all of you swimmers for participating and making this event an incredibly enjoyable experience by sharing your passion and perseverance with your fellow Masters swimmers!

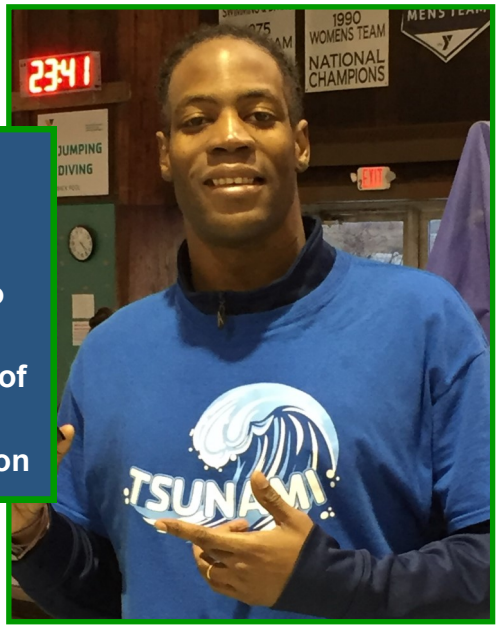
We hope to see you all back again next year, so mark your calendars ~~ Super Bowl Sunday, February 3, 2019 ~~ and continue your training throughout 2018!! Registration will open the first week of January 2019!!

Happy swimming always!

NJ Masters 100X100 superbowl stadium, aka Berkeley Aquatics!

Snapshots from the 2017 Somerset County YMCA Masters Pentathlon Swim Festival

Mike Lavitt (RBAY) & Jens Volker (GSM) Mike won his pentathlon age group



Darian Russell (RBAY) who also won his division of the pentathlon

We all had a great time (and did some best times)

Thanks Somerset Masters for a great meet!

We'll be back!

Meredith Lyndon

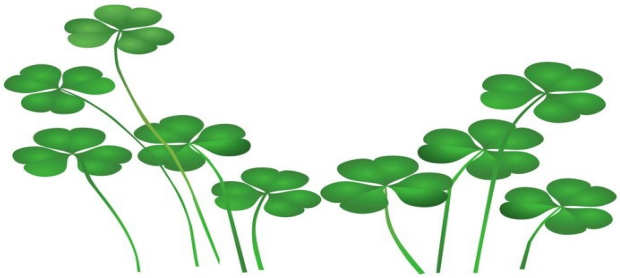
L-R Sue Patterson, Dot Schilling, Gloria O Donnell & Meredith Lyndon- all RBAY Masters keeping warm on that cold day!

“Best Swim Friends”

BSFs

Galina Dineva And **Francesca Mancuso** at the Ocean County YMCA Masters Meet (SCY)

We love getting photos from members!
Send in yours!
aras33@comcast.net



MADISON AREA MASTER SWIMMERS COMPLETE A ROUND TRIP SWIM TO TAHITI!

By Bob Nissen

While it is obvious that they didn't actually swim from New Jersey to Tahiti, 61 dedicated Madison area Masters Swimmers did amass sufficient "pool yards" in 2017 (25.8 million yards, or 14,660 miles) to swim to Tahiti and back- with 2000 miles to spare!

The Madison Area Masters is a friendly group that swims together at Drew University, the Madison YMCA, and other locations throughout the year. This is fourteenth year that the swimmers have tracked their yardage!

The Masters group celebrated the impressive results recently at its 14th annual awards breakfast, with record participation! Hosted by longtime swimmers Bob Nissen and Joe Donohue, at the Harding Township Library, the group celebrated not just its collective performance, but also team yardage (4 teams were established), and numerous outstanding individual achievements. During the year, many of the swimmers also compete in various Masters' swim meets, "open water" ocean races, and even triathlons, often winning medals and leading their age groups in performance!

Throughout 2017, each swimmer submitted his or her swim yardage on a monthly basis. The results were then tracked on a user friendly web site, so that swimmers could track total yardage and see how each was measuring up within the group. At the end of the year, the swimmer with the most yards is awarded the coveted "Doug Clark Championship Yardstick", named in honor of Doug Clark, a Yardstick program leader and elite swimmer who sadly passed away from cancer in December, 2016. Every other swimmer in turn received a portion of a yardstick based on his or her performance as a percentage of the swimmer with the most yards.

This year's repeat winner of the prestigious Yardstick was Julia Scales of Sparta, with an amazing total of 1,586,504 yards- or 901 miles! Others who exceeded the exceptional one million yard level included Kim Plewa of Rahway, Katheleen Coffey of Rockaway Township, Irene Fisher of Harding Township, Pia Lord of Bloomfield, and Jennifer Bauman of Parsippany. All swimmers qualified for some piece of the yardstick. The Yardstick awards ceremony was the highlight of the breakfast!

The team competition was our closest ever and went down to the last month before a winner could be determined. Captain Melissa Griffe led the "Snickers Kickers" to victory with a team total of more than 6.9 million yards!

In addition to the Yardstick award and team competition, two swimmers were named **BOLD PERFORMER** of the year, for demonstrating improved performance, exceptional effort and a special commitment to the swimming program. This year's winners were Laura Graham and Jane Weeks of Morristown.

The group is logging most of its yards at Drew University and the Madison YMCA. Inquire at the respective aquatics departments for further information. For Drew, contact Rick Munson at rmunson@drew.edu; and for the Madison YMCA, contact the aquatics department at 973-377-6200. Adult swimmers of all levels from beginners to experts are welcome to the Masters programs. Workouts are tailored to individual ability. Coaching is also available during some of the workouts.

By adding more swimmers this year and increasing individual yardage, we plan to go even further- maybe someday around the world! We hope we will "see you at the pool."

Madison Area Masters Swimmers

Row 1: Joe Donohue, Bob Nissen, Deborah Fennelly, Bill Sullivan

Row 2: Marcia Postalian, Ashley Pertsemlidis, Bob Franks, Patti Foot, Jane Weeks, Barbara Rushman, Matt Gann

Row 3: Juli Harpell-Elam, Nancy Wagner, Kathleen Coffey, Melissa Griffe, Donnamarie El Hassan, Danuta Vanderbeek, Bob Vanderbeek

Row 4: Chachi Sabatino, Sam Kongsamut, Barry Lass, Karl Fenske,

Yardstick Winner Julia Scales, Moira McCullough, Barbara Wattenbach, Elizabeth Jennison, Diane Dinsmore, Grace MacClennan,

Row 5: Clay Paterson, Richard Clew, Irene Fisher, Jim Sullivan, Robert Rezvani, Joel Rubenstein

SOLO Swimmers Take Heart and Unite!

By Pia Lord

After spending hours in the pool swimming solo and then uploading my laps to the Go the Distance logbook on the USMS site, something about a Blog for Solo Swimmers by Elaine Krugman caught my eye!

I have mostly been swimming solo, although, I am a member of the BAC Berkeley Aquatic Club Master Group. The hours and days and the distance I need to drive don't always, or shall I say rarely coincide for me to attend masters practice. However, I do always look on the camaraderie with a certain amount of longing, wishing I cold be "one of them"- the regular masters swimmers that attend practice faithfully. How do they do it?

So, joyfully, I clicked on the link which was just below my cursor. I'll share it with you here.

Solo Swimmers Elaine K

I came upon the first paragraph which drew me in...

"Solo Swimmers"

Hey, solo swimmers! Welcome to the thread for all of us who train solo. Whether you train on your own due to a lack of a Masters team in your area (or for any other reason), this is *our* virtual locker room. Please post training tips that you think would be helpful, or anything else you would like to share with the rest of us. Have a rant? Go ahead and vent here! "

You may want to check out the blog yourself if solo swimming is either a want, need or desire in your swimming life. I know I'm not alone now anymore.

Happy Swimming!

featuring workouts from fellow Masters Swimmers and Coaches
This workout sent in by Matthew Donovan, see bio below!

Warm Up -
1 x 400 Free
4 x 50 kick
1 x 100 Choice
(repeat twice through if more yardage is desired)

Main Set - Repeat as Desired (minimum should be twice through) - Written as a Freestyle set

1 x 25 w/ pull buoy (:05-:08 sec rest) - Focus = rotation of hips / Long Freestyle stroke

1 x 50 Free Build - (:08-:10 sec rest) - Breathing pattern +2 - If you normally breathe every 2 stroke - breathe every 4. If every 3, then 5 and so on. Speed off the wall with intense kicks is a big focus

Continued next column

1 x 75 w / Pull Buoy - (:08-:10 Sec rest) - Focus = Rotation, Length per stroke, Breathing patterns (maintain +2 if possible), speed and kicking off walls
1 x 100 w/ fins - (:25 sec rest) Max effort - take note of time, try to beat in future rounds

This set can be repeated as desired -
This can easily be made into a Stroke, IM or even Kick set. the 50's and 100's can be changed to kick or stroke, or if done as an IM set, go 4 rounds, 50's = full stroke by round, and 100s can be 100 IM or full 100 stroke.

Cool Down
1 x 100 kick - ez
4 x 75 - swim - :08-:10 sec rest

About the Author—Matthew Donovan

Matt Donovan started his coaching career at a summer league pool in Connecticut in in 1995. Since that time, he has coached on every level and is currently the head coach of Long Island University in Brooklyn, a Division I womens team in the Northeast Conference. He also is a Masters coach at Asphalt Green in Manhattan, N.Y. and a Level 4 coach with American Swim Coaches Association. As a club coach in New Jersey, Donovan was awarded the 2013 YMCA National Coach of the Meet honor for the Long Course Championships held in Atlanta. He has coached two National Camps (2010, 2011) at the Olympic Training Center in Colorado Springs, Colo., and assisted the USA Zone Select Camp in Baltimore in 2012. His club team (Somerset Valley 2000-2014) was honored four times by the USA Club Excellence program bronze (2010) and silver (2012, 2013, 2014). USA Swimming had him as a guest presenter for their webinar series twice ("Club Development" 2014 and "Racing Fast in Season" 2016) that can be found on usaswimming.org.

Dear NJ LMSC members and fellow swimmers,

Do you have a wonderful swim experience you could share in the newsletter? Did you particularly enjoy swimming, a swim training experience or endeavor, or other swimming related activities that you might write about for an upcoming monthly publication?It can be as general or as detailed as you have time for keeping in mind that it might be of interest to the readers of the NJ LMSC.

Also, please feel free to email us photos about any swim experiences including clinics, open water swims or races, swim meets, nationals, usa or usms, postals, 50x50s, 100x100s. Please add a caption highlighting you, your friends and perhaps others in your team. We would really appreciate any submissions you would share!!

Please email article and photos with captions to pialord@gmail.com. If you'd Iike I can send you a list of question prompts to assist you in writing an article .

Thank you and happy swimming!

Well, it may not be this year's tax deadline, but April 15 Is the deadline for the next issue...

please send articles to aras33@comcast.net

U.S. Masters Swimming, founded in 1970, is a membership-operated national governing body that promotes health, wellness, fitness and competition for adults swimming. It does so by partnering with more than 1,500 adult swim programs across the country; promoting information via the bimonthly member magazine, SWIMMER, monthly e-newsletters, STREAMLINES, and website, usms.org; and by sanctioning and promoting pool, open water and virtual events and competitions. More than 60,000 adults are registered members of U.S. Masters Swimming