



## NJ Masters Swimming Annual Awards Banquet Saturday, March 30



The NJ Masters Swimming Annual Awards Banquet will be held on Saturday, March 30th, 2019 from 6:00pm - 10:00pm at 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 the annual tradition of some random door prizes. This year, we are excited to announce that we will be raffling off a grand prize of a

**\$100 Swimoutlet.com Gift Certificate!**

All attendees will be eligible to win the grand prize!

We are also honored to announce that the guest speaker this year will be Christian Kroyer! A fellow NJ LMSC member who over the past 5 1/2 years has transformed his life to include multiple disciplines of athletic training and endeavors, including his foray into aquatic fitness with USMS. We are looking forward to Christian sharing his stories with us of his inspirational journey through his dedicated transformation.

We would love to see you all there, especially our Continuous Membership Award Recipients, who will receive a special e-invitation to the event! All 2018 award recipients will be honored 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!**

[2019 Banquet 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 [saritaylor71 AT gmail DOT com](mailto:saritaylor71@gmail.com) by **March 23rd**. We would love to add your photos to the montage celebrating the NJ Masters Swimming community throughout the years!

## NJ LMSC VOLUNTEERS

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## 2019 Event Calendar

### **USMS Go The Distance 2019 Fitness Event**

All 2019 USMS swimmers are eligible to enter this free event! [More information](#) Go The Distance Support Team email: [events@usmastersswimming.org](mailto:events@usmastersswimming.org)

**2019 USMS Fitness Series** held throughout the year. [Event information](#)

## NJ LMSC Event Calendar

**Sunday, March 3, 2019** — 2019 Sprint Yard Mini Meet Nassau County Aquatic Center in East Meadow on Long Island. Click [here](#) for the online entry form. Entries must be received by 12pm NOON eastern time on February 26, 2019 or when the two-hour meet time-line has been met, whichever comes first. Any questions, please contact Lisa Baumann via email at [excelswimming@aol.com](mailto:excelswimming@aol.com).

**Saturday, March 30, 2019** — the NJ Masters Swimming Annual Awards Banquet will be held on from 6:00pm-10:00pm at the Basking Ridge Country Club in Basking Ridge, NJ.

**Sunday, March 31, 2019** — Hawks Masters Spring Splash, Monmouth University, West Long Branch NJ





## **Congratulations 2018 NJ Masters Swimming Continuous Membership Recognition Award Recipients!**

### **30 YEAR MEMBERS**

Bob Hopkins, Susan Kirk, Larry Lengle

### **25 YEAR MEMBERS**

Ed Goracy, Jeffrey Jotz, Kathleen Reynolds, Toms Royal, Ed Tsuzuki

### **20 YEAR MEMBERS**

Michael Leddy, William Mackolin, Richard Schluter

### **15 YEAR MEMBERS**

Tiffany Brennan, Dan Chamby, Joseph Donohue, Brian Fagan, Norma Fallon, David Feldman, Rosanne Lemongello, Ann Monaghan, Kimberly Plewa, William Segal, Linda Twining

### **10 YEAR MEMBERS**

Beth Bigham, Elizabeth Burton, Kevin Chiella, Lisa Ciccone, Ronald Epstein, Robert Fetter, Erling Hoie, Cristina Judge, Ursula Kohama, Catherine Maloney Falicon, Carol Martyniuk, Moira McCullough, Richard McKern, Susan Olesky, Ellen Pease, Paula Pycz, Michael Roesch, John Sabatino, Julie Sheaffer, James Sullivan, Christopher Swenson, Leslie Trott, Marie Vellucci

### **5 YEAR MEMBERS**

Paul Anderson, Sam Baldwin, Frank Calaprice, Steve Cozine, Ann Dandurand, Theresa Dumont, Dan Fabrizio, Ken Fitch, Suzanne Foy, Gregory Geissman, Susan Gibson, Mary Hager, Michael Halfacre, Jill Hendershott, Lucinda Hittle, Bill Imken, Marybeth Jacob, Carol Jordano, Marin Kirk, Frank Kraljic, Kristin Krauss, Christian Kroyer, Martha MacNabb, Eric Materniak, Patrick McCullough, Barbara McGregor, Jelani Millard, Adele Morgan, Anne Murphy, Gloria O'Connell, Jim O'Day, Suzanne Reeves, Jennifer Roche, Joel Rubenstein, Morgan Sawin, Tim Shallcross, Spencer Sullivan, Mieko Takenaka, John Thomas, Peter Turek, Adele Vespa, Debra Weier

**Still plenty of time to register for the awards dinner March 30!**

[2019 Banquet Registration form](#)



**Congratulations** to the following NJ LMSC swimmers for setting new short course meters records at the Somerset County YMCA Pentathlon (and 25s!) meet at the Bridgewater YMCA on December 16, 2018.

**Women 18-24:** Cara Cannilla (22) - 1500 free 20:33.89; **Women 45-49:** Michelle Davidson (48) - 100 back 1:13.49; Alison Hayden (47) - 100 fly 1:12.97, 200 fly 2:48.03, 200 IM 2:44.13, 400 IM 5:47.12; **Women 55-59:** Rebecca Kalibat (55) - 100 breast 1:32.02, 200 breast 3:18.14; **Women 60-64:** Nancy Steadman-Martin (64) - 200 breast 3:40.90; **Women 80-84:** Janet Moeller (84) - 200 free 4:56.20, 200 breast 6:19.31; **Men 50-54:** Jose Faria (52) - 50 back 30.90, 100 back 1:08.67; **Men 60-64:** Benn Doyle (60) - 50 breast 34.53, 100 breast 1:16.57, 100 IM 1:11.35; **Men 70-74:** Frank McElroy (70) - 100 free 1:10.43, 400 free 5:20.11, 1500 free 21:39.85; **Men 80-84:** Jerry Katz (80) - 50 fly 1:05.83.

**Women 160-199** 200 medley relay - SCYM 2:33.65 - Megan Stolarski (40), Paola Morchio (42), Alison Hayden (47), Ellen Ryan (44).

**Mens 240-279** 200 Free Relay- SCYM 2:26.99 - Eugene Sharp (59), Tom Burkardt (63), David DeSimone (63), James Sullivan (68)

**Mixed 320-359** 200 Medley Relay - SCYM 5:31.51 - Joy Tsuzuki (88), Jerry Katz (80), Janet Moeller (84), James Whelpley (79)

**Congratulations** to Alison Hayden, 47 for setting new NJ LMSC short course meters records at the Bill Heebner Memorial Lucky Leprechaun Masters Meet at the Phoenixville Area YMCA on March 18, 2018. Alison set new records in the women's 45-49 age group in the 400 free (4:59.01), 200 breast (3:06.73), 200 IM (2:45.93) and the 400 IM (5:44.43)



## Go Jersey Go! Go The Distance!

So far for the 2019 Go the Distance program, eighty-six swimmers have signed up! NJ has long been a strong performer in this program, described by USMS as “a self-directed event intended to encourage Masters swimmers to regularly exercise and track their progress.”

Looking at Masters nationwide in GTD, New Jersey is third in the percentage of LMSC membership enrolled in GTD at 8.7%. North Texas is first and Gulf is second. Our LMSC mileage is also third (3,362.3 miles swum) behind Southern Pacific and Pacific.

Within our LMSC here’s how our club mileage and club participation breaks down:

### NJ Club Mileage

GSM	906.31
BERK	900.36
SCYM	355.80
JAM	349.51
PAA	195.38
RBAY	170.57
UCO7	164.48
CIB	94.83
DRMS	67.10
RBV	56.74

### NJ Club Participation

BERK	25
GSM	23
SCYM	10
UCO7	8
JAM	6
PAA	3
RBV	2
RBAY	7
XCL	1
DRMS	1



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

March

March

March

Isaac Arroyo  
Andrew Bess  
Linda Bjork  
Caroline Block  
Janet Bress  
Alexis Broder  
Tom Brunson  
Sandra Carosi  
Chris Chang  
Lawrence Chevres  
Zachary Chororos  
Keith Christoffers  
Matthew Ciociola  
Todd Clear  
Pierce Cohalan  
Katie Conte  
Steve Cozine  
Amy Curry  
Keith Demmerle  
Walter Dempsey  
Michelle Dion  
Michele Donato  
Lynn English  
Naomi Ewing  
Katherine Fallon  
Barbara Franz  
Sue Freeman-Patterson  
Glen Fries  
Talia Fromm  
Andrew Fund  
Alex Gershowitz  
Christopher Gibson  
Susan Gibson  
Kathy Godfrey  
Melissa Griffie  
Peter Groner  
Ann Guarnaccia  
Diane Guvenis  
Frank Haftel  
Mary Hager

Jennifer Howard  
Norma Jones  
Esta Kass  
John Kavanagh  
Patrick Kellachan  
William Kosakowski  
Elizabeth Krynska  
Suzanne Lemieux  
Rosanne Lemongello  
Larry Lengle  
Drin Lialloshi  
Jorge Lopes  
Frank McElroy  
Andrea McGee  
Chris McGiffin  
Lyndsay McMeen  
Katherine Mcgrath  
Diana Mentone  
Richard Miani  
Nicole Miller  
Reynard Morrell  
Faye Morrone  
Matthew Murphy  
Ken Niemi  
John O'Brien  
Edward O'Connor  
Debbie Peers  
Taryn Perkins  
Kevin Petto  
Heidi Pfefferkorn  
Lynda Przedpelski  
Lawrence Quinn  
Sarena Rabinowitz  
Stefano Rizzotto  
Jeffrey Roffman  
Rodrigo Rojas  
John Roszko  
Kurt Rotthoff  
Paul Schaeffler  
Ari Schertz

Nora Schultz  
Bridget Sherratt  
Jacob Siegelbaum  
Bill Sjovall  
Alessandro Sodi  
Hilary Stevens  
Megan Stolarski  
Korey Stoller  
Lori Strauss  
James Sullivan  
Cathy Sullivan  
Christine Taylor  
Arletta Tell  
Lauren Twombly  
Andrea Vantucci  
Nancy Wagner  
David Wallman  
Mark Weinstein  
Natalia Wika  
Jessie Yoh  
Hatim Youssef  
Bill Zalan



# ...and to these swimmers when you see them!

**April**

**April**

**April**

Ryan Aguirre  
Kristen Americk  
Catherine Babin  
John Baran  
Charles Belinsky  
Christine Bell  
Jonathan Betz  
Beth Bigham  
Sandy Bluhm  
Daniel Boland  
Nestor Calixto  
Benedicte Callan  
Thomas Casey  
Peter Castellana  
Louisa Clayton  
John Coyle  
Robert Curry  
Daisy DeSimone  
Ted Dew  
Lauren Diemar  
Hilary Dudley  
Patrick Elsevier  
Edward Eyring  
Robert Falzon  
Jose Faria  
Deborah Fennelly  
Ken Fitch  
Richard Fontaine  
Jacqueline Gattoni  
Leslie Hann  
Catherine Hartford  
Tim Henshall  
Marie Heppner  
Mark Hoffman  
Susan Howley  
Andrew James  
Daniel Judge  
Daniel Kaufman  
Kathleen Keers-Nolde

Jacqui Koplik  
Suanne Kowal-connelly  
Olga Kulko  
Allison Lee  
Susan Lockhart  
Christina Mackay  
Denise McCarthy  
Justin McLean  
Mark Menter  
Janet Michaels  
Rita Nannini  
Karen Paffendorf  
Courtney Pagel  
Michael Pasqual  
Nick Pierson  
Christopher Rattray  
Michelle Ray  
Michael Reinitz  
Lynne Rider  
Tom Sartorio  
Martin Scheidl  
Karen Shearly  
Aaron Smith  
Tom Sterk  
Don Sumada  
Jennifer Taras  
Leo Tineo  
Shawn Trokhan  
Kari VanderVeen  
Marie Vellucci  
Doug Walker  
Ilse Wolfe  
Scott Yeomans



# 8th ANNUAL

# 50x50 *Let's Recap*

Sixty eight swimmers kicked off 2019 by swimming the 50 x 50's on January 13<sup>th</sup>. The event was held at the Berkeley Aquatic Club Center of Excellence in New Providence and swam short course. Fourteen swimmers also participated in a 30-minute mini clinic for novice swimmers held before the swim, coached by Jen Baumann, Bill Reichle and Beth Maloney.

A big thanks goes to the coaches as well as to Ed Tsuzuki, Sarah Clark, Kim Plewa and Susan Kirk for their assistance. Besides the photos here, check out all Ed's photos on our [FB site](#).



# The ANNUAL

# 100

# X

# 100

Recap

Congratulations and high fives  
to all who participated in our annual  
Super Bowl Sunday 100X100s!  
You all rocked your swims!!



**Read all about it on the following page!**

# 100 X 100 Continued!

There were 84 swimmers in the water and collectively, swam **741,150 yards**. Impressive!! We also had a couple of NJ Masters swimmers who were unable to swim on Sunday who swam their 100 x 100s solo during the prior week. Those of you that ended up not being able to make it to this year's 100 x 100s ... you were missed ... and we hope to see you in 2020!

Our across the pond swim mates in Scotland, led by Louise Scott -- a former Berkeley Aquatic Masters swimmer, had a very successful Super Bowl Sunday 100 x 100s event concurrently with ours!

While looking at the tallies for completed yards, it was very heartwarming to see how many swam that extra 100 or more as a tribute to Doug Clark and to the Berkeley Aquatic Club Founder and visionary Jim Wood! Both of them were certainly with us in spirit and motivating us!

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 84 swimmers all swimming together! Very cool!!!

A huge thanks to our dedicated NJ LMSC Board volunteers for this event: Sara Johnston (set up and photo contributions), Bill Reichle (check-in), Ed Tsuzuki (chief photographer), Sarah Clark (set up, start video, on deck encouragement, & clean up), Chris McGiffin (back up timing), Tom Brunson and Mindy Bowens (hospitality), Jen Bauman (clean up) and Kim Plewa (clean up) for being fabulous NJ Masters Swimming ambassadors and for all of their efforts ensuring that the 100 x 100s were once again a very successful membership event! It truly is a team effort!

And a huge thank you to all of the swimmers who participated and made this LMSC-wide event an incredibly enjoyable experience by sharing your passion and perseverance with your fellow Masters swimmers! It truly showcases the unity in our NJ Masters Swimming community.

We hope to see all the swimmers back next year, so mark your calendars ~~ **Super Bowl Sunday, February 2, 2020** ~~ and continue training throughout 2019!!

Registration will likely open the second week of January 2020!!



# MADISON AREA MASTER SWIMMERS CELEBRATE 15<sup>TH</sup> ANNIVERSARY WITH A ROUND TRIP SWIM TO SOUTH AMERICA!



While it is obvious that they didn't actually swim from New Jersey to South America, 65 dedicated Madison area Masters Swimmers did amass sufficient "pool yards" in 2018 (26.04 million yards, or 14,796 miles) to swim to the southern tip of South America and back- with 1400 miles to spare!

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

The Masters group celebrated the impressive results recently at its 15th anniversary 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 2018, 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 winner of the prestigious Yardstick was Kim Plewa of Rahway, with an amazing total of **1,333,186** yards- or 757 miles! Others who exceeded the exceptional one-million yard level included Kathleen Coffey of Rockaway Township, Jennifer Bauman of Parsippany, and Robert Perkins of Mendham. 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 Grace MacClennan led the "Wasabi Waders" to victory with a team total of more than 7.2 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 Sarah Sangree of Summit and Barbara Wattenbach of Morristown.

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." **(Continued next page)**

# Madison Area Master Yardstick Swimmers



## Picture (From Bottom to Top)

**Row 1: Chachi Sabatino, Bob Franks, Joe Donohue, Bob Nissen, Yardstick Winner Kim Plewa, Barbara Rushman, Ashley Pertsemliadis**

**Row 2: Kathleen Coffey, Laura Graham, Nancy Wagner, Debbie Goulian, Deborah Fennelly, Grace MacClennan, Arnold DeGarcia, Ed Butler**

**Row 3: Jim Sullivan, Melissa Griffe, Sam Kongsamut,, Matt Gann, Jane Weeks, Chuck Fowler, Bill Sulllivan**

**Row 4: Barbara Wattenbach, Clay Paterson, Cande Olsen, Moira McCullough, Barry Lass, Sarah Sangree, Diane Dinsmore,**

**Row 5: Richard Clew, Dillard Kirby, Irene Fisher, Jen Bauman**

# RBAY Y Masters swam in the Somerset Pentathlon and had a great meet and a good time!



*Darian Russell ( back row left) and Frank Norek ( front row center) both won their age groups and set new meet records in the Pentathlon. We also fielded an all male free & medley relay teams for the first time! Julia Nordhausen (front right) swam her first Masters meet, taking 3 firsts!*

*Thanks Ed for another well run meet!*



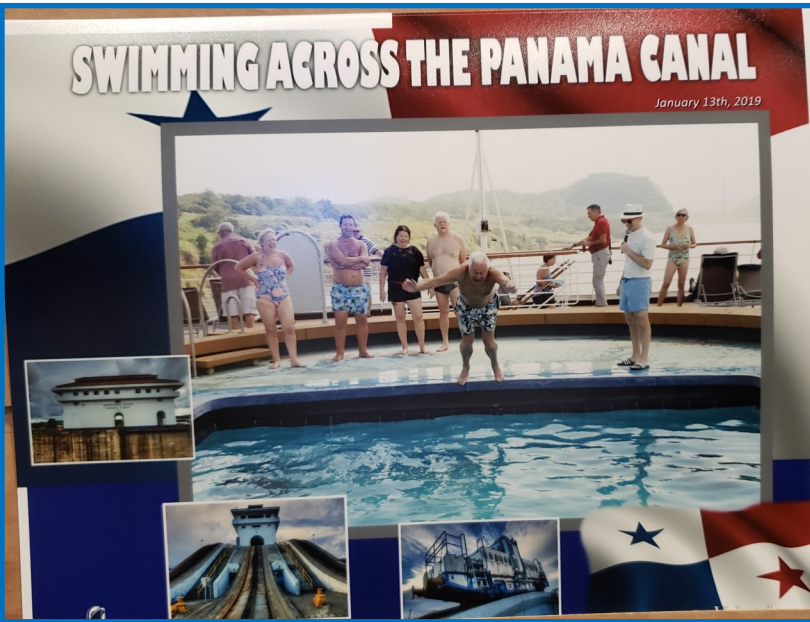
**Ken Neimi and Jens Volker, Garden State Masters each won their Pentathlon's with Ken setting a new meet record.**



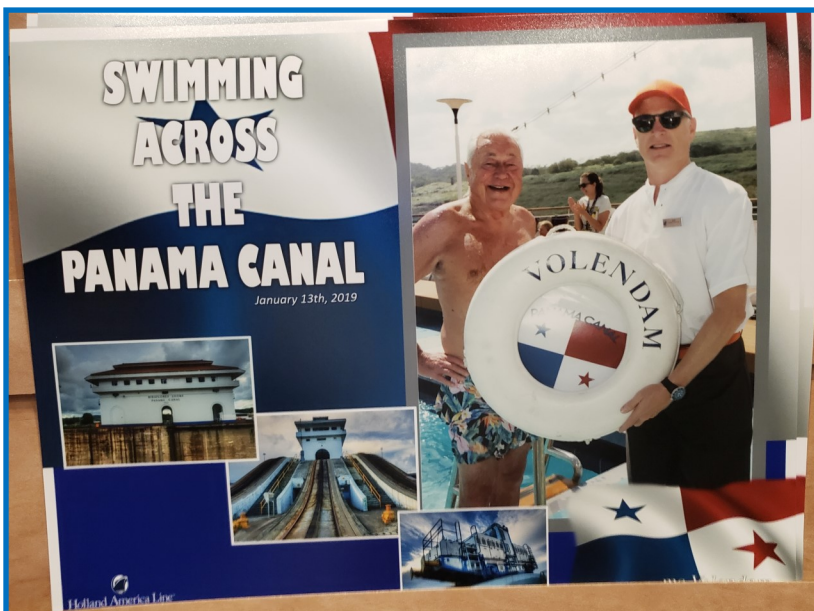
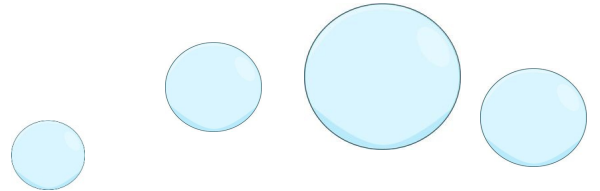
**Send in your photos!**

**We love 'em!**

**Sara Johnston [aras33@comcast.net](mailto:aras33@comcast.net)**



# Where's Dieter?



# Swimming across the Panama Canal of course!



# Just Add WATER

*featuring workouts from fellow Masters  
Swimmers and Coaches*

*So send us a workout!*

**Give this workout a try — from Banquet Speaker Christian Kroyer!**

**1000 freestyle**

**400 freestyle kick with breaststroke pull**

**200 kick on back alternating dolphin and  
flutter every 50**

**400 dolphin kick with breaststroke pull**

**2 x 250 freestyle pull resting 10 second  
between**

**3 x 100 free at race pace**

**4x 50 stroke IM order**

**200 cool down**

**Total: 3200**





# **The NJ Masters Swimming Annual Awards Banquet**

**Saturday, March 30, 2019**

**6:00pm-10:00pm**

**Basking Ridge Country Club  
Basking Ridge, NJ.**

[2019 Banquet Registration form](#)

**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 Sara Johnston (email in masthead, page 2) -- please also include NJLMSC in the subject line of email.**

**Thank you and happy swimming!**



**Editor Sara Johnston, e-address page 2**

**Don't be a fool... send in your articles and pictures by**

**April 1, 2019**



*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*