

FASTLANE

NJ LMSC Newsletter

January/February 2020



Please join us as we honour this year's USMS
NJ Masters Swimming Continuous Membership
Recognition Awards Recipients

Annual Awards Banquet

Saturday, March 21st, 2020
6:00pm - 10:00pm

Basking Ridge Country Club
185 Madisonville Rd., Basking Ridge, NJ 07920

COSTS

Award Recipients: Complimentary
NJ LMSC Certified Coaches: \$15
Members/Guests: \$25 if paid by 3/10/20; \$35 after 3/10/20,
\$40 at door

Buffet Dinner - Cash Bar - Guest Speaker - Door Prizes - With a
Grand Prize of a \$100 Swimoutlet.com Gift Certificate - Time To
Socialize With Your Masters Swimming Friends.
Music will be provided during the cocktail hour
by NJ LMSC's very own Peter McCoy.

We look forward to seeing you at the
Basking Ridge Country Club!!

More info page 3!

NJ LMSC VOLUNTEERS

Chair/Secretary

Susan Kirk

908.313.6785

[sqkirk AT gmail DOT com](mailto:sqkirk@gmail.com)

Vice Chair

Sarah Clark

201.248.5659

[saritaylor71 AT gmail DOT com](mailto:saritaylor71@gmail.com)

Treasurer

Mike Recchia

551-482-4444

[mrecchia AT verizon DOT net](mailto:mrecchia@verizon.net)

Co-Registrars

Tom Brunson

973.279.7153

[tombrunson AT optonline DOT net](mailto:tombrunson@optonline.com)

Chris McGiffin

908.630.0166

[CMcGiff AT aol DOT com](mailto:CMcGiff@aol.com)

Sanctions & Safety Chair

Jen Bauman

973.219.9404

[swimmerj AT optonline DOT net](mailto:swimmerj@optonline.com)

Top Ten Records

Ed Tsuzuki

908.371.9179

[edtsuzuki AT comcast DOT net](mailto:edtsuzuki@comcast.net)

Newsletter Editor/Design

Sara Harrison Johnston

908.267.5494

[aras33 AT comcast DOT net](mailto:aras33@comcast.net)

Open Water Chair

Sarah Clark

201.248.5659

[saritaylor71 AT gmail DOT com](mailto:saritaylor71@gmail.com)

Event Coordinator

Kim Plewa

[732.213.7469 emmik08 AT aol DOT com](mailto:732.213.7469@emmik08.aol.com)

Coaches Chair

Ed Tsuzuki

908.371.9179

[edtsuzuki AT comcast DOT net](mailto:edtsuzuki@comcast.net)

Fitness Chair

Linda Brown-Kuhn

908.479.1038

[lindabk11 AT gmail DOT com](mailto:lindabk11@gmail.com)

Webmaster

Marin Kirk

[njlmscwebmaster AT gmail DOT com](mailto:njlmscwebmaster@gmail.com)

Officials Chair

Marie Vellucci

646.641.4236

[marielovestowim AT aol DOT com](mailto:marielovestowim@aol.com)

Special Projects

Chris McGiffin

908.630.0166

[CMcGiff AT aol DOT com](mailto:CMcGiff@aol.com)

Bill Reichle

908-587-2053

[reichsswim AT aol DOT com](mailto:reichsswim@aol.com)

UPCOMING EVENTS

USMS Go The Distance 2020 Fitness Event

All 2020 USMS swimmers are eligible to enter this free event! [More information](#) Go The Distance Support Team email: events@usmastersswimming.org
2020 USMS Fitness Series held throughout the year.

[Event information](#)

[NJ LMSC Event Calendar](#)

March 21, 2020 ~~ NJ Masters Annual Awards Banquet, Basking Ridge Country Club, Basking Ridge, New Jersey 6-10pm

March 29, 2020 ~~ 2020 Monmouth University Hawks Masters Spring Splash Meet

July 2020 ~~ Transplant Games @ Berkeley Aquatic Club

**NO MATTER
HOW SLOW YOU
GO, YOU ARE
STILL LAPPING
EVERYBODY ON
THE COUCH**

speedo 

NJ Masters Swimming 2020 Annual Awards Banquet Saturday, March 21, 2020

The Annual New Jersey Masters Swimming Awards Banquet and Social will be held from 6:00pm - 10:00pm at the Basking Ridge Country Club in Basking Ridge, NJ. The evening will start off with live music by our very own NJ Masters Swimming musician, Peter McCoy and his friend, Richard Hagerty during cocktail hour, before honoring our Award Recipients for their commitment to Masters Swimming! The evening will conclude with the annual tradition of some random door prizes that are generously donated by our NJ Masters Swimming Board of Volunteers along with some that are provided by the NJ LMSC! The grand prize raffle will again be 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 Olympian Craig Beardsley! A 3-year World Record holder in the 200-meter Butterfly in the early 1980s and a qualified member of the 1980 Olympic Team, which ended up not being able to compete due to a politically motivated boycott. Craig is a long-time participant in Swim Across America events and he currently works at Swim Across America as the Pool Program Director. We are looking forward to Craig's inspirational talk/presentation at this year's banquet!

New for this year, the [NJ Masters Swimming 2020 Annual Awards Banquet Registration process is now online!](#)

We would love to see everyone there, especially our 2019 Award Recipients, who will all be honored and presented customized awards at the banquet! **Early bird registration will be available through March 10th. Register today!!**

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 13th**. We would love to add your photos to the montage celebrating the NJ Masters Swimming community throughout the years!



Buffet Dinner - Cash Bar - Guest Speaker - Door Prizes -
Grand Prize -- \$100 SwimOutlet.com Gift Certificate -
Time to Socialize With Your Masters Swimming Friends.
Music will be provided during the cocktail hour by
NJ LMSC's very own Peter McCoy and friend Richard Hagerty

Saturday, March 21, 2020

6:00pm - 10:00pm

Basking Ridge Country Club

185 Madisonville Rd., Basking Ridge, NJ 07920

Enjoy our beautiful, Basking Ridge venue,
conveniently located off Route 287.

FEATURED SPEAKER CRAIG BEARDSLEY



Craig Beardsley (born 1960) was heavily favored to win the 200-meter butterfly as a member of the 1980 U.S. Olympic Swimming Team, only to be forced from competition when the U.S. boycotted the Moscow games.

Between 1980 and 1983 Craig held the World, US Open, and American records in the 200-meter butterfly, and he won gold at the Pan American Games in both 1979 and 1983. A nine-time U.S. National Champion, Craig was also a two-time NCAA Champion while an All-American graduating from the University of Florida.

After retiring from competitive swimming Craig, had a 17-year career on Wall Street and has served with Swim Across America (SAA) since 1988 and is currently Director of Partnerships. Swim Across America hosts charity swims with the proceeds funding cancer research. SAA has granted close to \$100M to cancer research.

Proceeds fund cancer research at NCI- hospitals such as Johns Hopkins, Memorial Sloan Kettering, and UCLA. Our grants have funded immunotherapy, gene therapy and other new treatments that otherwise would still be on the whiteboard. We want families that hear "you have cancer" to be told "there is hope." And with research and new cures, more families are receiving the gift of time. Our model is empowering in that anyone can participate or volunteer in our charity swims, including many Olympians who donate their time to our philanthropic cause.

Craig has two children (who did not swim competitively) and lives in New Jersey.

USMS NJ Masters Swimming

2020 Annual Awards Banquet

honouring our
2019 Continuous Membership Awards
Recipients

**Congratulations to all of our
2019 NJ Masters Swimming Continuous Membership
Recognition Award Recipients!**

30 YEAR MEMBERS

Dieter Wunderlich, Brenda Ziegler

25 YEAR MEMBERS

Mark Hoffman, Chris McGiffin, Kenneth Niemi, Murray Simon

20 YEAR MEMBERS

Sandra Carosi, Gita Roy, Donald Smart, Gail Stevancsecz

15 YEAR MEMBERS

Joscelin Burrer, Rich Callaghan, LaJoy Collins, David Goldberg, Michael Lavitt, Eric Marquard, Margaret Martonosi, Patric Mills, Maureen Mortell Koziol, Heidi Remak Ziff, Leigh Segal, Bridget Sherratt, Erik Werfel

10 YEAR MEMBERS

Fay Bizub, Sandy Bluhm, Elizabeth Broos, Carolyn Capodicasa, Zachary Chororos, Michelle Davidson, Diane Dinsmore, Deborah Fennelly, Gregory Fernicola, Sandra Franc, Nancy Freundlich, Robert Geist, Marc Israel, Elizabeth Krynska, Michael May, Andrea McGruther, John Menninger, Ashley Pertsemelidis, Lynda Przedpelski, Sarah Sangree, Scott Schmitt, Sandra Seddon, Andrew Wallace, Wendy Weill

5 YEAR MEMBERS

John Ahearn, Gulnaz Aksu, Jerry Ambroise, Richard Barkan, Judy Baum, Kate Baumann, Lisa Baumann, Richard Benson, Gail Bialostok, Caroline Block, Kristina Bobo, Raymond Boffardi, Robert Bohack, JoAnn Bohenek, Daniel Boland, James Braddock, Michael Brady, Alexis Mara Broder, Jacqueline Broner, Janice Brown, Richard Brown, Randy Bugianesi, Sally Butler, Corinne Capone, Cori Caporimo, Louis Cappelli, Michael Caputo, Adam Carroll, Keith Cataldo, Alan Chodosh, Joy Ciardullo, Brian Cooper, John Coyle, Joe Davidoff, Asabi Davis, Walter Delacruz, Peggy Delaney, Alicia Demmerle, David DeSimone, Michelle Dion, Capri Djatiasmoro, Stephen Dolan, Keith Drayer, Timothy Dwyer, Andrew Eason, Eileen Egan, Naomi Ewing, Sarah Exposito, Brian Fallon, Katherine Fallon, Robert Falzon, Amy Ferris, Bonnie Gannon, Alex Gershowitz, John Giannasca, Ronald Gilbert, John Giordano, Nancy Goering, Eric Goidel, Melissa Grappone, Douglas Grierson, Peter Groner, Jonathan Grubb, Diane Guvenis, Jon Halpern, James Harmon, Marie Heppner, Gregg Heubach, Christine Hill, Elaine Hope Farrington, Robert Huminski, John Hunt, Jane Ikeda, Richard Infield, Nancy James, Stephen Johnson, Esta, Kass, David Kaufman, Kathleen Keers-Nolde, Patrick Kellachan, Daniel Kim, Murat Koxsel, Jacqui Koliik, Joseph Koplik, Suanne Kowal-connelly, Eric Kramer, Suzanne Kruep, Bryan Krut, John Krut, Brian Kusterer, Irene Lam, Joanne Lazzaro, Allison Lee, Ryan Lewis, David Lockhart, Jose Lopez, Jill Loveland, Stanley Lozinski, Michelle Lyons, Christina Mackay, Jeanmarie Mallin, Lawrence Maraldo, Maria McAuley Greer, Jonas McDavit, Patrick McElroy, Elizabeth Melillo, Pippa Michaels, Reynard Morrell, Faye Morrone, Luis Moyett, Olivia Myszkowski, David Nash, Ted Nelson, Joseph Nguyen, Michael Nieminski, Bobbi Nigro, Maria Nobles, Ravi Nonavenakere, John O'Connell, Michael O'Donoghue, Gerry Oakes, Louis Orgera, Lewis Paer, Kathleen Pappas, Lisa Pasigna, Michael Pasqual, Kim Patchett, Debbie Peers, Stephen Pinchac, Don Podesta, Joseph Puvogel, Lawrence Quinn, David Rankel, James Rawley, Michael Reinitz, Rob Ripp, Corey Roberts, Alice Rogers, Richard Rubin, Michael Rudnick, Ellen Ryan, Jose Saud, Ari Schertz, Andrew Schleider, Robert Schott, Shelley Schubach, Richard Schubert, Louise Senato, Charlene Sloane, Aaron Smith, Mary Elizabeth Smith, Sean Smith, Patricia Snyderstrup, Eugene Sollose, Scott Stallwood, Kellie Stamm, Julie Stewart, Allison Strohson, Thomas Sullivan, Robyn Suminski, Thomas Toomey, Daniel Triolo, Jim Vari, Robert Vortuba, Peter Vratimos, David Wallman, John Williamson, Michelle Wriede, Fred Yany, Donna Zak, Allison Zelnich, Benjamin Zhou

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

MARCH MARCH MARCH

Jessie Babbitt
Andrew Bess
Linda Bjork
Caroline Block
Janet Bress
Alexis Broder
Leslie Brunell
Tom Brunson
Denise Camara
Lisa Campisi
Sandra Carosi
Chris Chang
Lawrence Chevres
Zachary Chororos
Keith Christoffers
Peter Christopher
Pierce Cohalan
Steve Cozine
Amy Curry
Keith Demmerle
Christopher Dunn
Lynn English
Katherine Fallon
Barbara Franz
Sue Freeman-
Patterson
Glen Fries
Andrew Fund
Alex Gershowitz
Christopher Gibson
Kathy Godfrey
Diane Goellner
Melissa Griffie

Peter Groner
Ann Guarnaccia
Diane Guvenis
Frank Haftel
Mary Hager
Arthur Harris
Norma Jones
Patrick Kellachan
William Kosakowski
Elizabeth Krynska
Rosanne Lemongello
Laura Linenberg
Drin Lialloshi
Jorge Lopes
Michele Lyons
Brian Mahoney
Frank McElroy
Andrea McGee
Chris McGiffin
Lyndsay McMeen
Michelle Measday
Diana Mentone
Nicole Miller
Reynard Morrell
Faye Morrone
Matthew Murphy
Ken Niemi
George Nikolakoudis
John O'Brien
Edward O'Connor
Taryn Perkins
Heidi Pfefferkorn
Lynda Przedpelski

Stephanie Lynn Ridilla
John Rittenhouse
Rodrigo Rojas
Kurt Rotthoff
Paul Schaeffler
Ari Schertz
Ned Scott
Thomas Scott
Bridget Sherratt
Bill Sjovall
Alessandro Sodi
Megan Stolarski
Korey Stoller
Lori Strauss
Cathy Sullivan
James Sullivan
Blase Szyszko
Christine Taylor
John Thomas
Andrea Vantucci
Nancy Wagner
David Wallman
Mark Weinstein
Natalia Wika

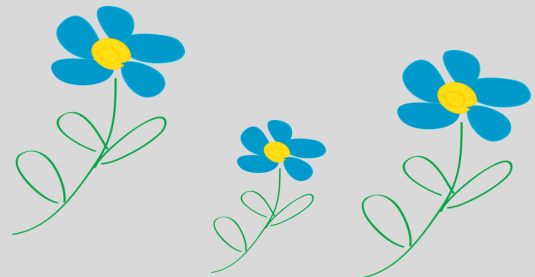


...and to these swimmers when you see them!

APRIL APRIL APRIL

Ryan Aguirre
Peter Allen
Kenneth Baker
John Baran
Chuck Belinsky
Jonathan Betz
Sandy Bluhm
Richard Bohan
Daniel Boland
John Caraccio
Peter Castellana
Jane Cerise
Zachary Coppa
Jean-Marie Cotton
John Coyle
Robert Curry
Nickolas Demas
Daisy DeSimone
Lauren Diemar
Howard Dubin
Hilary Dudley
Patrick Elsevier
Robert Falzon
Jose Faria
Deborah Fennelly
Ken Fitch
Richard Fontaine
Brian Gilligan
Sean Hardick
Catherine Hartford
Marie Heppner
Ann Hersh
Susan Hippler
Mark Hoffman
Susan Howley
Christopher Johnson
Alexa Kapitonova
Kathleen Keers-Nolde
Jacqui Koplik
Suanne Kowal-Connelly

Allison Lee
Miren Libano
Susan Lockhart
Christina Mackay
Nicole Maguire
Jay Markowitz
Julianne Martin
Mark Menter
Janet Michaels
Ray Milazzo
Dave Milsted
John Newitt
Karen Paffendorf
Nick Pierson
Natalie Ransegnola
Christopher Rattray
Michelle Ray
Michael Reinitz
Lynne Rider
Tom Sartorio
Martin Scheidl
Karen Shearly
Aaron Smith
Jennifer Taras
Allen Ureta
Kari VanderVeen
Marie Vellucci
Michael Wainfeld
Doug Walker
Michele Walker
Ilse Wolfe
Scott Yeomans





2020 GTD Swimmers On the Go

The 94 NJ swimmers participating in the national Go the Distance program are quick off the mark this year, coming in 3rd for mileage among all the LMSC's with 2,881.16 miles. Only Southern Pacific and Pacific have logged more miles than NJ. Even better, we are 2nd for participation behind North Texas. Go to <https://www.usms.org/events/fitness-events/go-the-distance> if you'd like to join.

Here's a list showing NJ club GTD mileage:

GSM	791.15
BERK	761.11
SCYM	330.17
JAM	273.87
RBAY	210.56
PAA	168.94
UCO7	163.87
RMT	54.70
DRMS	53.01
RBV	35.28
NJLHY	22.39
LTMM	16.11



KUDOS 2019 GTD Participants!

We typically don't list the individual swimmers who log their mileage on the Go The Distance flog. But these 116 swimmers who swam 28,748.10 miles in 2019 (an average of 247.83 miles per swimmer) deserve recognition and a round of applause! Click on the following link to see them all.

[Click here!](#)

Way to go and here's to a fabulous 2020!

50/50's a Great Success!

Seventy-two swimmers gathered at the Berkeley Aquatic Club Center of Excellence on January 5th, 2020 to swim the 9th Annual NJ Masters 50 x 50's. Many had participated in this event before but for some it was the first time. And some of swimmers had first tackled the Berkeley Aquatic Masters workout that runs from 8:30-10. Everyone gathered for a group shot before the 10:15 start. Then they were off!

Paul Kiell and Dieter Wunderlich in the photo below brilliantly represented the upper end of the age spectrum.

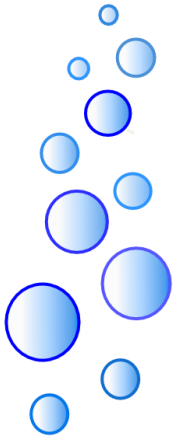


Keep scrolling for more photos that Ed Tsuzuki took of the event.

You can also see them all on the NJ Masters Swimming Facebook page.



50/50 photos!



Let's
Recap

100 100s

2020 NJ Masters Swimming Super Bowl Sunday



by Susan Kirk

Congratulations to all NJ Masters Swimming Super Bowl Sunday Annual 100 x 100s Swimmers!! Brilliant accomplishments by all!! So inspiring to watch you all conquer this monumental challenge and especially those that swam the 100 x 100s for their very first time and for all of you that swam further than you have ever swum!

Way to go!!!



We had 90 swimmers in the water and collectively, you all swam 804,500 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 2021!

Be sure to check out our New Jersey Masters Swimming [facebook page](#) for all of the fabulous pictures of the event!

A huge thanks to our dedicated NJ LMSC Board volunteers for helping out with this fabulous event: Sarah Clark (check-in, hospitality, check out, and post event clean up), Jim Sheerin (chief photographer and on deck support), Jen Bauman (post event clean up) and Kim Plewa (post event clean up) and for being wonderful NJ Masters Swimming ambassadors! Thank you for all of your efforts helping to ensure that the 100 x 100s were once again a very successful and memorable membership event! Great team work everyone!!

And a huge thank you to all of you swimmers for participating and making 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 you all back again next year, so mark your calendars ~~ **Super Bowl Sunday, February 7, 2021**~~ and continue your training throughout 2020!! Registration will open Wednesday, January 6, 2021!

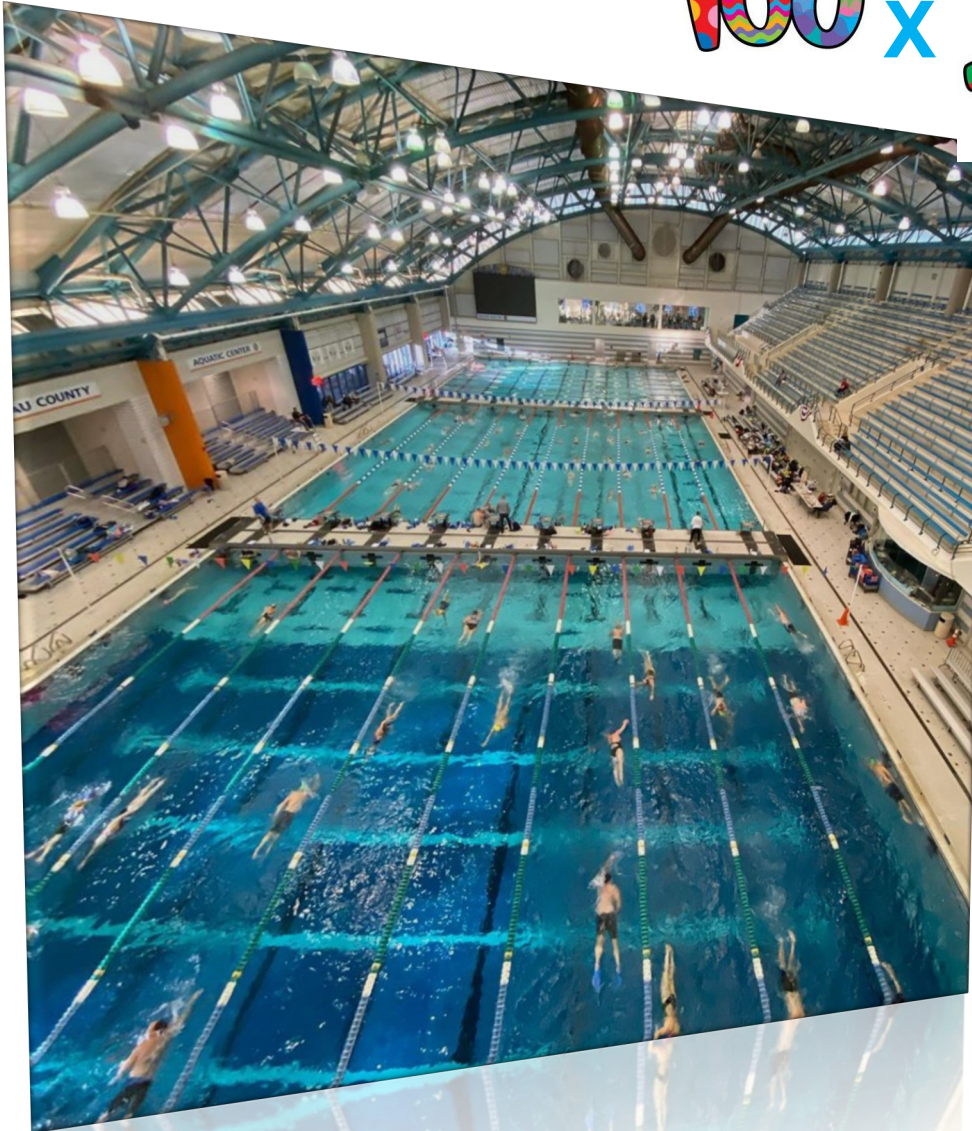


BUY THIS WITHOUT WATERMARKS AT VECTORTOONS.COM



Excel Swimming's (Long Island/NY)

100 x 100's



Thanks STEVE LEV for the photos!

Excel Swimming (Long Island/NY) hosted their annual 100 x 100's Workout Challenge at the Nassau County Aquatic Center on Monday, January 20 morning (MLK Day federal holiday). Over 100 participants enjoyed goodies bags & raffle prizes, snacks & beverages, and enthusiastically swam up to 10,000 yards to jump-start their New Year goals! Check out some of their Workout Challenge photos at: [100X100 photos here!](#)

MADISON AREA MASTER SWIMMERS CELEBRATE 16TH ANNIVERSARY AFTER SWIMMING TO NEW ZEALAND!



Picture (From Bottom to Top)

Row 1: Bill Sullivan, Cande Olsen, Joe Donohue, Bob Nissen, Yardstick Winner Kim Plewa, Lauren Westergarcia Row 2: Juli Harpell-Elam, Debbie Goulian, Nancy Wagner, Jim Sullivan, Diane Dinsmore, Richard Clew, Barbara Rushman, Row 3: Matt Gann, Kathleen Coffey, Barry Lass, Chachi Sabatino, Marcia Postallian, Melissa Griffe, Row 4: Bill Sjovoll, Bob Franks, Alan Vorhees, Barbara Wattenbach, Irene Fisher, Dillard Kirby, Mike Iuzzolino, Deborah Fennelly, Jen Bauman, Sarah Sangree,

While it is obvious that they didn't actually swim from New Jersey to New Zealand, 58 dedicated Madison area Masters Swimmers did amass sufficient "pool yards" in 2019 (22.9 million yards, or 13025 miles) to swim the distance to New Zealand- with 3000 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 sixteenth year that the swimmers have tracked their yardage.

The Masters group celebrated the impressive results recently at its 16th 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 2019, 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 for the second year in a row (and third time in the program's history) was Kim Plewa of Rahway, with an amazing total of 1,271,346 yards- or 722 miles! Others who exceeded the exceptional one-million yard level included Jennifer Bauman of Parsippany and Katheleen Coffey of Rockaway Township. All swimmers qualified for some piece of the yardstick. The Yardstick awards ceremony was the highlight of the breakfast!

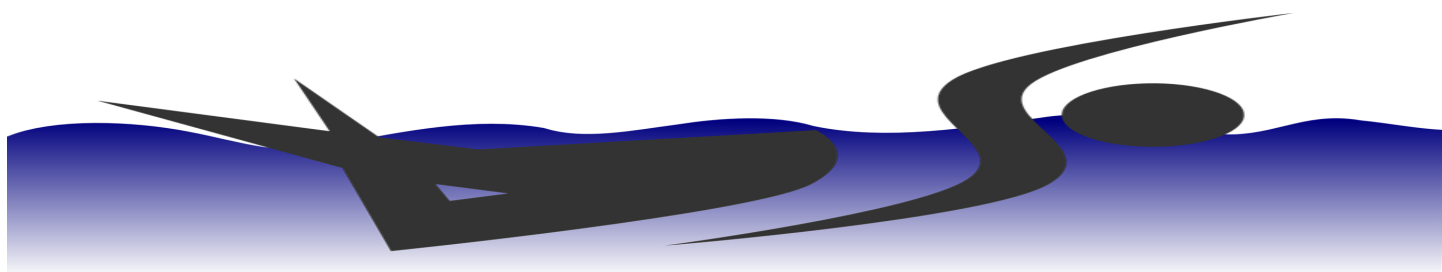
The team competition was one of our closest ever and went down to the last month before a winner could be determined. Captain Debbie Goulian led the team "Got H2O?" to victory with a team total of more than 6.1 million yards!

In addition to the Yardstick award and team competition, one swimmer was named **BOLD PERFORMER** of the year, for demonstrating improved performance, exceptional effort and a special commitment to the swimming program. This year's winner was Elizabeth Jennison of Morris Township.

The group is logging most of its yards at Drew University and the Madison YMCA but some swimmers use other local pools. 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.

By Bob Nissen





Calling all swimmers!

Send in your workouts, we'd love to share them with other swimmers!

Editor Sara Johnston

e-address page 2



shutterstock.com • 224153917

100x100 as recapped by a participant! Thanks Alexandra for sharing your experience!

“to sign up for challenge -is one thing, to fulfill is another” —Alexandra Kapitonova

The first 2500 yards I jammed in my head the stories from the book that I read on the way to the race, I cursed myself for being late, thought about breakfast, what I missed and so on ...

On the second 2500 it became clear that I should concentrate if I want to last until the end.. I began to pay attention to my technique, body alignment, coordination and accidentally dreamed of what I would do after the race.



In the third stretch of 2500 yards, I could only think of one thing - it was my breath, I kind of came up with a new style, I used it before in running, but only once in swimming. I began to push the air out of my body, squeezing the stomach from the bottom to the chest and literally pushing the exhale. and it actually helped me not only maintain the rhythm of swimming, but even increase the speed (after already 5000 yards!!), so I even started hitting the swimmer's heels in front of me. It seems that such breathing not only makes me more focused, but stronger and faster!

And the last 2500 yards, I was just repeating the movement, just throwing my arms forward and moving my legs up and down. I could not think of anything, I began to feel that my back muscles hurt, my hands were losing their grip. But overall I felt stronger and firmer, it was a feeling from the spiritual part of myself, and not from the physical.

It was an interesting journey to see how my brain and body are fighting, and how the spirit eventually prevails and unites everything. it is always so, but we hardly take the opportunity to notice it. By training our body, we learn how to train our mind, how to overcome difficulties, find new ways, enjoy the basic things. We study our patterns of behavior, our weaknesses and our strengths, we increase our self-awareness, and when we know ourselves better, we can achieve more!

It is my personal passion to observe body-mind-spirit communication, when it unites we can do unbelievable things. We can do magic.

Photos from our readers!

**Thanks for the
submissions!**



Way To Go!

E. Dieter Wunderlich has gained four First Places in the 80+ age group in 100 Free, 100 IM, 100 Breast and 100 Back at the Somerset County YMCA Pentathlon Festival and 25s! (SCM) .

Dieter would like to commend Ed Tsuzuki for an excellently run meet!

Awesome!

Below are a few of our swimmers from our SVY masters team.

We are particularly proud of the young man in the picture, Nick Demas “89 years young”, who broke 50 seconds for the 50 meter freestyle — National qualifying time.

Nick is an inspiration for our team and is a constant reminder that age is just a number.

~~~~ Coach Dave Lockhart SVY- Hillsborough



From left to right

Coach Dave Lockhart Nick Demas Sue Lockhart Trica Hiller back row Max Howard

Somerset County YMCA Pentathlon Festival and 25s! (SCM)



RBAY Masters Frank Norek, Larry Cohen, Elliott & Michael Lehrer after completing the 50x50 at Berkeley Aquatics club. There was a kids invitational swim meet at our pool, so our practice was canceled. This was a great alternative! Have to start accumulating the miles for GTD! Thanks everyone for a great event.

RBAY Masters at the Somerset Y Pentathlon. Another great meet, Plenty of PB's. A great way to finish off 2019. Thanks Ed for a well run meet!



# SUPER FLASHBACK

Thanks Bob Hopkins for sharing!

Below is a photo of me and four of my grandsons in August 2000 at the Ocean County Y pool. The boys are (l to r) Connor Hopkins 2, Christopher Berlinger 1, Donovan Hopkins 6 months and Brian Berlinger 5. All four boys swam competitively on age group teams, Connor and Donovan on the Rockingham Area Youth Swim team in New Hampshire and Brian and Christopher for the Lake Mohawk Cruiser Club in NJ and Christopher for the Mason Manta Rays in Ohio. Connor went on to swim at Windham High School in NH and is finishing up his swimming career at Saint Michael's College in Vermont this year.

Fast forward a few years to the high school graduation photos of each young man with (l to r) Brian, Connor, Christopher and Donovan. Brian is now in grad school at Bowling Green University, Connor a senior at Saint Michael's College, Christopher a junior at Kettering University and Donovan a sophomore at Keene State College.

~~~ Bob Hopkins





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!



NEWSLETTER DEADLINE

Editor Sara Johnston, e-address page 2

...send in your articles and pictures by

April 1, 2020



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