



## **LAST CHANCE**



### **Sign up for Last Chance End of the Summer 5K Pool Swim**



Sad to say, but the end of the summer is approaching and so is the Last Chance Swim, to be held on Saturday, September 7 at the Cranford Pool & Fitness Center. As in past years, this swim is free to all 2019 registered NJ Masters members. You can choose to swim 100 X 50's or 50 X 100's in the lovely long course Cranford pool. Check in is at 7:15 am and the swim will start at 7:30. We have the pool until 9:30. We'll swim in rain but not thunder and lightning. There's no storm date.

Cranford Pool & Fitness Center is located at 401 Centennial Avenue in Cranford, NJ 07016 at the intersection of Centennial Ave and Pat Fosella Street. To sign up, email Linda Brown-Kuhn at [lindabk11@gmail.com](mailto:lindabk11@gmail.com) with your registration number and interval you expect to swim.

**Lots of good stuff in this issue including photos from the Nessel Meet, Swim University graduation stats, and an inspiring recap of Susan Kirk conquering the Lake Tahoe 12 Mile Godfather Swim on July 17th in 8 hours and 50 minutes... being only the third person to finish this swim!**

**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***

**Bill Reichle**

908.587.2053

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

***Co-Registrars***

**Tom Brunson**

973.279.7153

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

**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.net)

***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](tel:732.213.7469) [emmik08 AT aol DOT com](mailto: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**

[marin.n.kirk AT gmail DOT com](mailto:marin.n.kirk@gmail.com)

***Officials Chair***

**Marie Vellucci**

646.641.4236

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

***Special Projects***

**Chris McGiffin**

908.630.0166

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

## 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

**September 7-8, 2019** ~~ NJ Senior Olympics Woodbridge YMCA, Woodbridge, NJ

[Event information and registration](#)

**September 7, 2019** Last Chance Swim, 5,000 meters. Cranford Pool. See page 1 for details!

**November 9-10, 2019** ~~ EEX Veterans Day Masters Meet at The College of New Jersey, Ewing, NJ

Event information and registration coming soon!!



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

## SEPTEMBER SEPTEMBER

Andrew B  
Eric Babbitt  
Robert Barrish  
Bianca Beldini  
Errington Bennett  
Sebastien Blind  
Genevieve Caffrey  
Colleen Campbell  
Thomas Capruso  
Brad Carlson  
Nicholas Chester  
Anne Choudhry  
Richard Clew  
Kathleen Coffey  
Laurie Ann Cooper  
Adam D'Agostino  
Chet DeStefano  
Jeffrey Dietel  
David DiGiovanni  
Galina Dineva  
Mark Dow  
Theresa Dumont  
Dan Dunmire  
Jessica Easton  
Carmello Elie  
Heather Ensley  
Ronald Epstein  
Greg Ewing  
David Farrell  
Michael Fey  
Michael Fitzgibbons  
Jean Eric Francois  
Matthew Frazier  
Robert Gamer  
Bonnie Gannon  
Laura Giardino  
Matthew Goral  
Paul Grassie  
Gisella Gutierrez  
William Haas  
Christy Hill  
Laura Hill-Primiano  
Andrew Holmes  
Jamie Howe  
Paul Hughes

Bill Imken  
Vivian Isenberg  
Nancy James  
Jeffrey Jenkins  
Louise Johns  
Chris Kelly  
Daniel Kim  
Johnny Kim  
Dillard Kirby  
Yogesh Kohli  
David Leit  
Pierre Leon  
Robert Linker  
Bonnie Lordo  
Melissa Love-Perrone  
Joleen Addleman Loyd  
Stanley Lozinski  
Meredith Lyndon  
Patrick Mahoney  
Paul Manulik  
Gregory March  
Maria McAuley Greer  
Bruce McConnell  
Maria McCoy  
Thomas McGuire  
George McMillin  
Lynn Mellor  
John Menke  
Cathy Mersereau  
Daniel Morgan  
Ted Nelson  
Michael Nieminski  
Bobbi Nigro  
Nick Noga  
Angelica Oliveira  
Rob Orr  
Michal Ovadia  
Alexa Pallay  
Flavio Pardo  
Sherri Plunkett  
Don Podesta  
Will Price  
Alice Rogers  
Sharon Root  
Julie Rose

Martin Rothfelder  
Alain Rothstein  
Toms Royal  
Jean Rutter  
Morgan Sawin  
Erica Scalavino  
Dick Schenendorf  
Andrew Schleider  
Scott Schmitt  
Christopher Shaari  
Carol Sherlock  
Katherine Simko  
Isaac Siskind  
David Slavin  
Erin Smith  
Mary Elizabeth Smith  
Michael Smith  
Patricia Snyderstrup  
Eugene Sollose  
Timothy Sullivan  
Hope Swarts  
Jeff Tamburrino  
Todd Thompson  
Subhashish Tripathy  
Linda Twining  
Eric Vigil  
Jessica Wang  
Paul Wargo  
Danny Weiss  
Glenn Wharton  
James Whelpley  
Glenn Winistorfer  
Rich Winne  
David Yanovsky  
Lucas Zelehowsky



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

**October**

**October**

**October**

Fred Allen  
Peter Alpern  
Stephen Baker  
Sam Baldwin  
Amy Barraclough  
Kate Baumann  
Katy Bergen  
Michael Bosl  
Mindy Bowens  
Michael Brogan  
Elizabeth Broos  
Carol Buckwalter  
Larry Burstein  
Raymond Campeau  
Carolyn Capodicasa  
Robert Casalaina  
Elizabeth Casey  
John Cassimatis  
Juliana Castillo  
Alejandro Castro  
Len Civitano  
Rebekah Cocola  
Patrick Cooke  
Brian Cooper  
Diane Dinsmore  
Kevin Donohue  
Andrew Eason  
Scott Eichhorn  
Carla Elfeld  
Deborah Elkis-Abuhoff  
Ann Espinoza  
Dan Fabrizio  
Martin Feinstein  
Alfred Ferguson  
Jamie Fiscus  
Sandra Franc  
Nancy Freundlich  
Dennis Friedman  
Jane Gardner  
Gregory Geissman

Roberta Geist  
Neil Glass  
Steve Glassman  
Brian Glenn  
Bridgette Hobart  
Cathy Homan  
Max Howard  
John Kehoe  
Paul Kiell  
Eric Kramer  
Lovette Leonhard  
Steven Lev  
Matthew Liu  
John Livingstone  
Jose Lopez  
Aaron Lucena  
Beth Maloney  
Catherine Maloney Falicon  
Gyorgy Matyasfalvi  
Robert McAdams  
Patrick McCullough  
Jonathan McIntyre  
Marc Miceli  
Ann Monaghan  
Paola Morchio  
Adele Morgan  
Carol Morman  
Ian Mukherjee  
Anne Murphy  
David Nash  
Francis Norek  
Deirdre Omara  
Hank G Oppenheimer  
Stefano Paoloni  
Julie Porro  
Glen Preston  
Daniela Puizina  
Paula Pycz  
Amir Reda  
Andrew Rinn

Gita Roy  
Richard Rubin  
Jude Sangillo  
Alan Sawyer  
Patrick Scanlon  
Richard Schmid  
Lawrence Seidman  
Eugene Sharp  
Kenneth Sharperson  
Ricardo Sigaran  
Craig Sjurset  
Virginia Somma Guido  
Joel Stein  
Julie Stewart-Wilson  
Robyn Suminski  
Jean Svenstrup  
John Szramiak  
Mieko Takenaka  
Denise Tirino  
Megan Tompkins  
Steven Vitabile  
Sharlene Weaver  
John Williamson  
Allison Zelnick  
Dexin Zhong



# It's a wrap — Swim University Ends with a Bang!!

The 21 people who enrolled in Swim University this year, took their scholarly pursuits seriously. and swam a total of 3,845.93 miles from January 1 through June 30<sup>th</sup>!

Here's how it worked: To earn an Associate's degree one had to swim at least 30 miles, for a Bachelor's degree the minimum was 60 miles, double that to 120 for a Master's degree and to earn a PhD in Swimology the total miles was 240 and up. The results: Two graduates got an Associate's degree, 5 earned a Bachelor's degree, 8 earned Master's degrees and 6 made it all the way to a PhD.

To earn a minor in one of the strokes, participants needed to swim one quarter of the distance of whatever degree they were aiming for. One person earned not only one minor but three. Jim Ryan, PhD in Swimology, logged the most miles of anyone at 426.61. He earned 3 minors by swimming 60 miles backstroke, 60 miles butterfly and 60 miles breaststroke. Way to go Jim!

Congratulations to all the 2019 Swim University graduates!

Swim University won't be back next year; it's due for a sabbatical or perhaps time to retire. But we will have a brand new, cool virtual swim event to take its place and I hope lots of NJ Master's will give it a try! Stay tuned...

Linda Brown-Kuhn, Fitness Chair

## Associate's degree

34.83 miles Linda Brown-Kuhn

47.85 miles Julie Schoenlank

## Bachelor's degree

67.32 miles Fay Bizub

81.5 miles Marie Vellucci

87.54 miles Greg Magdanz

88.9 miles Mark Weinstein

107.22 miles Gail Seelig

## Master's degree

123.95 miles Angelica Olivera

138.85 miles Beth Maloney

140.46 miles Mary Breslin

140.8 miles Karen Charen

150.75 miles Suzanne Klein

152.06 miles Curt Miller

153.96 miles Susan Kirk

185.77 miles Ed Tsuzuki

## PhD in Swimology

244.38 miles Irene Fisher

305.49 miles Jens Volker

364.33 miles Kimberly Plewa

387.78 miles Robert Gatto

415.58 miles Dongho Choi

426.61 miles Jim Ryan



# Recommended READING

## **Fellow NJ Master Swimmer Paul Kiell shares article!**

<https://www.nytimes.com/2019/07/27/opinion/sunday/swimming-happiness.html>





## GTD Ends the Summer Strong

NJ LMSC swimmers enrolled in the Go the Distance program did not take the summer off – they kept on swimming! NJ remains 3<sup>rd</sup> among all the LMSCs in the nation in GTD mileage, ours rising to 17,396.73 miles. We are 4<sup>th</sup> in participation with 111 swimmers, up from 106 at the last update. And New Jersey is #5 in nationwide in percentage of participation with 8.99% of our membership participating in the GTD program.

### LMSC Mileage (top 10 LMSCs):

Pacific	32,445.25
Southern Pacific	22,344.44
<b>New Jersey</b>	<b>17,396.73</b>
North Texas	16,196.71
New England	14,464.96
Gulf	13,599.78
Florida	13,552.94
Georgia	13,000.49
Oregon	11,085.09
Indiana	11,045.43

### LMSC Participation (top 10 LMSCs):

Pacific	219
North Texas	145
Southern Pacific	132
<b>New Jersey</b>	<b>111</b>
Gulf	105
New England	104
Florida	92
Indiana	88
Potomac Valley	73
Oregon	63

## LMSC Participation as % of Membership (top 10 LMSCs):

LMSC	Participation	Membership	% Participation
North Texas	145	876	16.55%
South Dakota	8	79	10.13%
Gulf	105	1110	9.46%
Arkansas	15	166	9.04%
New Jersey	111	1235	8.99%
Missouri Valley	23	262	8.78%
Snake River	10	118	8.47%
Iowa	22	271	8.12%
Indiana	88	1204	7.31%
Georgia	62	870	7.13%

## NJ LMSC Club Mileage (Top 5 clubs):

BERK	4825.21
GSM	4592.05
JAM	1824.56
SCYM	1484.57
UC07	1216.75

## NJ LMSC Club Participation (Top 5 clubs):

BERK	29
GSM	29
SCYM	12
UC07	12
RBAY	9

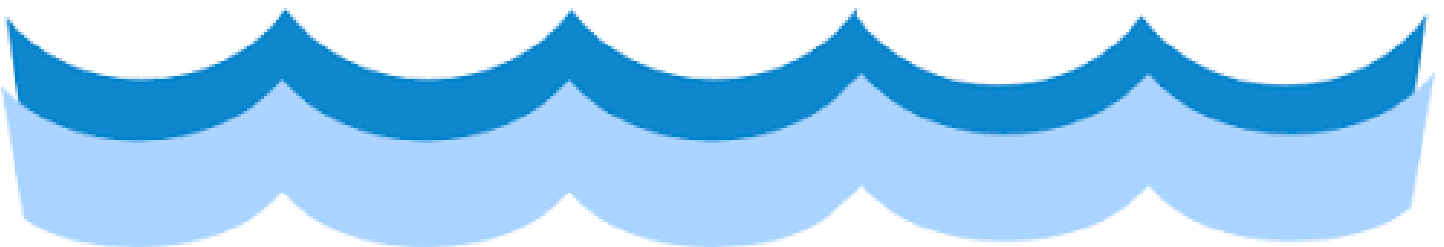
## NJ LMSC Club Participation as % of Membership (top 5 clubs):

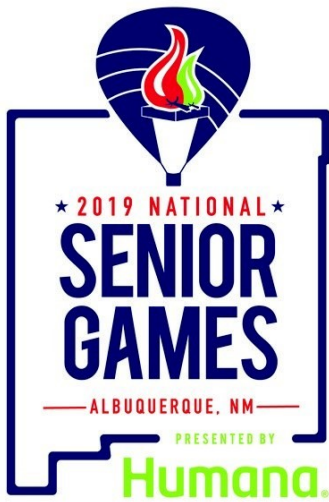
Club	Participation	Club Membership	% Participation
RBAY	9	21	42.9%
JAM	7	24	29.2%
PAA	4	17	23.5%
GSM	29	142	20.4%
BERK	29	189	15.3%

# AWESOME

**Congratulations** to the following NJLMSC swimmers who set new LCM records at the Jason Nessel Memorial Invitational meet at the Rahway River Park Pool on August 4, 2019. Women 60-64: Barbara McGregor, 60 - 200 IM 3:35.62; Women 85-89: Janet Moeller, 85 - 50 Fly 1:21.07, 200 IM 6:05.21; Men 75-79: Jim Dragon, 75 - 50 Free 32.18, 50 Breast 41.79, 50 Fly 33.26; Men's 72-99 400 Free Relay: RBAY - Michael Lehrer, 32, Vincent Chen, 22, Matthew Liu, 19, Aaron Lucena, 19 6:00.75; Men's 240-279 400 Medley Relay: RBAY - Mark Weinstein, 63, Atsushi Hamanaka, 60, Francis Norek, 63, Elliott Lehrer, 64 7:35.61

**Congratulations** to Scott Yeomans, 55 who set a new SCY record in the men's 55-59 age group at the Dan Horton Invitational Masters Meet at the Boothbay Harbor YMCA on May 18, 2019. Scott swam a 4:58.51 in the 400 IM.





# RBAY Y Masters kicked off summer by going to the National Senior Games in Albuquerque New Mexico in June!

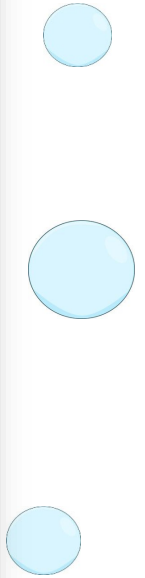


L-R Frank Norek, Meredith Lyndon, Sue Free-Patterson, Elliott Lehrer, Mike Lavitt. Frank won 1 individual ribbon and Meredith 3 individual ribbons.

Their relays, a combo of the 5 swimmers, won 6th place for both the 200 medley and the 200 free. Everyone had at least 1 PB, and at 5,500 feet above sea level- that's a feat in itself! We had a great time at a wonderfully run meet. We also have a new motto- " Never Swim again at altitude!!"



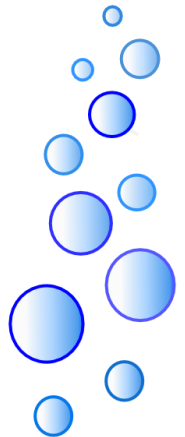
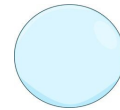
**RBAY Y Masters 2019 Jason Nessel Memorial Invitational (LCM)**



***Thanks Jeff, all the officials and volunteer timers! Another great time, PB's and first Masters swims for 2 of our newest members- Matthew Liu and Aaron Lucena.***



***Start of the 200 breaststroke. And that's Janet Moeller in the foreground. I don't think she's missed a Nessel meet ever!***

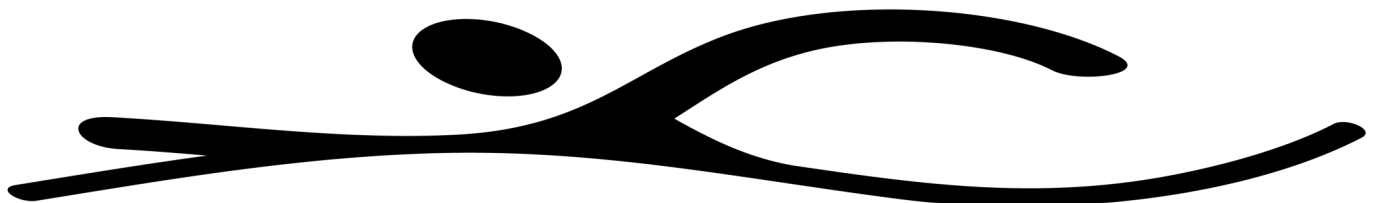




# ***Special Olympics***



***RBAY Y Master swimmers L-R, Aaron Lucerna, Michael Lehrer, Matthew Liu and Vincent Chen all swam in the Special Olympic State Championships in June at TCNJ. All won medals in their events. Their fellow teammates on RBAY Masters are very proud of them as well as their Coach!***



# NJ Master Swimmer Michael S. Fey, Ph, D. shares his experience at the Spring 2019 Nationals in Mesa, AZ!

*I came in 6th in the 50 yard Breaststroke and 9th in the 50 yard Backstroke in the men's 65-69 age group. I'll be 69 in September.*

*The race begins on the blocks and in the mind. Psyching up is every bit as important as the physical exertion that's about to come.*

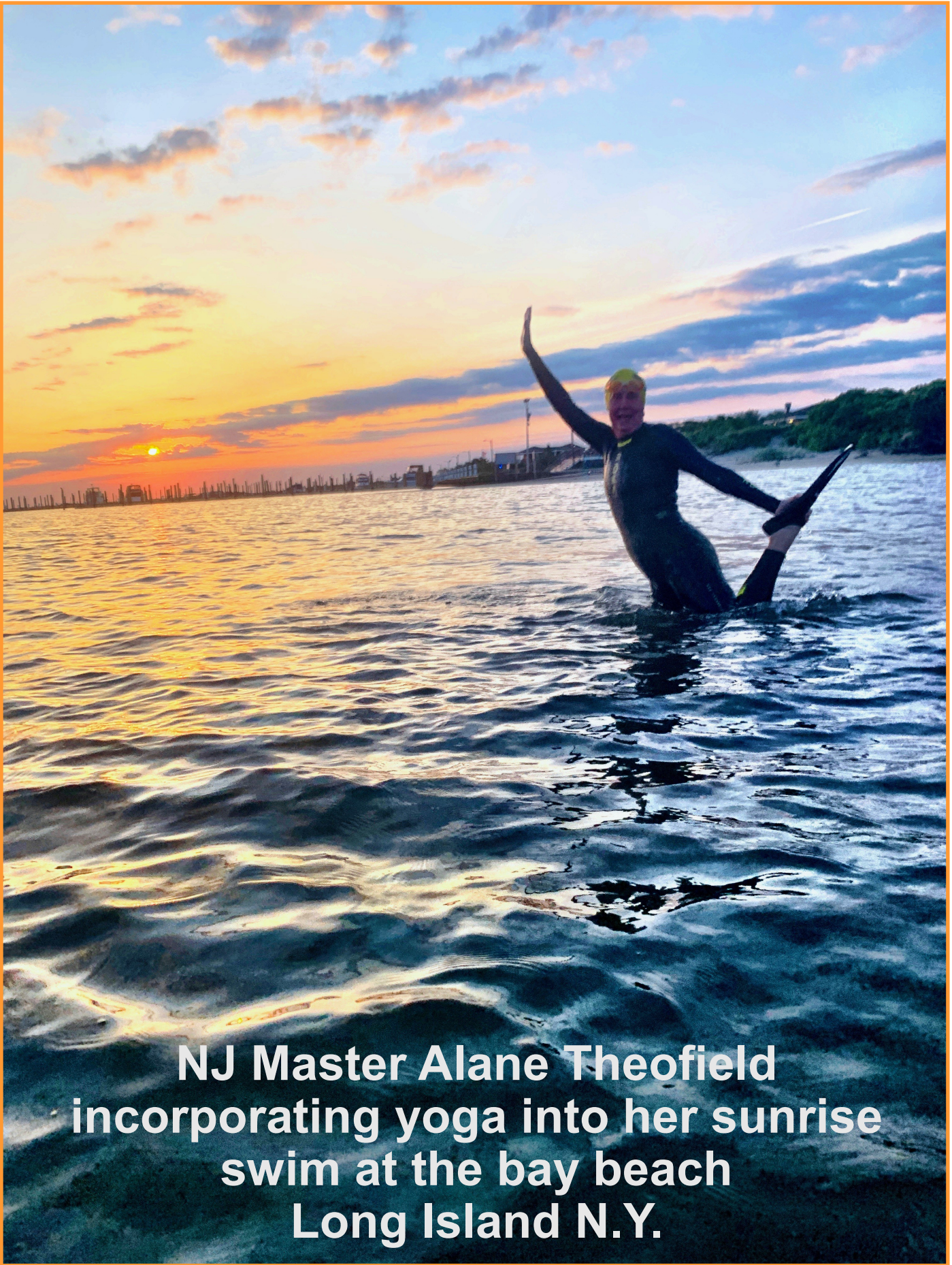
*I went on to win a silver medal in the 2019 National Sr. Olympic Games in Albuquerque, NM in June in the 50 yard Butterfly, and bronze in the 50 yard Backstroke and the 100 yard Individual Medley.*

*I returned to swimming last August after a 46 year layoff. My first competition was the NJ Sr. Olympics in Woodbridge, NJ only 3 weeks later where I took four gold medals in the 50 backstroke, 50 freestyle, 50 Butterfly, and 100 IM.*

*After resection of a brain tumor 10 years ago, I started working out in the gym. I lost 50 pounds of weight and got into better shape. I spend very little time working out in the pool. If I do 1000 yards in a week, it's a lot. For short distance races, I feel building strength in the gym is very underrated among coaches and swimmers. However, practicing starts, turns, and stroke mechanics in the pool is a must.*

*Here's wishing all my swimming friends best of luck in achieving their goals, and most importantly to enjoy their exercise as they improve their health and well being.*





**NJ Master Alane Theofield  
incorporating yoga into her sunrise  
swim at the bay beach  
Long Island N.Y.**

# August Sunset Swim!

August is a time a year that many of us take vacations and that includes vacations from our normal swim training routine. With that in mind, here is your pre-August vacation workout so that when September rolls around, you'll be rested and ready to get back to your regular swim training schedule!! Enjoy! By Susan Kirk



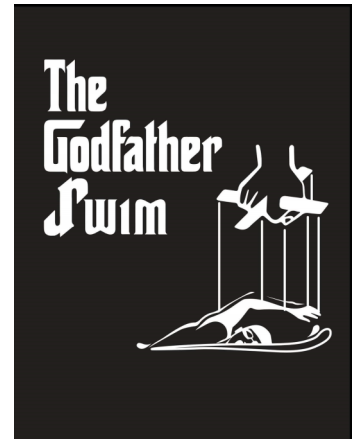
- 500 choice, warm-up pace, long and stretched out
- 15 minutes of relaxing poolside in a lounge chair reading your favorite book
- 5 x 100s free working on distance per stroke and streamlining off the wall
- 1 trip to the concession stand for your favorite yummy poolside treat to be shared with your family/friends
- 10 x 50s kick to get your legs ready for some stair climbing
- 5 x climbing the stairs and riding the fun, curvy water slide
- 200 swim down adorned with glow sticks as the sun sets on your last outdoor summer practice before you pack up and head to the beach for some sun, sand, and fun in the surf as you celebrate the joys of relaxing, summer days with loved ones!!

**Get ready to work hard again in September to achieve your goals!!!**



# Alpine Lake Swimming Adventure in Gorgeous Lake Tahoe Lake Tahoe 12 Mile Godfather Swim

Elevation: 6229 feet      Depth: 1645 feet  
**2018 Average Clarity was 70.9 feet deep ~~ incredible!!**  
Water temp: 62-64°F      Air temp: 51°F at the start  
*By Susan Kirk*



Wow!! What an amazing opportunity and experience to spend a lot of time in the most spectacular blue water ~~ many hours, actually ~~ to swim 12 miles from Cave Rock, Nevada to Homewood, California ~~ specifically, finishing on a small beach in front of the mansion where The Godfather II was filmed. This was indeed a dream swim!!

They say that To Be Successful, You Have to Get Comfortable With Being Uncomfortable! This certainly became the mantra for this arduous 12 mile Lake Tahoe angular width (SE to NW) crossing swim on many occasions as numerous challenges arose.

And kicking it off were the natural body clock defying logistics. Following the morning swim feed prep work, focus was shifted to eating the traditional pre-race dinner at 2pm ~~ off to bed at 5pm ~~ rise and shine at 12:30am to get ready to meet the boat captain at the marina at 2:00am to boat to the start for a 3:14am splash time into the 63°F water enveloped by the chilly and crisp 51°F mountain air! All in just a textile swimsuit, 1 cap, goggles, and ear plugs per English Channel Open Water Marathon Swimming rules. And we say that this is fun?! You betcha!!!

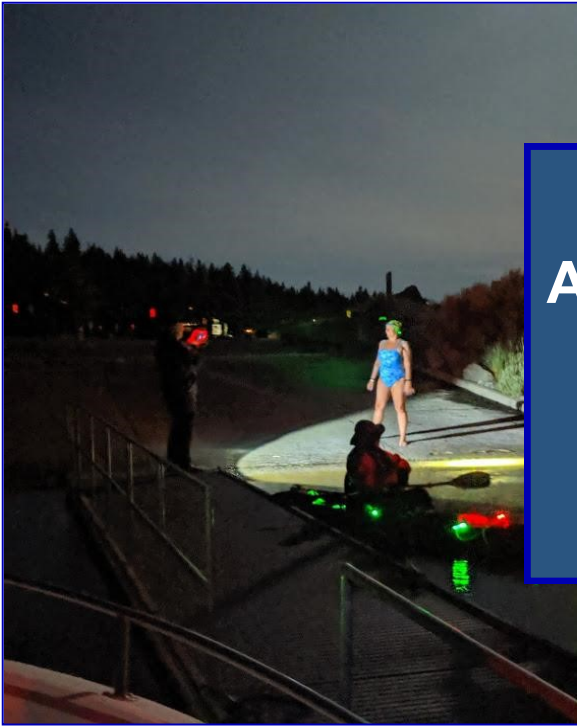
The really cool part of those crazy logistics is being treated to this incredibly vast body of crystal clear blue water with snow-capped mountains to the south which you have all to yourself for the first 5-6 hours while watching the brilliant full moon setting and the stunning glowing sun rising! Breathtaking beauty, solitude, and serenity!!

However, there comes a point during the long, intrepid swim when the trifecta of cold water and air, elevation (prolonged oxygen deprivation), and the sheer effort/energy of supporting yourself in the freshwater take their toll on your body working muscles that you didn't even know existed and you have to remind yourself time and again that the pain is just temporary! Those endorphins are just waiting to explode when you finish and the exhilaration of your epic accomplishment overrides all other feelings that you've been enduring for hours!

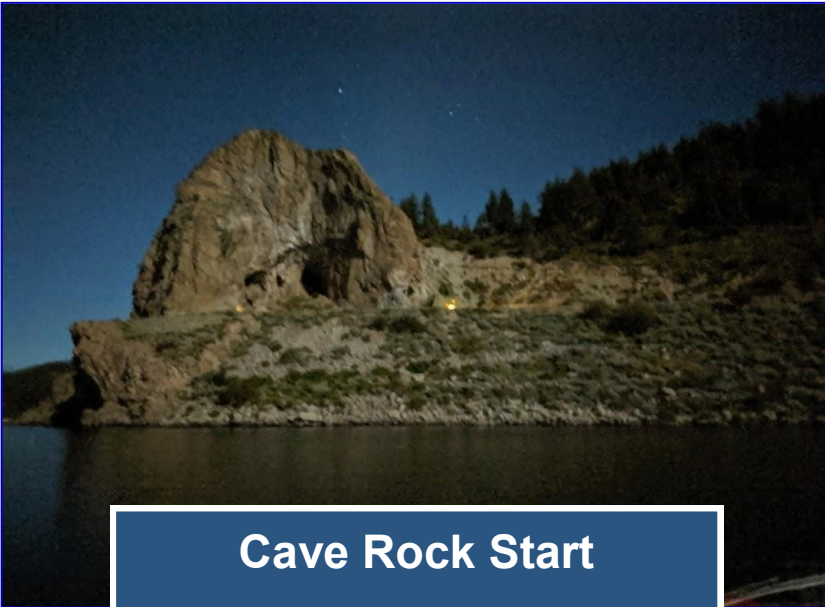


***While open water marathon swimming is a solo swim, it is a team event as being supported by an awesome crew (Janine Serell), steadfast kayaker (Lyn Goldsmith), and expert boat captain (Reptile ~~ aka Tom Linthicum) are truly what allows us to be successful in achieving our dreams!***

***Thank you, team!! You.Are.Brilliant!!!***



**Almost  
Start  
Time**



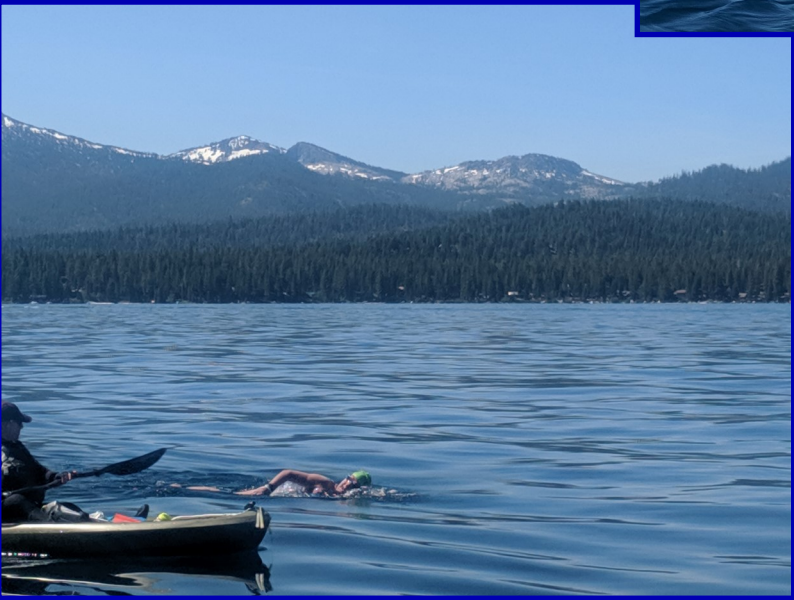
**Cave Rock Start**



**Feeding  
time!**



# Beautiful scenery of snow-capped mountains!



# Perseverance Wins!



Godfather II  
Mansion Beach finish



And you earn  
that coveted  
badass  
t-shirt!!





**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**

**...send in your articles and pictures by**

**October 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](http://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*