



## NJ Masters Swimming 2018



# A big success!

On March 24<sup>th</sup>, the LMSC held the **12<sup>th</sup> Annual Awards Banquet** at a beautiful new venue, the Basking Ridge Country Club. A record number of 81 NJ Masters Swimmers and guests gathered to share a fun evening celebrating the milestone achievements of our Continuous Membership Recognition Program Award Recipients! The NJ LMSC Board of Volunteers were also introduced and recognized for their passion, dedication, and many contributions towards serving the NJ LMSC membership.

The evening was highlighted by the featured guest speaker, Karlyn Pipes. Karlyn is a world-renowned swimmer, having set over 220 FINA Masters World records; she was inducted into the International Swimming Hall of Fame in 2015. Banquet attendees were treated to an amazing presentation where she shared the stories of her inspirational journeys to becoming a world champion swimmer.

The evening of fun, camaraderie and delicious food was concluded with the tradition of raffling some amazing door prizes. The addition of a Grand Prize, a Pace Pal waterproof digital personal sized pace clock, was included this year! It was a great opportunity to relax, have fun and socialize with the swimming community. We hope that many of you will put this event on your calendar next year!

Click link to see this year's award winners! [Award Winners!](#)

Check out some photos on pages 17 and 18!



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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](mailto:usmsgtd@yahoo.com) [More infor-  
mation](#)

**January 1 - December 31, 2018** USMS  
"Check-Off Challenge" National Fitness  
Event [Event information](#)

## New Jersey Events

**April 28, 2018** Sussex County YMCA  
Adult Mini Meet (SCY), Sussex County  
YMCA, Hardyston, NJ

**May 19, 2018** Last Chance Swim Som-  
erset County YMCA

**May 20, 2018** 75X75s Berkeley Aquatic  
Club at 629 Central Ave, New Providence,  
NJ 07974



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

**MAY MAY MAY MAY MAY MAY MAY MAY**

Richard Alexander  
Lynn Ascione  
Yves Baeyens  
John Baliko  
Jodi Barrish  
Lisa Baumann  
Christine Biondi  
Staci Blanket  
Robert Bohack  
JoAnn Bohenek  
Joe Bordieri  
Leslie Bradley  
Brian Campanale  
Asabi Davis  
Deborah Deffaa  
Laura DeVito  
Matthew Donovan  
Jim Dragon  
Gary Dunchus  
Irene Fisher  
Lan Ge  
Chris Gebhardt  
Jeannette Glass-Brudzinski  
David Goldberg  
Karen Gould  
Ljiljana Harding  
Laura Hartnett  
Philip Healey  
Bob Hopkins  
Marybeth Jacob  
Karyn Jarmer  
Sara Johnston  
Randy Jones  
Thomas Koehler  
John Krut  
Stephen Kunen  
Laura Lang  
Ricardo Luna Cruz  
William Mackolin

Andrew Maggion  
Laurie Maher  
Donald Mcdermott  
Patrick McElroy  
Julie McLaughlin  
Heidi Miller  
Patric Mills  
Aaron Moore  
Cara Murphy  
Jim Osman  
Jennifer Palombo  
Helen Paone  
Danita Park  
Tom Pownall  
Arun Rao  
Ricardo Roche Maldonado  
Stefan Rosales  
Dorsey Sanchez  
Jose Saud  
Richard Savino  
Andi Sawin  
Jeffrey Schobel  
Gail Seelig  
Daphnie Sicre  
Scott Snyder  
Amy Jo Southworth  
Maria Stewart  
Christopher Swenson  
Peter Vratimos  
Arthur Wein  
Randy Weintraub  
Erik Werfel  
MV Whitlow  
Sasha Wolf  
Roger Wunderlich  
Fred Yang  
Donna Zak  
Natalie Zuccarello

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

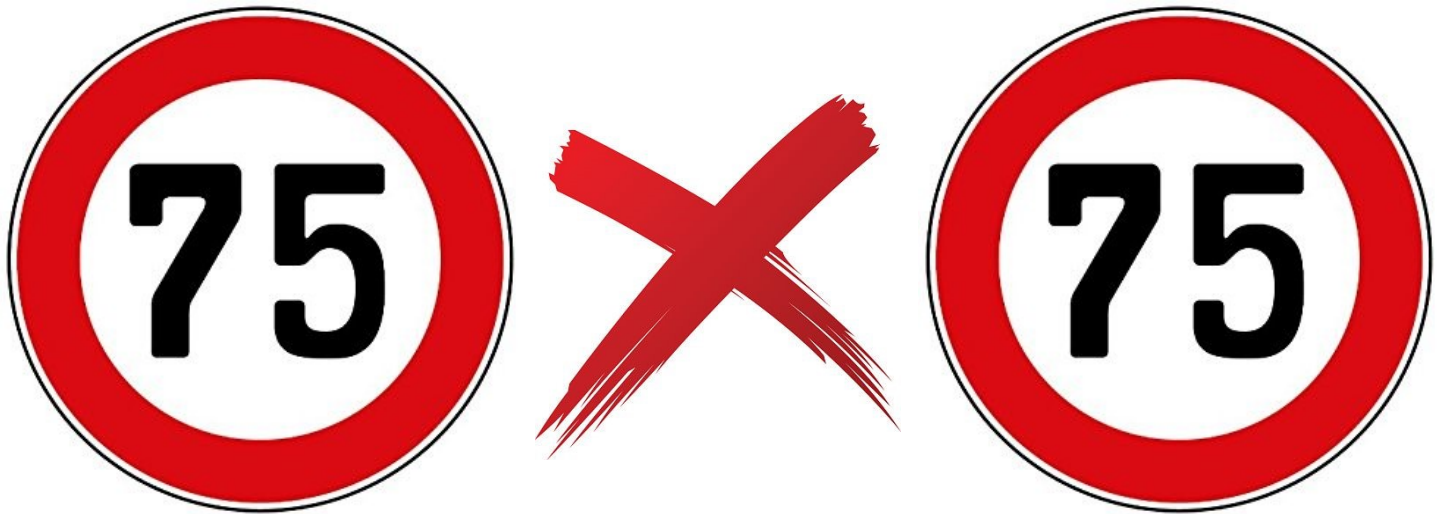
**JUNE JUNE JUNE JUNE JUNE JUNE JUNE**

Philip Allocco  
Jerry Ambroise  
Alison Beverly  
Gail Bialostok  
Simon Bintley  
Raymond Boffardi  
Kathleen Borrone  
Chris Boyle  
James Braddock  
Linda Brown-Kuhn  
Vincent Buro  
Richard Callaghan  
Gerri Callahan  
Bruno Camara  
Cara Cannilla  
Cori Caporimo  
Zachary Cedar  
Tim Christian  
Kristen Clark  
Austin Clayton  
Arthur Costanzo  
James Curd  
Michelle Davidson  
David DeSimone  
William Dibble  
Ashley Dispenziere  
Guy Dorgan  
Alicia Duckitt  
Aidan Duffy  
Eileen Egan  
Kelly Eid  
John Esser  
David Fabian  
Erin Farreny  
Brent Ferguson  
Amy Ferris  
Sandra Ford  
Marcus Freeman

Natalia Gonzalez  
Scott Hagen  
Cynthia Harris-Frederick  
William Haynes  
Ralph Hemecker  
Oriol Hernandez  
Gregg Heubach  
Christine Hill  
Peter Hockmeyer  
Erling Hoie  
Ray Hurst  
Stacey Irvine  
Phillip Kardis  
Gregory Kelly  
Young Kim  
Susan Kirk  
Mary Konsolaki  
Kristin Krauss  
Jose Lopez  
Martha MacNabb  
Kevin Marshall  
Elizabeth Melillo  
Joe Milmoie  
Kari Morrison  
Dennis Moynihan  
James O'Day  
Michael O'Donoghue  
Susan Olesky  
Regina Papini  
Kathleen Pappas  
Ellen Pease  
Stephen Pinchac  
Christopher Pinkham  
Derek Pivko  
Chrys Raheb  
Rob Rebak  
Melissa Reynolds  
Corey Roberts

Ellen Ryan  
Jillian Sabine  
Omer Sabuncu  
William Segal  
Julie Sheaffer  
John Sheppard  
Slaven Sikirica  
Marc Silberman  
Gertrude Sloan  
Julie Snyder  
Anna Sonstegard  
Michele Sprietsma  
Christopher Stephens  
Gail Stevancsecz  
Steve Stump  
Joanna Telacka  
Robert Toedter  
Jennifer Tull  
Ramon Volcan  
Gerard Walker  
E Dieter Wunderlich  
Clifford Young  
Soraya Zahedi  
Peter Zhang





## First Ever 75 X 75's

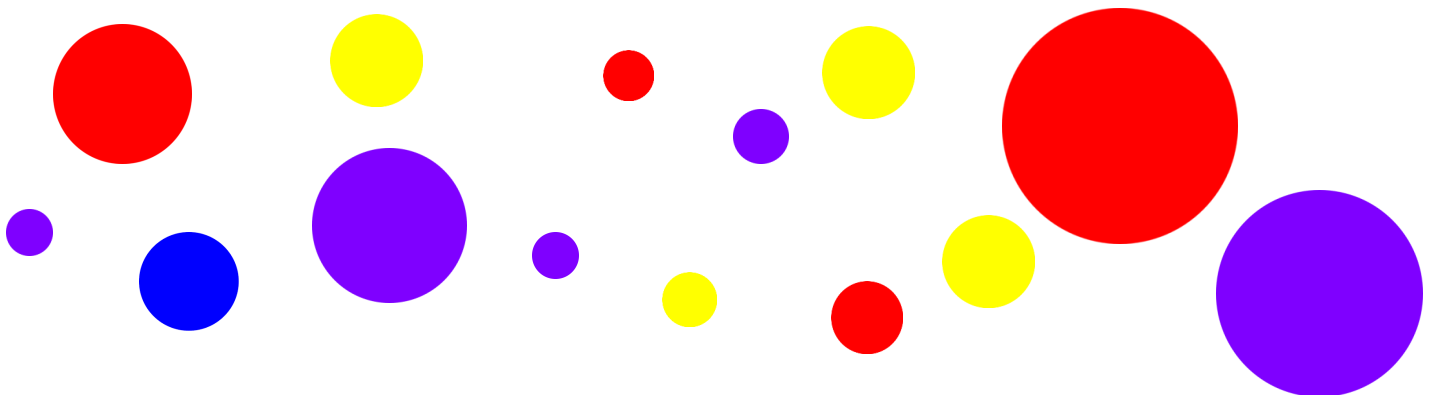
Well, we run the 50 X 50's, the 100 X 100's and the Last Chance Swim which is 50 X 100, so it was inevitable that we'd have to add the 75 X 75's! Where else are you going to get to swim 5,625 yards in a beautiful pool with a bunch of enthusiastic, like-minded swimmers?

We will hold this inaugural event on Sunday, May 20 from 10:15 am to 1:15 pm at the Berkeley Aquatic Club at 629 Central Ave, New Providence, NJ 07974. This is a free fitness event for all 2018 registered NJ Masters swimmers! Check in is at 10:00 with a group photo in the bleachers at 10:15. After that you can do a quick warm up if you like and the event will start at 10:25. There will be refreshments after the swim.

This event will be open to the first 75 swimmers who register.

To register [CLICK HERE](#) to fill out a brief form with your current registration number and estimated 75-yard interval time. Registration opens on April 20.

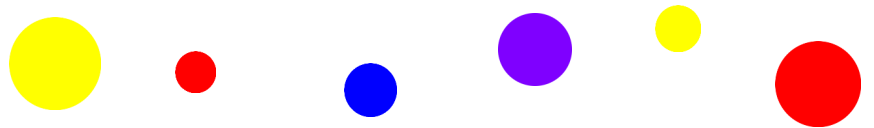
Any problems, contact Linda Brown-Kuhn at [lindabk11@gmail.com](mailto:lindabk11@gmail.com).





**WHOOOP!**  
**WHOOOP!**

**Congratulations** to the following NJLMSC swimmers who set new **One Hour ePostal** Records for NJ LMSC during the USMS One Hour ePostal National Championships. Robyn Glaser (37) - 4,555 yards, Kathy Godfrey (58) - 3,975 yards, Rob Perkins (52) - 4,870 yards, Marc Israel (60) - 4,125 yards. Women's 55+ relay: SCYM - 10,800 yards - Kathy Godfrey (58), Lisa Woodring (56), Liz Broos (62); Men's 45+ relay: SCYM - 13,895 yards - Rob Perkins (52), Thomas MacNabb (53), Peter Kiss (49); Men's 55+ relay: SCYM - 11,945 yards - Marc Israel (60), Ed Goracy (62), Scott Eichhorn (64); Mixed 35+ relay: SCYM - 18,300 yards - Paola Morchio (42), Robyn Glaser (37), Brian Glenn (39), Rob Perkins (52); Mixed 55+ relay: SCYM - 15,945 yards - Lisa Woodring (56), Kathy Godfrey (58), Ed Goracy (62), Marc Israel (60).



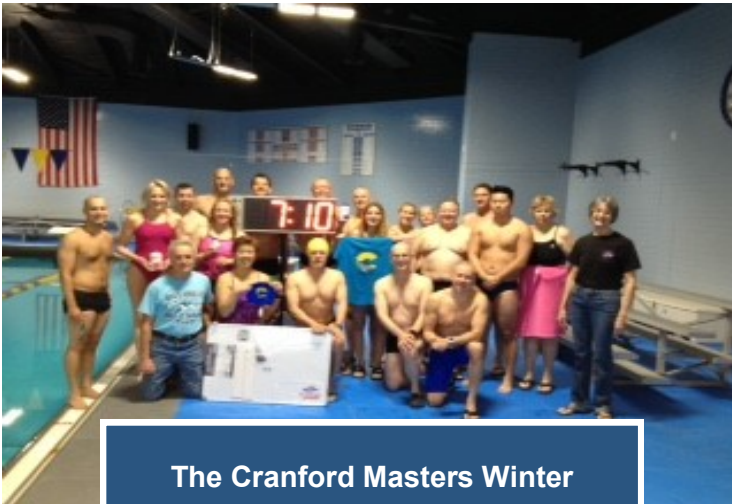
Congratulations to Allison Hayden (46) for setting two new NJ LMSC SCY records at the Hawks Masters Spring Splash on March 3, 2018 at Monmouth University. Allison set new records in the women's 45-49 age group with a 2:07.79 in the 200 free and a 5:38.91 in the 500 free.

## **Congratulations to SHY (#1) and the SCYM Club (#3) in Tier #1 of the USMS Membership contest!**

### **Highest Growth in Membership**

Congratulations to these clubs and workout groups with the highest growth in membership!

# Guess who won the...



The Cranford Masters Winter Fitness Challenge Winners

**Congratulations** to all the USMS members who swam the Winter Fitness Challenge and especially the Cranford Masters — they had the highest percentage of member participation in their bracket AND WON FIRST PLACE!

That means along with kudos, they won the digital pace clock, a new USMS white board, Smarty Pants swag, and registration for one of the coaches at the National Coaching conference.

The Winter Fitness Challenge is a USMS official fundraiser for the USMS Swimming Saves Lives Foundation. Clubs and members have the ability to become fundraisers and show their support for the foundation's efforts, share their fitness goals with social networks and fundraise for a great cause!



## How does NJ stack up in Go the Distance?

NJ swimmers love their GTD and are top rate among LMSCs nationwide but perhaps for the first time, NJ has been surpassed in percentage of members participating in GTD. We have 9.5% of members participating and Gulf now has 10% of their membership signed up for GTD. We are still well above the other top LMSCs in member participation.

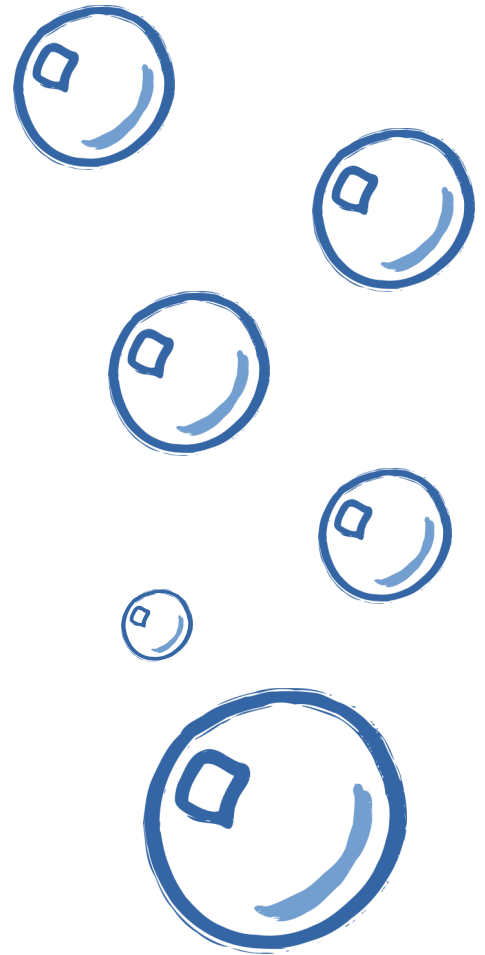
NJ is second in actual number of participants (111) behind the huge Pacific LMSC (227) and ahead of Southern Pacific (106), another large LMSC with 3,759 members.

NJ is also third in total mileage logged at 7,201 miles. We are close to second place Southern Pacific which has 7,738 miles and Pacific is first with 15,250 miles.

**Keep up the good work, NJ GTDers!**



**Shark in the pool!  
Summer the Swimmer motivating the Excel Masters swimmers**



**MASTERS SWIM**

**Looking for a challenge, swimmer?** Join Masters, a swim training group for adults who have the desire to improve their health, compete or simply enjoy a low impact workout with some friends. Under the guidance of Veteran Masters Swim Coach, Amber-Sky Green, Green Wave Masters & the Randolph YMCA Masters Swimming Program will focus on training and stroke refinement.

Practices consist of a warm up, main set & cool down, utilizing equipment, such as boards & fins. All members of Green Wave Masters must be registered with US Masters Swimming, who will provide each swimmer with comprehensive accident insurance.

**DAYS:** Monday, Wednesday & Friday

**TIME:** 5:30-6:30 am

**COST:** Members: \$50/month

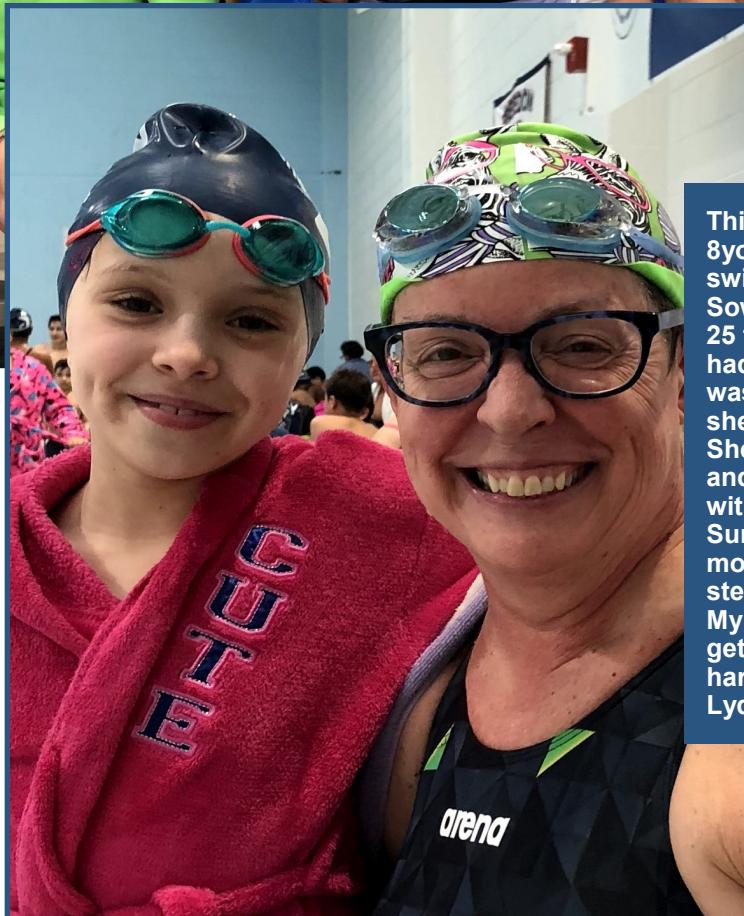
Non-Members: \$75/month

20 People Maximum

Questions? Contact Kathy Fisher at 973 366 1120 x14 or [kathy@randolphymca.org](mailto:kathy@randolphymca.org)

RBAY Y Tsunami age group swim team had a fundraiser March 25. Invited to "race the wave" were Perth Amboy police, firemen and RBAY Master swimmers. The highlight for the Masters was the final event., the 200yd free relay, with Meredith Lyndon, Frank Norek, Jens Volker and Ken Neiml (2 ringers!). They won by an inch to the dismay of the 15-18yo relay!

## "Old people rule!"



This is of myself and 8yo Tsunami swimmer Alicia Sowa. I beat Alicia in 25 fly last year. We had a rematch and it wasn't even close, she destroyed me! She is a future Master and does workout with us most Sundays, having most adult swimmers step up their game! My secret weapon to get my group to work hard! Meredith Lyndon



***RBAY Masters swam in the Monmouth University swim meet March 3rd. Great fun, best times and relays! For the relay, our original anchor had to leave- Vincent stepped into the spot to keep us official. Only problem was Vincent is 20! So, we had to swim in the 20-24 age group. We came in second! No records set but lots of fun!***

**~~ Meredith Lyndon**



## Melissa Griffie, Team Captain, Snickers Kickers

I joined the Drew Masters about 6 years ago and loved the camaraderie and fun competitiveness of the yardstick challenge. In 2017, my motivation to get in the pool was waning a bit, so I figured why not volunteer to be a team captain.



My initial motive was a bit self-ish, to use those check ins with the team as motivation and accountability for myself. Well, I was off to a slow start, but my teammates and all the swimming they were getting in was certainly inspiring and after a couple months, my own yards started to increase steadily.



My motivation improved as I felt I had to step up my own swimming as captain. I was able to increase my yards each month through the balance of the year as a result. It was a close and heated competition and I think everyone started to really get their competitive juices flowing.

In particular, I'd like to recognize our top 3 swimmers who cranked out amazing yardage in 2017: Julia Scales (1,586.504), Kathleen Coffey (1,212.950) and Annie Ferguson (796.553). These women inspired me to get in the pool on the days I was wavering.

I also loved hearing back from the team after I sent an email, and I hope I was able to encourage them to swim more as well. So, if you're finding yourself lacking in some motivation, maybe take on a bigger role and you could surprise yourself and be lucky to lead a great team like the Snickers Kickers.

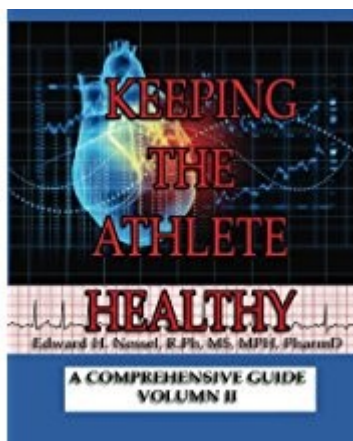


# KEEPING THE ATHLETE HEALTHY: A COMPREHENSIVE GUIDE

## VOLUME 11

By Edward H. Nessel, R.Ph, MS, MPH, PharmD

Reviewed by Paul J. Kiell, M.D.



This is the second volume Ed Nessel is publishing on the subject of keeping athletes healthy and functioning. As a champion masters swimmer he has degrees in science and public health and a doctorate in pharmacy. You can be certain he knows what he is talking about. In this book you'll see that he surely has pursued his father's commandment: "Always do your best."

There are cute sayings, even the title of books that go something like "Everything you ever want to know about X but . . . In Ed's book it is more like *Everything you didn't know you didn't know you should know about staying healthy, that you should know if you want to know what's good for you.* However clumsy it all sounds, Ed's writings amount to a mini-encyclopedia of facts and thoughts about so many issues as they pertain to athletes and anyone who wants to live in good health. I compare the contents of his book to reading a collection of well-researched *NY Times* writings on different health issues. He does it in one book of 136 pages into 20 chapters including, and as a bonus, in chapter 20 there is a wry summary of health solutions over the ages.

The subjects involved have to do with non-steroidal anti-inflammatory medications, injuries, addictive drugs, emergencies, supplements, cardiovascular disease in older women, muscle functioning, osteoarthritis, dealing with pain, migraine headaches, SAD (Seasonal Affective Disorder), traumatic brain injury, CPR with his own case of heart stoppage, carbohydrates, women's issues, cholesterol, allergies, vitamins, the common cold, aspirin, anti-oxidants, heart disease prevention, over-the-counter medications, even athletes foot. And that's not all . . . Read his book and you'll never have to use Google again.

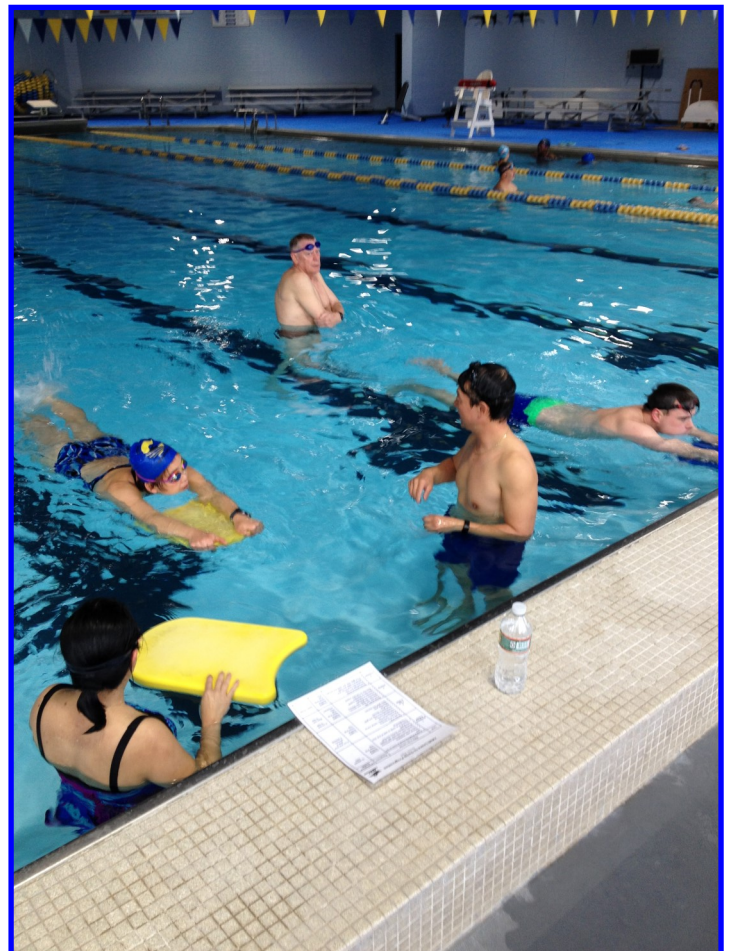
One final touch: We all have times in our lives when major trauma unexpectedly appears. Ed has had more than his share. A year ago, while swimming, he had a cardiac arrest. He writes about it, about his recovery and particularly here you begin to get his thoughts and philosophy of life, also well worth reading.

# Learn-to-Swim Fest at Cranford Pool & Fitness Center



**April is Adult Learn to Swim Month** at USMS! This is a national campaign that raises awareness to the problem of adult drowning risk, and helps members of the public find quality swim lessons near them.

Cranford Pool & Fitness Center hosted a Learn-to-Swim fest on April 7 and had 16 participants from fearful to beginner triathlete, and 10 instructor volunteers. Everyone was very pleased and several are coming back for the second session!



# NJ LMSC Faster Freestyle and Multi-Stroke Clinics with Karlyn Pipes

Swimming Faster ~~ it is what we all think about and wonder how to do it! On Sunday, March 25<sup>th</sup>, a number of NJ Masters Swimmers were enlightened and introduced to new concepts and techniques by the amazing clinician, Karlyn Pipes. During both of Karlyn's clinic sessions, her energy, knowledge, and expertise created the open environment for learning and transitioning away from stroke mechanics learned in years past. Thank you, Karlyn, for traveling all the way to NJ to provide your incredible clinics to our members!

Many thanks to all of the clinic attendees for coming to this amazing NJ LMSC clinic opportunity and for all of your awesome work during the clinics! And a special thank you to all of our additional on-deck coaches Bill Reichle, Beth Maloney, Sarah Clark, and Susan Kirk. You all made this a super fun day!!

Happy swimming for life!!



# Karlyn Pipes Clinic pics!



**Classroom work!**



**Hands up for a  
good time!**



**Test out the  
new skills!**



# Snapshots from the Annual Awards Banquet!



Our beautiful new banquet venue, the Basking Ridge Country Club



Inspirational Featured Speaker ~  
Karlyn Pipes



A record number of 81 NJ LMSC members and guests



5-year Continuous Membership Recognition Award Recipients ~  
Mary Konsolaki,  
Tom Burkhardt,  
Norma Jones,  
Mike Reccia, Julie Schoenlank

The 2018 NJ LMSC Board of Volunteers (R to L) ~Ed Tsuzuki, Tom Brunson, Bill Reichle, Sarah Clark, Marie Vellucci, Jen Bauman, Kim PLeWa, Linda Brown-Kuhn, Susan Kirk, featured guest speaker – Karlyn Pipes, Pia Lord, and recognition of contributions by 2 NJ LMSC members, Bridgette Hobart and Sally Kleeman



## ...and more snapshots!



**10-year Continuous Membership Recognition Award Recipients ~ Bridgette Hobart and Sarah Clark**



**15-year Continuous Membership Recognition Award Recipients ~ Joel Stein, Karen Charen, Jane Fischer, and Steven Levine**



**25-year Continuous Membership Recognition Award Recipient ~ Scott Yeomans**



**NJ Masters Swimming 20-year Continuous Membership Recognition Award Recipients ~ Gail Seelig**



**NJ Masters Swimming 30-year Continuous Membership Recognition Award Recipients ~ Judy Lee and Richard Wallace**





**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](mailto:pialord@gmail.com). If you'd like I can send you a list of question prompts to assist you in writing an article .**

**Thank you and happy swimming!**

Don't Miss the  
**DEADLINE!**

Send in you articles and pictures by

**June 1, 2018**

**FREEDOM**

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*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*