



Nominations are now open for the 2020 Lou Abel Distinguished Service Award!!

The Lou Abel Distinguished Service Award, established in 2011, has been created in memory of Lou Abel (1936-2010), who as a 25YR Continuous New Jersey USMS member, had a strong role in the creation of Masters swimming in NJ and who remained a constant presence in the NJ Masters swimming community for the rest of his life. Lou served in many capacities as a local leader and it was his dedication and enthusiasm that inspired many adults to remain active and fit through swimming. The award is intended to honor current or past members of the NJ LMSC swimming community who, like Lou, have contributed significantly to the growth and activities of Masters swimming in New Jersey. **Any current member of the NJ LMSC may nominate any current or past NJ LMSC member for this award.**



The [official Nomination form](#) should be completed and emailed to Susan Kirk at sqkirk@gmail.com or mailed to her at: 11 Waldon Road, Califon, NJ 07830.

The deadline for nomination submissions is Wednesday, January 15, 2020.

The award recipient(s) will be selected from the received nominations by the NJ LMSC Board and, if any recipients have been selected, the award winner(s) will be honored at the **NJ LMSC Annual Awards Banquet on Saturday, March 21, 2020.**

SAVE THE DATE! SAVE THE DATE!

**The NJ Masters Swimming Annual Awards Banquet
Saturday, March 21, 2020
Basking Ridge Country Club from 6:00pm - 10:00pm.**

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 [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

[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)

UPCOMING EVENTS

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 2019 USMS Fitness Series held throughout the year.

[Event information](#)

[NJ LMSC Event Calendar](#)

January 5, 2020 ~~ 50 x 50's see page 12 for details

February 2, 2020 ~~ Save the date for the 2020 NJ Masters Annual Super Bowl Sunday 100 x 100s being held from 8am - noon at the Berkeley Aquatic Club Center of Excellence in New Providence, NJ

February 9, 2020 ~~ 2020 OCY Unofficial Masters Team Championships

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



2020 NJ LMSC Board Volunteers

We would like to take a moment to express our sincere gratitude to all of our dedicated and hard-working NJ LMSC Board volunteers! Your shared passion, selfless giving of your time and efforts, and consistent work for Masters Swimming in the NJ LMSC has helped us to maintain our high level of service to our members and is greatly appreciated! Thank you all!!! It is a true pleasure serving with you all and we are looking forward to a wonderful year ahead in 2020!

After serving for 11 years as our NJ LMSC Treasurer, Bill Reichle will be stepping down from that role at the end of 2019. It is with great appreciation but also with a bit of sadness that we say good-bye as he has done an outstanding job as our NJ LMSC Treasurer throughout the years and is a valued contributor at our board meetings, email discussions, and volunteer at numerous NJ LMSC sponsored events. His breadth of knowledge of all things swimming, common sense, and problem solving skills will be missed on a regular basis, but we look forward to his continued volunteer contributions throughout the coming year. Thank you so much for your years of volunteer service to the NJ LMSC!!

And with that, we would like to welcome Mike Recchia aboard as our newly elected NJ LMSC Treasurer! We look to working alongside you in 2020!

Congratulations to all returning NJ Masters Swimming Board Volunteers on your recent re-election/re-appointment!!

Elected volunteers:

Chair: Susan Kirk
Vice-Chair: Sarah Clark
Co-Registrars: Tom Brunson and Chris McGiffin
Treasurer: Mike Recchia
Top Ten/Records: Ed Tsuzuki
Newsletter Editor/Graphic Designer: Sara Johnston
Secretary: Susan Kirk
Sanctions & Safety Chair: Jen Bauman

Appointed volunteers:

Open Water Chair: Sarah Clark
Fitness Chair: Linda Brown-Kuhn
Officials Chair: Marie Vellucci
Webmaster: Marin Kirk
Events Coordinator: Kim Plewa
Coaches Chair: Ed Tsuzuki
Special Projects ~~ Chris McGiffin and Bill Reichle

We all look forward to an exciting year ahead of continuing to serve and to offer valuable and exciting programs for all of our NJ LMSC members!

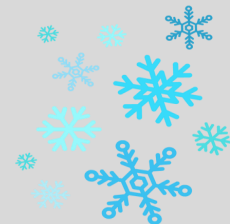
Say Happy Birthday to these fellow swimmers when you see them!

JanuaryJanuaryJanuary

David Arienta
Gabriel Bar-Cohen
Greg Bassett
Judy Baum
Nicole Bearce
Leisa Begley
Dmitry Biryukov
Fay Bizub
Gregory Blessing
Richard Bogues
Peter Brinckerhoff
Connor Brown
Frank Brown
Eric Bugby
Mike Burke
Joscelin Burrer
John Callahan
Michael Caputo
Stephani Carroll
Sean Cavin
Alan Chodosh
Lauren Chrzanowski
Sarah Clark
Mike Cohen
Larry Cohen
Clare Cook
Denise Daugert
Anthony Dervey
Christopher Diebold
Joe Donohue
Keith Drayer
JC DuBois
Matthew Duffy
Linda Erickson-Paul
Edmund Ewing
Sarah Exposito
Bill Fallon
Gregory Fernicola

Carolyn Fischer
Jane Fisher
Christopher Fitzpatrick
Steven Friedberg
Joachim Fruebis
Tim Fukawa-Connelly
Jacqueline Glasser
Nancy Goering
Edward Goracy
Melissa Grappone
Lisa Gray
Jonathan Grubb
Shruti Gupta
Pauline Gyllenhammer
Darek Hahn
John Hall
Atsushi Hamanaka
Sara Hansen
Alison Headley
Peter Hempel
Matthew Joslyn
David Kaufman
Kathryn Kelly
Bryan Krut
Irene Lam
Joanne Lazzaro
Judy Lee
Francesca Mancuso
Keri Mandell
Ricardo Mattos
Amanda Maxwell
Michael May
Debbie Mazzeo
Kieran McGuire
Curtis McCormack
Curtis Miller
Stephen Neville
Maria Nobles

Cande Olsen
Melissa Parratto
Kim Patchett
Martina Pavlicova
Caitlin Pletcher
Kimberly Plewa
Joe Puvogel
German Ramos
Bill Reichle
Jorge Richard Angulo
Martha Rodriguez
Timothy Salmon
Fang Schmitz
Erin Schobel
Todd Schulman
Leigh Segal
Philip Sherratt
Cathy Signorin
Melissa Stump
Joseph Szeffinski
Susan Thiel
Thomas Toomey
Christopher Trigg
Richard Truche
Joy Tsuzuki
Tim Van Vliet
Angela Vietmeier
Jens Volker
Philip Von Schondorf
Steven Waskow
Michelle Wriede



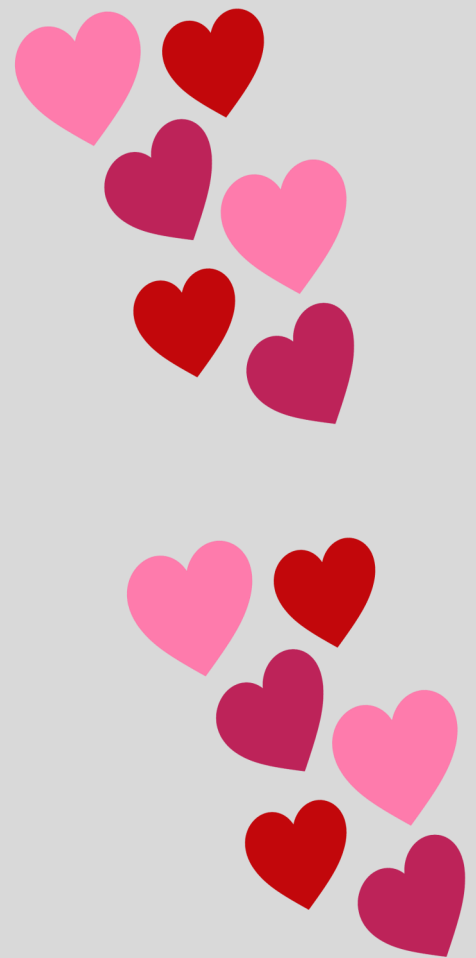
...and to these swimmers when you see them!

FebruaryFebruaryFebruary

Brad Abrams
Tugce Altug Ertun
Paul Anderson
Christopher Arditi
Lourival Baptista
Valerie Beach
Eric Becher
Max Blum
John Bodolai
Daniel Bower
Michael Brandt
Elizabeth Brown
Laurie Bruntfield
Corinne Capone
John Carini
Richard Carlson
Denise Carlson
Dan Chamby
Deborah Cipriano
Anthony Cuiffo
Aran Degenhardt
Dawn Dellaratta-Duffy
George Desser
Merete Ellington
Janet Estenes
Robert Fisch
Jennifer Freeman
Rhona Furey
John Giannasca
Ronald Gilbert
John Giordano
Yumei Guo
Jon Halpern
Lucinda Hittle
Cristian Hogas
Megan Howson
Jane Ikeda
Joanne Jaeger
Jeffrey Jotz
Kevin Kelly

Michael Kerr
Sally Kleeman
Brian Kusterer
Kenneth Larossa
Michael Lavitt
Tim Leonardo
Ryan Lewis
Christa Lohbauer
Kelly Loofbourrow
Elizabeth Luzzatto
Erin Manning
Erika Maresca
Kathryn Marsh
Kurt Matheson
John McCarthy
John Menninger
Meg Mikolaichik
Thomas Miller
Drew Moll
Stephanie Moore
Will Murtishaw
Mathieu Nelessen
Gerald O'Mara
Jeanne Perantoni
Jesus Rego
Heidi Remak-Ziff
Marti Renoud-DiPaola
Rob Ripp
Jennifer Roche
Nicholas Russo
Nicole Sabbatino
Marina Sadikoska
Darrell Sandel
Angela Scaturro
Carla Scaturro
Julie Schoenlank
Richard Schubert
Scott Seibel
Forrest Shoemaker
Ann Shortino

Murray Simon
Kellie Stamm
Cynthia Strodel
Caitlin Stroh
William Sullivan
Meghan Tansey
Alane Theofield
Diane Thibault-Wankmiller
Larry Van Horn
Shayne Veramallay
Patrice Weil
Jacqueline Westervelt
Greg Wissink





What a Year for NJ GTD!!

The 111 New Jersey swimmers participating in the Go the Distance program have really hit it out of the park this year. NJ came in third in mileage among all the LMSCs nationwide with a total of 25,050.98 miles! And with a participation rate of 8.35%, NJ came in sixth among all the LMSCs. The numbers tell the story of how NJ swimmers have embraced this program year in and year out. Thanks to Ed Tsuzuki, here are the numbers for 2019 as of December 2. **Way to go NJ!!!**

NJ Data:

Top 10 clubs (mileage):

BERK	6934.78
GSM	6824.83
JAM	2723.15
SCYM	2257.41
UC07	1685.79
RBAY	1549.15
PAA	1195.52
CIB	641.56
DRMS	467.16
RBY	348.99

Top 10 club (% participation):

Club	Participation	Club Membership	% Participation
RBAY	9	21	42.9%
JAM	7	25	28.0%
PAA	4	17	23.5%
GSM	29	150	19.3%
RBY	2	15	13.3%
LHY	1	9	11.1%
BERK	29	274	10.6%
CIB	1	10	10.0%
SCYM	12	186	6.5%
UC07	12	244	4.9%

Top LMSC participation:

LMSC	Participation	Membership	% Participation
North Texas	154	958	16.08%
South Dakota	8	84	9.52%
Arkansas	17	183	9.29%
Gulf	109	1202	9.07%
Missouri Valley	24	269	8.92%
New Jersey	111	1329	8.35%
Iowa	24	291	8.25%
Snake River	10	127	7.87%
Indiana	94	1268	7.41%
Georgia	64	973	6.58%
Delaware Valley	59	976	6.05%
Lake Erie	32	544	5.88%
Virginia	61	1108	5.51%
Adirondack	12	249	4.82%

Top Ten LMSC Mileage

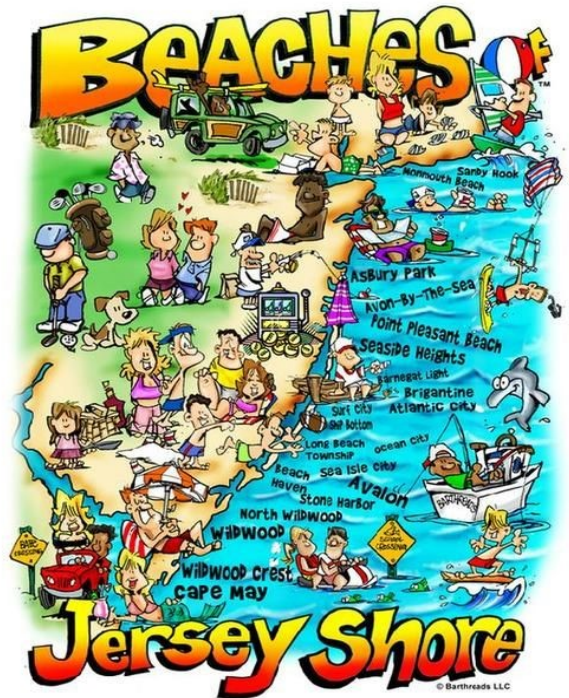
Pacific	46877.92
Southern Pacific	31696.85
New Jersey	25050.98
North Texas	23653.2
New England	20901.22
Florida	20340.44
Georgia	20212.3
Gulf	19369.83
Indiana	17146.94
Oregon	15877.77

Let's Head to the Beach!!

By Linda Brown-Kuhn

Get ready for a new virtual swim. We are putting Swim University on the shelf this winter and introducing a NJ Shore Point to Point Virtual Swim! It starts at Sandy Hook and goes to Cape May for a total of 129 miles. There are 30 destinations in all and the idea is to swim to as many of them as you can in 6 months, from January 1 to June 30. Some of you will swim the whole Jersey shore once, twice, three times or more. Just do the best you can! As with Swim University, you will log your mileage on the USMS's [Go the Distance](#) flog. Along the way, we'll give you some fun facts about the destinations in case you don't already know about them. We'll start today with facts about the first 10 shore points. **To sign up, contact Linda at lindabk11@gmail.com.**

Here are the 30 places and the miles in between each (the * indicates that there was an open water swim held there in 2019):



Sandy Hook – Home to the Sandy Hook Lighthouse, the oldest working lighthouse in the United States. It was designed and built on June 11, 1764 to aid mariners entering the southern end of the New York Harbor.

4 miles

Atlantic Highlands – This town overlooks where the Atlantic Ocean and Raritan Bay meet at Sandy Hook, and its hills mark the highest point on the eastern seaboard of the U.S. south of Maine.

3 miles

***Sea Bright** – Sea Bright has 7 members-only beach clubs: Ship Ahoy, Sands, Surfrider, Sea Bright Beach Club, and Chapel Beach Club, Driftwood and Edgewater, all of which charge thousands of dollars for membership and have waiting lists of several years.

4 miles



Keep swimming to the next page!

***Long Branch** – Pier Village is a popular spot for surf, sun, and shore fun, with its cutting edge residential condos, premier shops and restaurants – there is plenty to do in Long Branch. One special spot is Seven Presidents Oceanfront Park, named for the U.S. presidents who vacationed there. The park comprises 38 acres and offers an ocean beach, swimming, fishing, boating, volleyball plus a boardwalk.

5 miles

Allenhurst – A tiny slice of a borough with a total area of 0.285 square miles, Allenhurst is bordered by the Atlantic Ocean to the east and Deal Lake to the west. You can grab a bite to eat at Mr. C's Beach Bistro. If you want a live check of weather conditions, go to <http://www.belmarcam.com> Allenhurst is working on getting a camera of their own but the Belmar conditions are very similar.

2 miles

Asbury Park – You'll find beautiful music and a boardwalk lined with great restaurants and shops! Strong music vibe with multiple music venues including The Stone Pony which is well known for helping launch the careers of Bruce Springsteen and Bon Jovi and the Wonder Bar where Springsteen played numerous times.

1 mile

***Bradley Beach** – This was the first location in the United States to charge sea bathers for beach access when it began minting its own tin badges starting in 1929. Sand dunes were constructed on the borough's beaches in the mid-1990s using snow fences and discarded Christmas trees. These dunes helped provide significant protection to Bradley Beach from the havoc wrecked by Hurricane Sandy in 2012.

4 miles

***Belmar** – Belmar has small town charm, rural beauty, and a rich community life with plenty to do, including kayaking, surfing lessons, entertainment and restaurants. D'Jais Bar & Grill, a popular dance club and restaurant in Belmar, has been called a landmark, "infamous", and one of the most well-known bars along the Jersey shore.

4 miles



Keep swimming to the next page!

***Sea Girt** – Though only 1.45 square miles, the borough of Sea Girt is a little gem with a white beach and quaint boardwalk. Don't miss the Sea Girt Lighthouse which began operating in 1896 and in 1921 became the first shore installation in the country to have a radio beacon. The lighthouse is open to the public with guided tours.

1 mile

***Manasquan** – The Manasquan Inlet is widely known as one of the best surf spots along the East Coast. Its popularity among beach breaks throughout the East Coast stems from the inlet, which directs and often enlarges the waves as they come in to create a great right break. One of the most popular competitions held there is the Manasquan Classic Longboard Contest which is

Point Pleasant Beach

1 mile

Bay Head

7 miles

***Lavallette**

2 miles

Seaside Heights

9 miles

Waretown

3 miles

Barnegat Light

3 miles

Loveladies

5 miles

Surf City

2 mile

Ship Bottom

7 mile

Beach Haven

13 miles



***Brigantine**

5 miles

***Atlantic City**

6 miles

Longport

4 miles

***Ocean City**

10 miles

Sea Isle City

4 miles

***Avalon**

5 miles

Stone Harbor

5 miles

***Wildwood**

9 miles

Cape May





Congratulations to the following NJLMSC swimmers for setting new SCY records at the EEX Veterans Day Meet on November 9-10, 2019 at TCNJ. **Women 65-69:** Nancy Steadman-Martin, 65 - 1650 free 20:39.20, 50 breast 44.24, 50 fly 36.77, 200 fly 2:46.36, 200 IM 2:47.66; **Men 75-79:** Jim Dragon, 75 - 50 back 36.50, 100 breast 1:31.77, 100 IM 1:16.69

Special **congratulations** to Nancy Steadman-Martin as her 20:39.20 lowers the existing USMS National record of 20:43.29 set by Shirley Loftus-Charley in 2016.

Congratulations to Scott Yeomans, 55 for setting a new NJLMSC SCY record in the men's 55-59 400 IM at the Dan Horton Invitational Masters Meet at the Waldo County YMCA in Belfast, Maine on May 18, 2019. Scott posted a time of 4:58.51.

Congratulations to the following swimmers for setting new NJLMSC SCM records at the Bill Heebner Winter Freeze Masters Meet at the Phoenixville Area YMCA on January 27, 2019. **Women 65-69:** Nancy Steadman-Martin, 65 - 100 free 1:12.84, 400 Free 5:26.87, 50 Back 39.92 (Nancy broke her mother, Doris Steadman's record from 1989!), 200 Fly 3:02.57, 100 IM 1:26.68. **Men 55-59:** Scott Yeomans, 55 - 200 back 2:40.11, 400 IM 5:42.91



100 100s

NJ Masters Swimming Annual 100 x 100s

Is swimming this fun and inspiring event
one of your goals in 2020?

Then,
mark your calendar and
bolster your training!!

The 2020 NJ Masters Swimming Annual Super Bowl Sunday 100 x 100s will be held on **Sunday, February 2, 2020 from 8am - noon** at the Berkeley Aquatic Club Center of Excellence in New Providence, NJ.

The event is sponsored by the NJ LMSC and is **FREE** to any 2020 NJ LMSC USMS registered swimmer. The event will be limited to the first 100 eligible swimmers.

[Online registration](#) will open on **Friday January 3, 2020**.
Keep your eyes peeled for a detailed event announcement
and registration information via email later in December!

50/50

Don't miss a fun opportunity to burn those calories right after the holidays ...mark your calendars!

The annual 50 x 50's to be Held on January 5!

Get ready to burn off some holiday calories and get your swimming off to a fast start in 2020! The NJ Masters Swimming Annual 50 x 50's will be held on Sunday, January 5, 2020 from 10 am – 12:30 pm at the Berkeley Aquatic Club Center of Excellence at 629 Central Ave., in New Providence 07974.

This FREE event, sponsored by the NJ LMSC, is open to NJ LMSC swimmers with 2020 registration. The event will be open to 75 swimmers. Check in will start at 9:45. After a group photo the swim will begin at 10:15. Refreshments will be available after the swim.

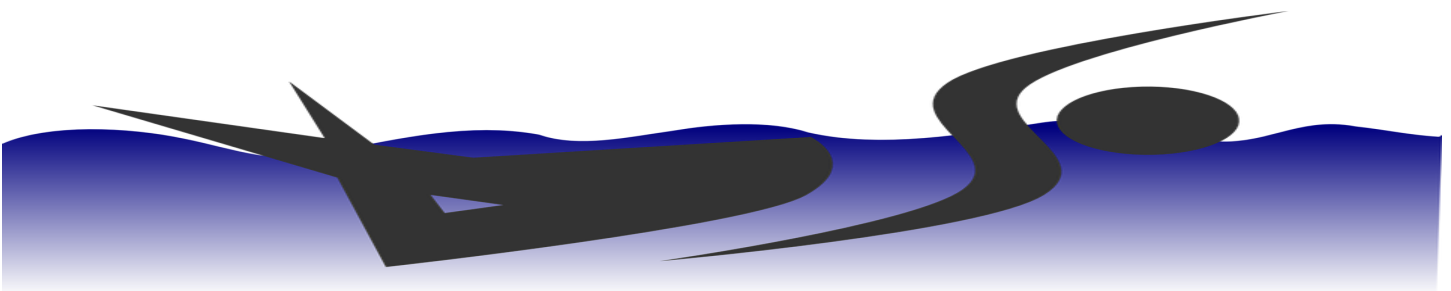
Registration opens on December 10, 2019.

To register for the event, go to [Click](#) and fill out the form.



RBAY Masters Frank Norek, Michael and Elliott Lehrer swam in the TCNJ swim meet in November which was held over 2 days. They had some PB, some not PB's and a lot of fun with all the competitors there.

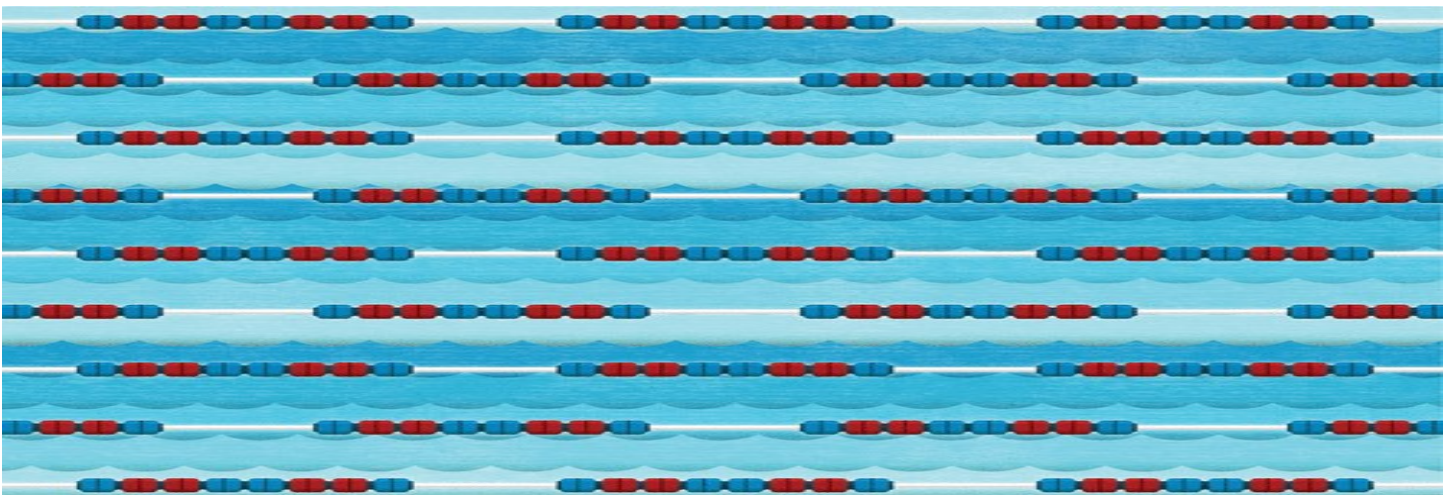
Elliott and Michael are regulars at this meet when it is held and love competing there.





**The 10 most read
USMS articles in 2019!**

[Click here if you missed it!](#)





Countdown to 2020 Workout!

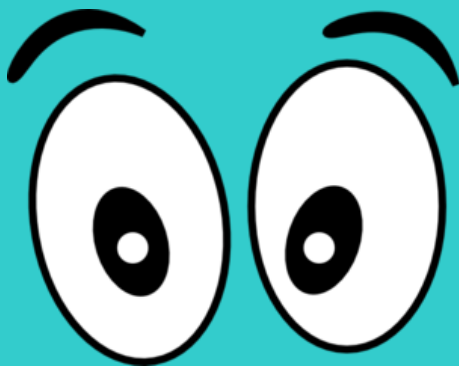
300	Free warm up		
10X25	Kick	:45	250
9X50	swim	1:00	450
8X25	drill	:40	200
7X50	kick	1:05	350
6X50	pull	1:00	300
5X25	drill	:40	125
4X100	free	1:35	400
3X100	free	1:30	300
2X100	free	1:25	200
1X100	free	1:20	100



225 cool down

**LET'S
PARTY!**

**The NJ Masters Swimming
Annual Awards Banquet
Saturday, March 21, 2020
Basking Ridge Country Club
6:00pm - 10:00pm.**



**Watch out for
More details!**

WHAT'S YOUR STORY?

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

February 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