



# ANNUAL MEETING



## NJ LMSC Annual Board Meeting Sunday, November 18, 2018

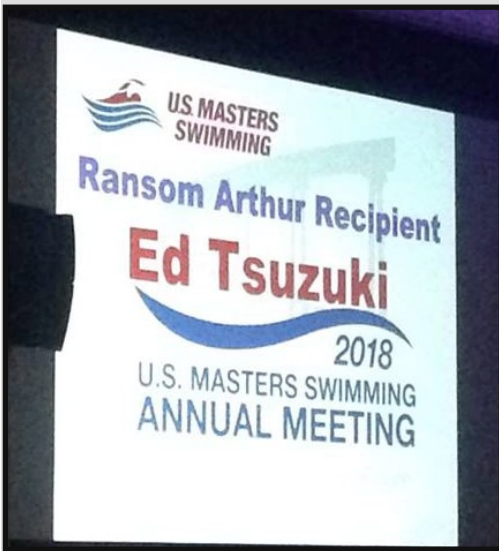
All NJ LMSC Masters Swimming members are invited and encouraged to attend the upcoming NJ LMSC Annual Board meeting, which includes the 2019 Officer Elections, to be held on **Sunday, November 18, 2018**. The Annual Meeting will be held at **9:30am** at the Berkeley Aquatic Club, 629 Central Avenue, New Providence, NJ 07974.

As we continue to grow our NJ LMSC volunteer group, please consider getting involved and sharing your passion for your sport. Nominations are currently being accepted for the positions of Chair, Vice Chair, Secretary, Treasurer, Registrar, Sanctions & Safety Chair, Top Ten/Records Chair, and Newsletter Editor. More information and a description of the officer positions can be found on the [NJ LMSC website](#) and also on the [USMS website](#). Please submit your nominations to Susan Kirk [sqkirk@gmail.com](mailto:sqkirk@gmail.com) no later than November 11, 2018.

**Thanks and hope to see you at the meeting!**

# Congratulations Ed Tsuzuki!!!!

By Susan Kirk



So proud to continue to be a NJ LMSC Volunteer Leader for USMS and to serve our NJ LMSC membership and the USMS organization! While we had our usual 3 very full days of USMS business to conduct and very informative and educational workshops to attend, this year's USMS

convention held very special meaning to the NJ LMSC as our very own long time volunteer, Ed Tsuzuki, was officially honored as the 2018 USMS Captain Ransom J. Arthur award recipient by all of the United States Aquatic Sports Convention attendees!!!



L-R NJ Delegates Chris McGiffin, Susan Kirk, Ed Tsuzuki and Marie Vellucci

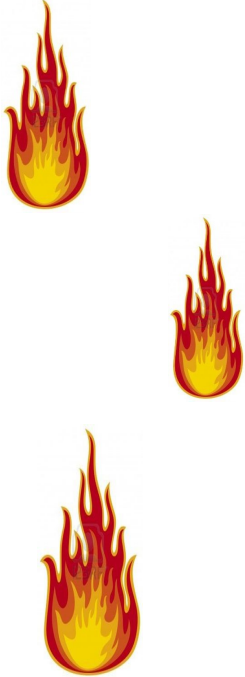
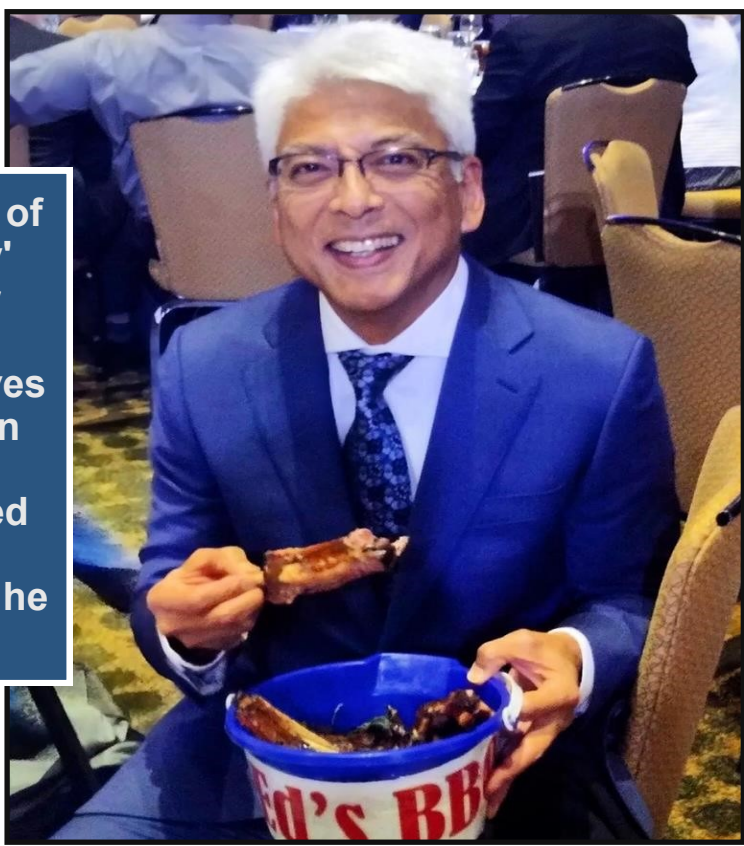
The Captain Ransom J. Arthur Award “is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters Swimming program in the United States. The award is given annually to the USMS volunteer who has done the most to further the objectives of Masters Swimming, generally over an extended period of time.”

The current USMS President, Patty Miller, very eloquently introduced Ed

as the award recipient and highlighted a number of Ed's contributions to USMS over the years. If you skip ahead to about **10:40**, you can view the presentation ceremony in this **Facebook live video**! Following Patty's introduction in the video is Ed's brilliant acceptance speech. And of course, as has been the tradition for several decades, fellow USMS members then do a skit roasting the award recipient. Part 2, continuation of the skit, can be viewed in this **Facebook live video**.

Ed is truly the quintessential USMS ambassador and it was truly my honor and privilege to nominate Ed as a recipient for this very prestigious USMS award! We are grateful and very appreciative of Ed's many years of volunteer service not only in the NJ LMSC, but also for USMS at the National level. So happy that Ed was able to enjoy his bucket of ribs as part of his award celebration!! Truly a fitting award for Ed!!!

The 'Bucket of BBQ Trophy' elicits sheer delight from Ed as he loves to feast upon BBQ ribs/brisket/pulled pork every chance that he gets!



## NJ LMSC VOLUNTEERS

### *Chair/Secretary*

**Susan Kirk**

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### *Vice Chair*

**Sarah Clark**

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

### *Treasurer*

**Bill Reichle**

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

### *Registrar*

**Tom Brunson**

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### *Sanctions & Safety Chair*

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### *Top Ten Records*

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### *Event Coordinator*

**Kim Plewa**

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### *Coaches Chair*

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### *Fitness Chair*

**Linda Brown-Kuhn**

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### *Webmaster*

**Marin Kirk**

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### *Officials Chair*

**Marie Vellucci**

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### *Special Projects*

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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! [More information](#) Go The Distance Support Team email:

[events@usmastersswimming.org](mailto:events@usmastersswimming.org)

### **2018 USMS Fitness Series**

held throughout the year.

[Event information](#)

## NJ LMSC Event Calendar

**Sunday, November 18, 2018 —**

**930am Annual Meeting** will be held at the Berkeley Aquatic Club, 629 Central Avenue, New Providence, NJ 07974.

**Sunday, December 16, 2018 —** Somerset County YMCA Masters Pentathlon Swim Festival

**Super Bowl Sunday, February 3, 2019 —** the NJ LMSC Annual 100x 100s. Start your training now for an enjoyable experience!

**Sunday, February 10, 2019 —** Ocean County YMCA Unofficial Team Championships



**October is Breast Cancer Awareness**

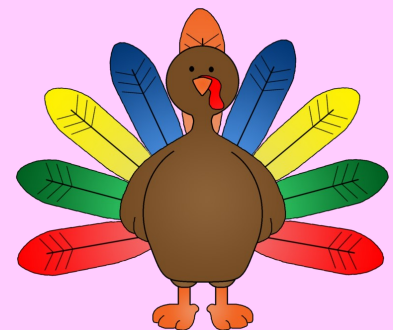
**Say Happy Birthday to these fellow swimmers when you see them!**

## **November November November**

David Allred  
Irene Ayers  
Karianne Bail  
Jennifer Bauman  
Arun Bheemaroo  
Andrew Blazuk  
Chris Bonadonna  
Maribeth Bowen  
Mary Breslin  
Arthur Brooks  
Richard Brown  
James Bunn  
Piper Burrows  
Frances Caggiano-  
Swenson  
Susan Carey  
Robert Carter  
Amy Cascelli  
Natalia Cassani  
Dongho Choi  
Alyssa Colasurdo  
Peggy Delaney  
Don Denny  
Philip DeRita  
Lyne Desormeaux  
Lindsay Diehl  
John Donahue  
Mary Eckel  
Norma Fallon  
Charles Folz  
Lori Freeland-Morris  
Liam Gallagher  
Matthew Gann  
Andrew Garcia  
Ria Gerger  
Lauren Glenn  
Cathleen Goldstein  
Stephen Graziani  
Mark Harding  
Renee Harris

Mary Hesselgrave  
Tricia Hiller  
Robert Huminski  
Richard Infield  
Cristina Judge  
Timea Juhasz  
Denis Kallish  
Chris Kirk  
Marin Kirk  
Peter Kiss  
Suzanne Klein  
Nicholas Krassy  
Christopher Kroberger  
Beth Landau  
Christine Larish  
Kay Lee  
Steven Levine  
Hong Lin  
Laura Lison  
Jill Loveland  
Kelly Macomber  
Ted Maglione  
Susan Malandra  
Moirra McCullough  
Thomas McManus  
Alim Memon  
Don Miners  
Mary Molloy  
Rob Moskow  
Patrick Mulligan  
Kara Muscillo  
Bob Nissen  
Emily Oppenheimer  
KEvin Owens  
Lin Peng  
Robert Perkins  
Rob Plucinski  
Stephanie Purcell  
Pamela Randazzo  
Christine Rappa

Barbara Rebak  
Michael Recchia  
Mario Reis  
Robert Romeo  
Barbara Rosenbaum  
Lisa Rosynsky  
Joel Rubenstein  
Lauren Rudes  
John Sabatino  
Michelle Safir  
Scott Selverian  
Louise Senato  
John Sheridan  
Arthur Skaar  
Mike Spitzer  
Nicholas Streett  
Andrew Strobert  
Paul Swanson  
Eli Tepperberg  
Leslie Trott  
Judy Vetick  
Robert Votruba  
Adam Weiss  
Rosemary Whisler  
Mark Wilcox  
Denise Zaleski  
Kelly Zorn



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

**December December December**

Chloe Albro  
Anne Balfour  
Richard Barkan  
Lee Barnes  
Erin Bartosh  
Silverio Bracaglia  
Michael Brady  
Kristi Braine  
Elizabeth Bromley  
Sue Charatan  
Amy Chasin  
Chris Cipolla  
Christopher Clarke  
Anne Clewell  
Tracey Collins  
Courtney Collins  
David Craig  
Ann Dandurand  
Sharon Danzger  
Kyrsten Dixon  
Timothy Dwyer  
Dan Espen  
Brian Fagan  
Jennifer Falcone  
David Feldman  
Robert Fetter  
Peggy Finch  
Christine Gallo  
Colleen Gardner  
Chris Giarraputo  
Philip Gilligan  
Massimo Giugliano  
Michael Golia  
Amber-Sky Green  
Kristen Guth  
Karen Harjes  
Juli Harpell-Elam  
Alison Hayden  
Glenn Hofferber  
Carlyn Hubert

Anthony Hughes  
John Hunt  
Patrick Jacques  
Carol Jordano  
Kevin Kelly  
Frank Kraljic  
John Laney  
Michael Lehrer  
John Lemmo  
Marissa Licata  
Ronald Loria  
Ellen Lynch  
Thomas MacNabb  
Lawrence Maraldo  
Eric Marquard  
Carol Martyniuk  
Charles McDonough  
Janet Moeller  
James Mossman  
Myra Muhammad  
Olivia Myszkowski  
Donna Newman  
George Pejovic  
Ashley Pertsemlidis  
Jessica Pogogeff  
George Powch  
Lee Pressler  
John Purcell  
Amy Rappaport  
James Rawley  
Joshua Raymond  
Samantha Reilly  
Daisy Rodriguez  
Glenn Saunders  
Pauline Schachner  
Todd Schaper  
Rick Schluter  
Shelley Schubach  
Catherine Shapiro  
Andy Sheu

Anne Silverman  
Casey Slone  
Sean Smith  
Stephen Soisson  
Nicholas Spinella  
Scott Stallwood  
Leslie Strohmeier  
Allison Strohson  
Spencer Sullivan  
Joanna Sutherland  
Daniel Triolo  
Ed Tsuzuki  
Christopher Van Dijk  
Peter Van Nuis  
Jim Vari  
Richard Wallace  
Andrew Wallace  
Patricia Waters  
Christopher Welgos  
James Williams  
Kevin Williams  
Richard Wismer  
Hao Yin  
Kelly Young  
Benjamin Zhou  
Brenda Ziegler





## Heading into Fall with *Go the Distance*

New Jersey swimmers keep cranking out the miles in the GTD program. We are still in the #3 spot in total mileage in the top 10 LMSCs with Pacific on top and Southern Pacific at #2. New Jersey is holding on to second place in percentage of membership participation. In the summer report we had 8.8% participation and now we have 9.2%! The top team Gulf had 9.2% participation in the summer and now they have edged up to 9.6% So keep on joining the GTD program and maybe we can overtake Gulf!

We slipped from 2<sup>nd</sup> to 3<sup>rd</sup> in number of participants. In the summer report New Jersey and Southern Pacific each had 120 participants which tied us for 2<sup>nd</sup> place. Now Southern Pacific has 122 and New Jersey has 121. Talk about a squeaker!

A category we haven't looked at lately is mileage by zones. The country is divided up into 8 Masters swimming zones which you can see if you click on [this map](#). We belong to the Colonies zone which is #1 in mileage!!

Zones ranked by mileage:

Zone	Mileage
Colonies	88,854
Dixie	58,941
Great Lakes	54,214
Oceana	48,069
Breadbasket	37,770
South Central	37,200
Northwest	35,809
Southwest	35,240





**Congratulations** to Meredith Lyndon, 62 , and Jerry Katz, 80, who set new NJ LMSC SCY records at the New Jersey Senior Olympics at the Woodbridge Community Center on September 8-9, 2018. Meredith broke the women's 60-64 record in the 200 IM with a 3:26:90 and Jerry broke the Men's 80-84 100 fly with a 1:59.64.

**Congratulations** to Jerry Katz, 80, who set a new NJ LMSC SCY record in the Men's 80-84 100 fly with a 1:59.64 at the New Jersey Senior Olympics at the Woodbridge Community Center on September 8-9, 2018.

**Congratulations** to Lori Freeland-Morris, 57 for breaking the NJ LMSC open water 2 mile cable swim record at the Terry Laughlin Memorial swim in Mirror Lake in Lake Placid, NY on August 11, 2018. Lori swam the distance in 55:48.10.

**Congratulations** to the following NJ LMSC swimmers who set new NJ LMSC LCM records at the Jason Nessel Memorial Invitational meet at the Rahway River Park Pool on August 5, 2018.

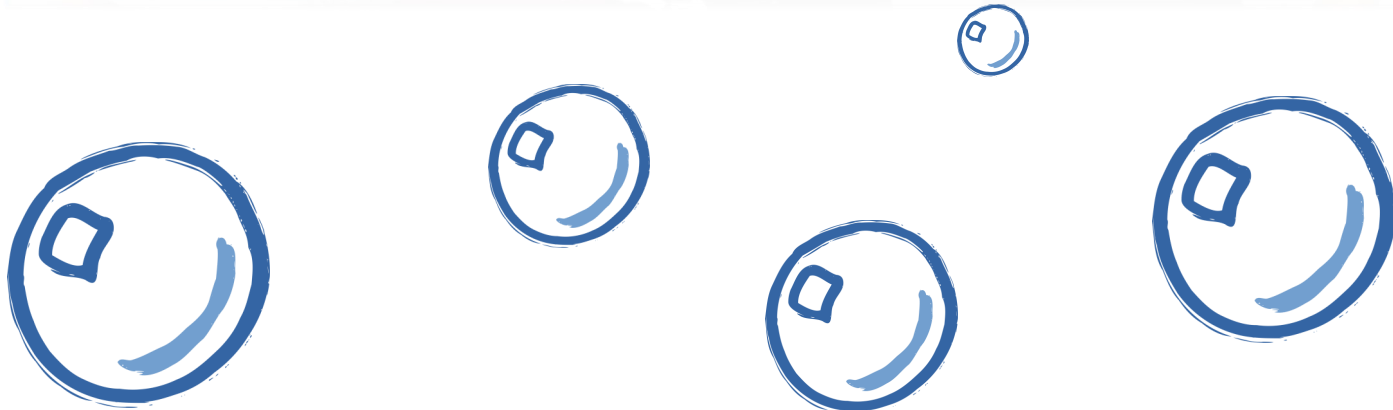
**Women 50-54:** Ameriquin Dalmasy-Laccetti (50) - 50 back 40.40; **Women 55-59:** Barbara McGregor (59) - 50 free 31.78; Rebecca Kalibat (55) - 200 breast 3:22.94; **Women 65-69:** Heidi Remak-Ziff (66) - 50 free 35.74, 100 free 1:22.57, 400 free 6:38.95; **Men 80-84:** Jerry Katz (80) - 200 free 3:37.13, 50 fly 55.74.

**Mens 280-319** 400 Medley Relay- GSM 6:52.06 - Arthur Wein (68), Jerry Katz (80), Frank McElroy (70), Larry Seidman (71)

**Mixed 200-239** 400 Free Relay - BERK 4:59.56 - Dawn Dellaratta-Duffy (49), Michael Recchia (60), Barbara McGregor (59), Jeff Jotz (48)

**Congratulations** to the following swimmers who set new NJ LMSC LCM records at the Summer Splash meet at the University of Maryland (UMBC) on July 22, 2018. Women 55-59: Rebecca Kalibat, 55 - 50 breast 41.94, 100 breast 1:35.17, 200 breast 3:22.11; Men 80-84: Jerry Katz, 80 - 50 fly 59.33

Meredith Lyndon, Elliott Lehrer and Frank Norek at NJ Senior Games. Meredith set a state record in the 200 IM, and these are the teammates and their heat that pushed her to that record!





**RBAY Masters swam in the NJ Senior Games September 8 & 9. Lots of medals and all qualified for the senior game nationals in 2019! Meredith Lyndon, Dot Schilling, Elliott Lehrer, Mike Lavitt and Atsushi Hamanaka.**

# Fifth Last Chance Swim a Charm

Mild weather with clouds giving way to sun helped to make this swim extra enjoyable for the 40 swimmers who participated this year. The event which was free to all 2018 registered NJ Masters members was held on September 1 at the Cranford Pool & Fitness Center's long course pool. Swimmers churned out 5,000 meters with whatever pool toys they desired. Special thanks go to Bill Reichle and to Sally Kleeman!



Bill Sullivan, Lynda Przedpelski, Ed O'Connor, Christine Larish, Bill Fallon, Rich Clew

Getting ready for the start of the swim



Many lanes used chalk to keep track of their mileage

More photos next page!



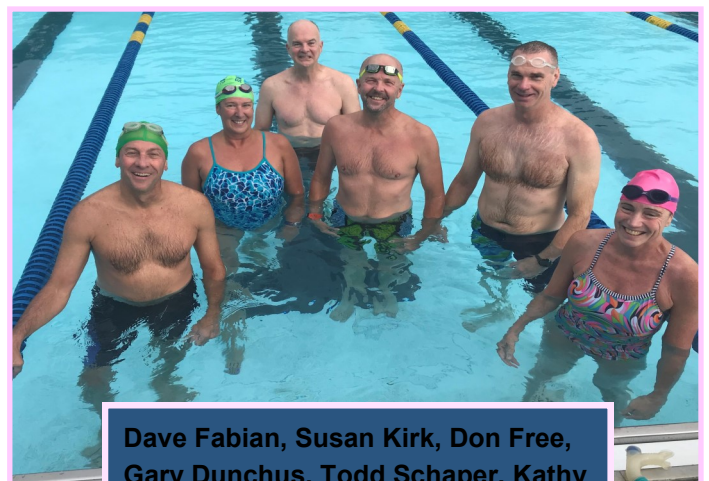
# More Last Chance Swim Pics!



**Mike Recchia, Richard Wallace, Beth Maloney, Chris Lisanti, Patrick Scanlon**



**Kristi Braine, Christian Kroyer, Kevin Chiella, Dawn Dellaratta-Duffy, Kim Plewa, Jen Bauman, Barbara McGregor, David Feldman, Will Murtishaw**



**Dave Fabian, Susan Kirk, Don Free, Gary Dunchus, Todd Schaper, Kathy Keers**

**Photos  
courtesy of  
Carmen Rivera  
and Linda Brown-Kuhn**



**The Fastlane is  
looking for your  
favorite workout  
... send one in  
with a snippet  
about you!**

**Send to: Sara Johnston**

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



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 [aras33@comcast.net](mailto:aras33@comcast.net) (please also include NJLMSC in the subject line of email).**

**Thank you and happy swimming!**

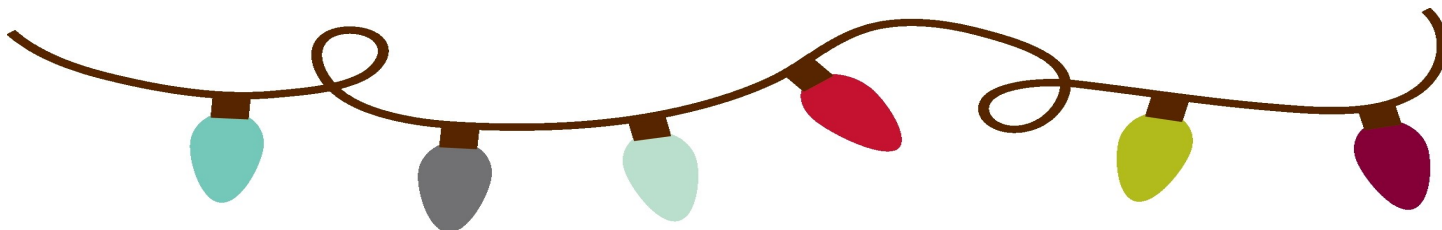
# Don't Miss the

# DEADLINE!

Editor Sara Johnston  
aras33@comcast.net

Send in your articles and pictures by

# December 1, 2018



*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*