

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.

Saturday, March 30, 2019

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 CHRISTIAN KROYER



Before June of 2013 life for Christian was quite different. He wasn't a swimmer, a runner, a cyclist and definitely not a triathlete. In fact, quite the opposite. His focus was on building a career in banking. Without realizing it, he put his health and wellness on the backburner. He developed all the wrong habits, a poor diet of mostly fast food, entertaining clients over drinks and generally became a serious couch potato. The result was putting on 60 pounds! To top it off, he went from a casual smoker to a pack and a half a day habit.

In the spring of 2013 Christian had a few health incidents and a real scare with malignant melanoma. Thankfully it was caught early but he realized things had to change. He quit smoking and signed up for a local 5K. After the 5K he decided to challenge himself to do a triathlon one year from his "quit day". The only problem was he didn't really know how to swim and certainly not competitively. Fortunately, he stumbled onto Cranford Masters and discovered a whole new world - people he enjoyed learning from, swimming with and who shared his new-found passion.

After completing his first triathlon in May of 2014, Christian was hooked. He discovered a love of racing and found a way of life. He wanted to share his joy with people, so in 2015 he formed a team called "HighFive". Since then, it has grown every year. Christian has gone on to find success racing and earned the title of NJ State Sprint Champion in 2016 and 2018. He placed first at Escape the Cape 2017 as well as several other podium finishes in a variety of races.

In 2016 Christian stepped up his game and did his first Ironman 70.3. To date he has successfully finished Atlantic City 70.3 Ironman three times, Ironman Maryland and this past season, Ironman Louisville. Christian has held the bronze level of Ironman "All World Athlete" two years in a row. He believes that Masters Swimming was the catalyst for the changes in his life and the satisfaction of living a healthy life style and feeling good every day.

USMS NJ Masters Swimming

## 2019 Annual Awards Banquet

honouring our  
2018 Continuous Membership Awards  
Recipients

### Congratulations to all of our 2018 NJ Masters Swimming Continuous Membership Recognition Award Recipients!

#### 30 YEAR MEMBERS

Bob Hopkins, Susan Kirk, Larry Lengle

#### 25 YEAR MEMBERS

Ed Goracy, Jeffrey Jotz, Kathleen Reynolds,  
Toms Royal, Ed Tsuzuki

#### 20 YEAR MEMBERS

Michael Leddy, William Mackolin, Richard Schluter

#### 15 YEAR MEMBERS

Tiffany Brennan, Dan Chamby, Joseph Donohue,  
Brian Fagan, Norma Fallon, David Feldman,  
Rosanne Lemongello, Ann Monaghan, Kimberly Plewa,  
William Segal, Linda Twining

#### 10 YEAR MEMBERS

Beth Bigham, Elizabeth Burton, Kevin Chiella,  
Lisa Ciccone, Ronald Epstein, Robert Fetter,  
Erling Hoie, Cristina Judge, Ursula Kohama,  
Catherine Maloney Falicon, Carol Martyniuk,  
Moira McCullough, Richard McKern, Susan Olesky,  
Ellen Pease, Paula Pyrcz, Michael Roesch,  
John Sabatino, Julie Sheaffer, James Sullivan,  
Christopher Swenson, Leslie Trott, Marie Vellucci

#### 5 YEAR MEMBERS

Paul Anderson, Sam Baldwin, Frank Calaprice, Steve Cozine,  
Ann Dandurand, Theresa Dumont, Dan Fabrizio, Ken Fitch,  
Suzanne Foy, Gregory Geissman, Susan Gibson, Mary Hager,  
Michael Halfacre, Jill Hendershott, Lucinda Hittle, Bill Imken,  
Marybeth Jacob, Carol Jordano, Marin Kirk, Frank Kraljic,  
Kristin Krauss, Christian Kroyer, Martha MacNabb,  
Eric Materniak, Patrick McCullough, Barbara McGregor,  
Jelani Millard, Adele Morgan, Anne Murphy, Gloria O'Connell,  
Jim O'Day, Suzanne Reeves, Jennifer Roche,  
Joel Rubenstein, Morgan Sawin, Tim Shallcross,  
Spencer Sullivan, Mieko Takenaka, John Thomas,  
Peter Turek, Adele Vespa, Debra Weier

# REGISTRATION CARD

Cost: **Award Recipient Complimentary | 2019 Registered Coach \$15**  
**Member/Guests \$25 each if paid by 3/15/19; \$35 after 3/15/19; \$40 at door**

Name \_\_\_\_\_ USMS Number \_\_\_\_\_

Number attending: USMS Member \_\_\_\_\_ Guests \_\_\_\_\_ Guest Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Please make checks payable to NJ LMSC**

**Mail completed form to: Kim Plewa 11 Grove Street Apt 1L, Cranford, NJ 07016**

**Email inquiries to Kim Plewa [emmik08@aol.com](mailto:emmik08@aol.com)**