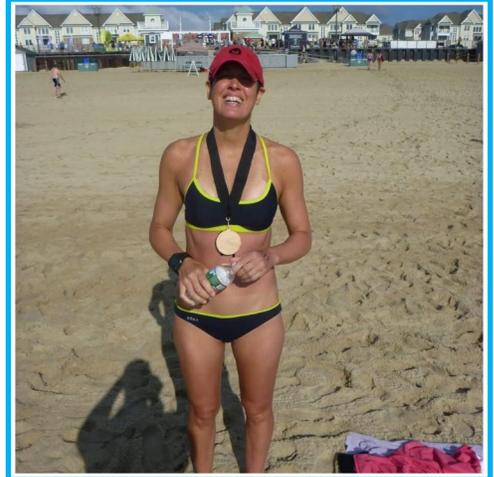


FASTLANE

Julia Scales Tops 1,000 miles in 2016

Julia Scales joined USMS in the winter of 2012 at the Drew University pool in Madison NJ. She had just started participating in triathlons in the summer of 2011 when her daughter went off to college giving her more time to devote to her swimming and sports. Julia felt that the coached swim sessions would give her an advantage on the swim portion of the race. She has over the years developed into a swimmer who can swim for three or more hours in practice, continuing to swim when others have already gone home.



The attached link talks about Julia's swim quest and how important it was for her. Please fast forward to the 15:11 minute marker on the YouTube video to hear Julia's interview with the Sparta radio station.

Click and check out [Julia Scales at 15:11 minute mark](#)

Julia continues to swim and top our charts at the Annual Yardstick Awards Breakfast with the Madison Y and other local swimmers! She also makes a 1-yard long cookie to commemorate the event every year! Go Julia!

By Pia Lord

Check out what's inside!

Birthdays pages 3 and 4

Kudos page 5

Go the Distance update page 5

Fitness Standout pages 7 and 8

Just Add Water Coach Workout page 9

A look at two Masters Clubs pages 10 and 11



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2017 Event Calendar

January 1 - June 30 NJ LMSC Virtual Fitness Swim ~~ Swim University. To sign up contact Linda Brown-Kuhn at lindabk11@gmail.com.

January 1 - December 31, 2017 USMS Go The Distance 2017 Fitness Event. All 2017 USMS swimmers are eligible to enter this free event! Contact information: Go The Distance Support Team usmsgtd@yahoo.com [More information](#)

January 1 - December 31, 2017 USMS "Check-Off Challenge" National Fitness Event [Event information](#)

New Jersey Events

August 6, 2017 (tentative) ~~ Jason E. Nessel Memorial Invitational LCM Meet

September 2017 (tentative) ~~ Last Chance 50 x 100s LCM Swim



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

July Birthdays

Steven Becker
Patti Bell
Dave Berlin
Ted Bohlman
Sowmya Bonthala
Janice Brown
Sonia Brown
Tom Burkardt
Marisa Buttacavoli
Frank Calaprince
Louis Cappelli
Christopher Carew
Adam Carroll
Keith Cataldo
Karen Charen
Oleg Chebotarev
Vincent Chen
Kevin Chiella
Lorna Cialdella-Morehead
Joy Ciardullo
Lisa Ciccone
Charles Clark
Elizabeth Colleran
LaJoy Collins
Michael Conlan
Jeffrey Connors
Mark Corl
Charles Cotsalas
John Cox
Barbara Cresse
Tim Crow
Rachel Cullivan
Sam Cynamon
Dion Davis
Maria DeLucia
Christopher DeSantis
Walter Delacruz
Alicia Demmerle
Tom Dilger
Laurie Ditommaso
Capri Djatiasmoro
David Dorfman
Colleen Driscoll
Edson Espindola

July Birthdays

Francis Faustino
Karl Fenske
Suzanne Foy
Chip Freund
Layna Furuhata-Marion
Denise Giordani
Eugene Goettlicher
Eric Goidel
Barry Goldblatt
Laura Graham
Daniel Grant
Gail Greenstein
Mark Haftkowycz
Michael Halfacre
James Harmon
Chris Harris
Valerie Hassler
Jill Hebron
Michael Hickey
Jerry Katz
Kerri Kiefer-Viverito
Lori King
Ursula Kohama
Murat Koksel
Christian Kroyer
Suzanne Kruep
Mike Leddy
Elliott Lehrer
Robert MacLean
Jeanmarie Mallin
Michael Mannarino
Nancy Matthews-Zwemmer
Jonas McDavid
Barbara McGregor
Andrea McGruther
Richard McKern
Maureen Mortell Koziol
Kairon Mullins
Patrick Nebiolo
Joseph Nguyen
Karen Noble
Daniel O'Sullivan
Christopher OShea
Louis Orgera

July Birthdays

Lewis Paer
Jennifer Park
Annie Peters
Megan Pfeiffer
Joseph Pickard
Melisa Pleconis
Beth Poore
Elaine Power
Michael Randazzo
Edward Rivera
Michael Roesch
Trisha Rousseau
Darian Russell
James Ryan
Donald Schrope
Nicole Schubert
Daniel Scrafford
Richa Sharma
Norman Sorkin
Nicholas Speirs
Barbara Stanley
Nancy Steadman Martin
Thomas Sullivan
Debra Trachtenberg
Roy Vaccaro
Jorge Vargas
Neil Verwys
Julie Wagner
Catherine Wales
Wendy Weill
Tania Wickes
Kathleen Williamson
Lisa Woodring
Georgios Zavalas
Kaitlynn Zeiser



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

August Birthdays

Andrew Adams
Laura Agresta
John Ahearn
Gulnaz Aksu
Jin Armstrong
Miriam Balbiani
Nick Barclay
Richard Benson
Arthur Bilenker
Jorge Blum
Kristina Bobo
Gregory Bordner
Tiffany Brennan
Jacqueline Broner
Judith Brown
Randy Bugianesi
Elizabeth Burton
Sally Butler
Richard Cahayla-Wynne
Mary Carley
Dave Carvajal
Alejandro Centeno
Ruben Chavez
Peter Cirignano
Timothy Clewell
Iulia Cole
Kathleen Cooney
Patrice Cummings
Nela Dagosta
Charles Daniel
Ray Patrick David
Joe Davidoff
Abe De La Houssaye
Arthur Deffaa
Jason Devereaux
Ian Dixon-Anderson
Stephen Dolan
Benn Doyle
Joe Dutton
Steve Elterman
Kevin Ewing
Jaclyn Fahey
Brian Fallon
Christopher Flood

August Birthdays

Eric Florio
Donald Free
Richard Fronapfel
Lloyd Garten
Robert Gatto
Marco Gomes
Jessica Graff
Douglas Grierson
Brian Higgins
Randy Hill
Craig Hubert
Kathleen Hurley
Paul Ingrisano
Marc Israel
Sally Jack
David Juchniewicz
Rebecca Kalibat
Loga Kesavan
Kelly Kiessling
Thomas Koellhoffer
Joseph Koplik
Peter Langham
Ellen Lederman
Matt Lefkowitz
Katherine Lennon
Valerie Lensborn
Mario Lepore
Gregory Lockard
David Lockhart
Kef Louis
Brian Lynch
Margaret Martonosi
Eric Materniak
Hiroki Matsushita
Peter McCoy
Lorraine McPhillips
Pippa Michaels
Jelani Millard
Jean-charles
Navarre
Sten Nielsen
Ravi Nonavenakere
Elizabeth O'Connor
Mark O'Keeffe
Gerry Oakes

August Birthdays

Adrienne Ostrander
James Payor
Marcia Postallian
Kathy Raimonde
David Rankel
Suzanne Reeves
Kathleen Reynolds
Joseph Ritter
Amelia Rivera
Javier Rodriguez
Marcia Rothschild
Jude Sanchez
Sarah Sangree
Julia Scales
Robert Schott
Michael Schwebel
Sandra Seddon
Tim Shallcross
Charlene Sloane
Lisa Slover
Donald Smart
Larry Snyder
Brian Spillane
Caitlin Stehling
Jeffrey Szabo
Allison Tolpa
Danielle Tsuzuki
Patricia Tunstall
Margaret Tuohy
Peter Turek
Matt Ulsh
David Vanek
Fitzgerald Ventura
Olivia Walsh
Debra Weier
Jack Zakim





Thumbs up to a job well done!



Congratulations to the following NJ LMSC swimmers who set new NJ LMSC One Hour Postal records in the 2017 USMS One Hour ePostal National Championship event. Rob Perkins (50) set a new record of 4,695 yards in the men's 50-54 age group and Paul Kiell (86) tied Jim Pendergrass' record of 2,850 yards in the men's 85-89 division.

Also setting new one post relay records were the following Somerset County YMCA Masters (SCYM) relay teams. In the Men's 45+ age group, Rob Perkins (50), Tom MacNabb (51) and Marc Israel (59) combined for a total of 13,570 yards. Two mixed SCYM relays also set new standards. Stephanie Chamberlain (47), Suzanne Lemieux (46), Rob Perkins and Tom MacNabb broke the 45+ record with a total of 16,520 yards and Julie Stone (55), Susan Olesky (60), Scott Eichhorn (62) and Marc Israel recorded a total of 13,945 yards in the 55+ age group.

Congratulations to USMS national champion, Eric Materniak (25) who won the men's 25-29 200 breaststroke with a new NJ LMSC record time of 2:03.69 at the USMS Spring National Championships in Riverside, CA (April 27-30, 2017). Eric also set new NJ LMSC records in the 50 (3rd place) and 100 (5th place) breaststroke events with a 26.62 and 57.91 respectively. NJ also had two additional record setters at this meet in the men's 50-54 age group. Jose Faria (51) broke the following records: 200 back (8th place) - 2:10.03, 200 IM (6th place) - 2:08.95, 400 IM (5th place) - 4:43.17 and William Segal (52) set new standards in the 50 free (6th) - 22.71, 50 fly (6th) - 24.37, 100 fly (6th) - 54.42.

Michelle Davidson (46) posted 5 top eight finishes and Christopher Gibson (61) brought home a 3rd and 6th place medal in his events.

Congratulations to NJ LMSC swimmer Jesse Novak (22) who broke the NJ LMSC SCY record in the men's 18-24 100 yard freestyle with a 46.45 at the Somerset County YMCA Masters "Last Chance" Meet at the Somerset Hills YMCA on May 21, 2017.



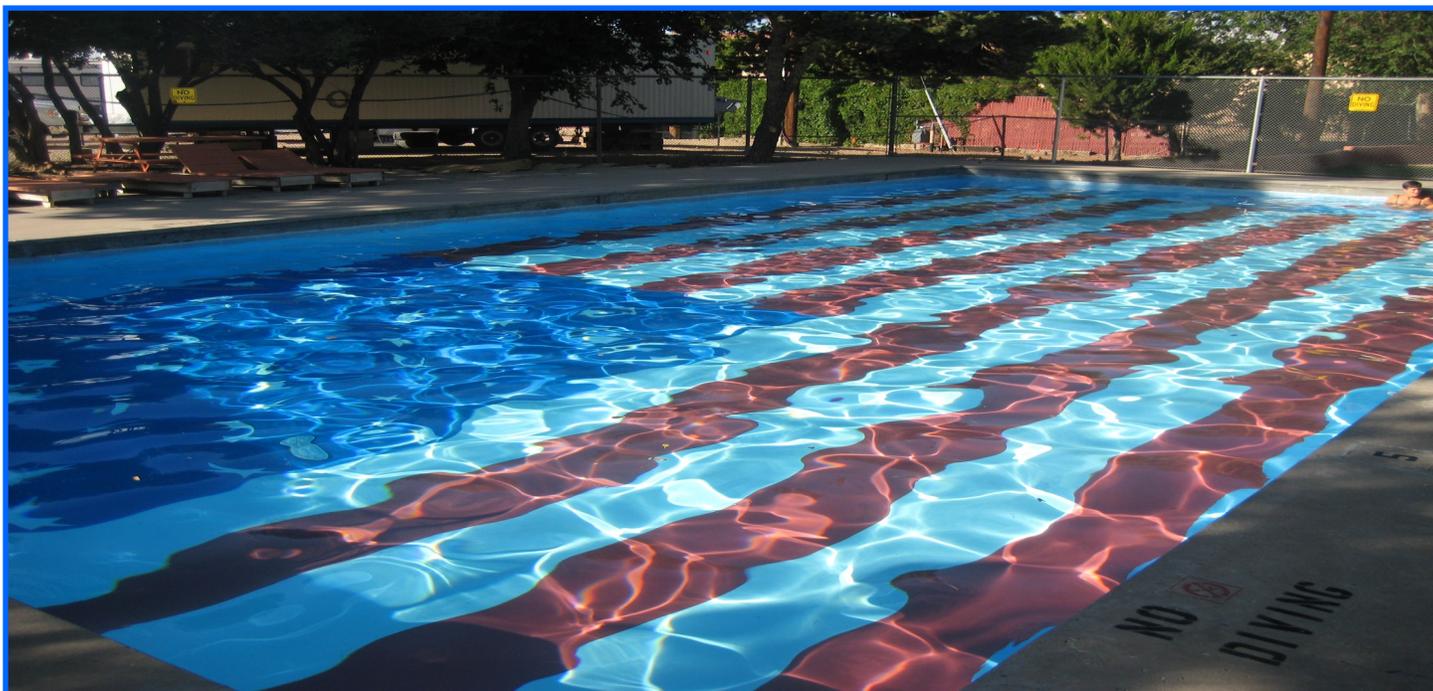
The Latest Look at



What's going on with Go the Distance?

NJ Masters swimmers really embrace GTD, echoing the trend among Masters swimmers to focus on the fitness aspect of swimming over competition. The 132 NJ swimmers participating in Go the Distance ranks us in 3rd place nationwide in number of participants behind Southern Pacific and the behemoth Pacific LMSC that has more than 10,000 members, 301 of whom are in GTD. NJ still holds the number 2 spot in total mileage at 15,212.81 miles.

And among the top LMSCs, NJ is number one in percentage participation of members at 10.29% with Gulf and North Texas right behind us. That is impressive! If you're not sure where Gulf LMSC is, here's the geographic breakdown: That part of the state of Texas bounded on the north by and including the counties of Robertson, Leon, Houston, Angelina, Nacogdoches, and Shelby; on the east by the state of Louisiana; on the south by the Gulf of Mexico; and on the west by and including the counties of Fort Bend, Wharton, Colorado, Waller, Grimes, Robertson, Brazos, and Matagorda. Does that clear it up? Or you can look at [the map](#) on the USMS site.



Fitness Standout: Jim Ryan

Swimming to Miami again and again

It started back in the fall of 2004 when NJ Masters swimmer Jim Ryan and his friend Chris Lebold signed up to complete an “East Coast Virtual Swim” at the fitness center where they swam together. The idea was for people to swim the 1,215 miles that it would take to go on a road trip from Plymouth Meeting, Pennsylvania to Miami, Florida. A formidable feat even for someone like Jim who adores long distance swimming. All the miles had to be swum at the Greater Plymouth Community Center pool. “We figured it would be a good way to track our yardage so we decided to give it a shot,” said Jim. Well, Jim diligently kept track of his mileage even after swimming the whole route for the first time in November of 2005. And at the end of April 2017 Jim, now 65 years old, has logged 10,000 miles, completing the East Coast virtual swim more than eight times!!

This achievement has greater meaning to Jim than the considerable number of medals and awards he has earned as a swimmer. “While I've garnered medals in my lifetime in New Zealand, Japan, Denmark, Mexico, the Bahamas, been a 10-K All-American, set high school and college records, been 32 time USMS and 9 time FINA World Top Ten ranked not to mention state records around the country over a lifetime, this one (10,000 mile virtual swim) is a more amazing accomplishment to me,” Jim said. The reason he so values this success was that he did it despite many obstacles over the 13 years.



**Fitness
Standout
Jim Ryan**



Jim has faced major health challenges such as a heart attack, a mini stroke, and eight bouts of pneumonia in a 2 1/2 year period. He's also endured a bunch of injuries as a result of his play in ice hockey, cross country skiing, baseball, and snowboarding, not swimming. These include a herniated right quad pack fascia, herniated left quad pack fascia, shattered patella, dislocated left shoulder, and a torn right rotator cuff.

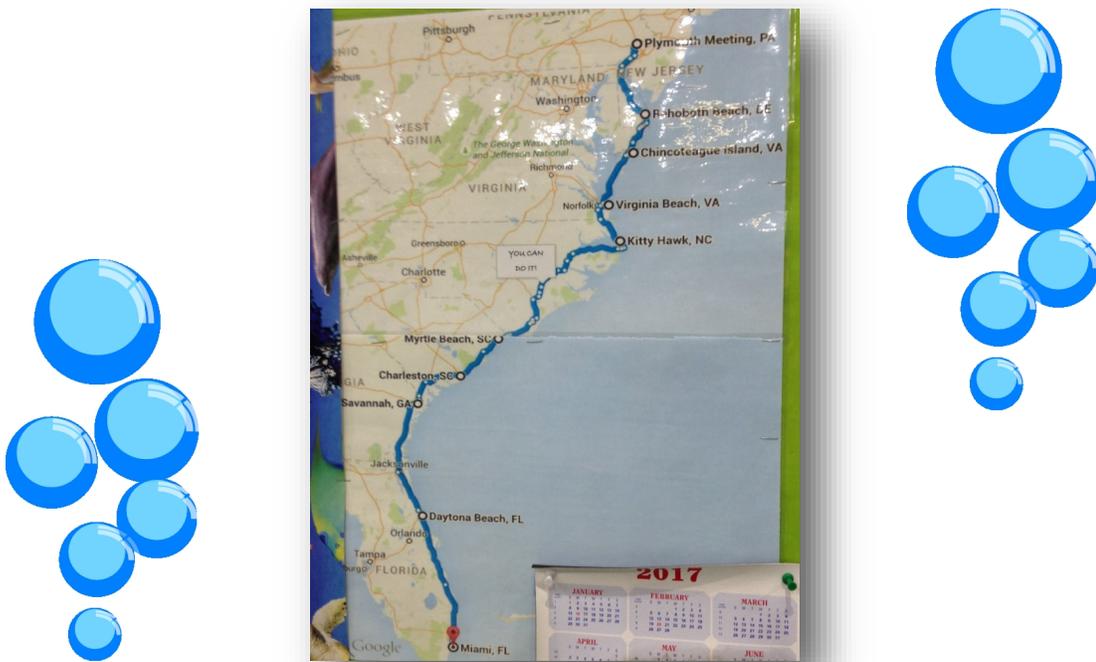
On a personal level he dedicated a lot of time to his family, to raising his two sons, John and James. He served as pitching coach for his sons' baseball teams. For a number of years he commuted to work for two hours from Pennsylvania to Basking Ridge/Bedminster/Bridgewater. But he carved out time to swim when he could. “I literally stole the time to swim,” he said. “I'd swim from 8 until 9:30 at night, or right after work.”

Jim, who still competes at top levels, explains the difference. “When I set my records, I'd prepare

up to the meet, and then it was done. For the 10,000 miles, it was every day, finding the time, not taking a day off, or at the very worst, taking off a minimal amount of time. It was every day for 13 years...while carrying on a life and a career!”

So since completing this goal, will Jim take it easy? Not likely. Jim has been a Masters swimmer since 1980, swimming for several teams and for the past decade he has belonged to Princeton Area Masters. Jim swims twice a day, seven days a week. A few weeks ago he swam 48,000 yards that week, nothing unusual for him. A typical early day workout for him might be 5 x 1,000 on 15 minutes and then 400 yards of technical work and warm down work. Then for the evening workout, he would do 1,000 kick, 1,000 pull, 1,000 swim and then repeat 200’s. The first workout of the day is always a hard core distance workout. Plus Jim always sets new goals. Now he would like to make the national top 10, SC meters, in the 1,500, the 800 and the 400. And for LC meters he would like to make the national top 10 in the 1500 and the 800. “I may not make it but it’s a goal,” he said.

But the overriding reason that Jim swims is elemental. “I have always loved water. I love the way it feels, I love the way I feel in it, and I love the way it feels to move through it,” he said. “Even the competition aspect is really just a sidebar. Being in water all day would be no problem for me.”



Jim Ryan’s East Coast Virtual Swim!

— Linda Brown-Kuhn



A new column featuring workouts from fellow Masters Swimmers and Coaches

Chris Swenson grew up in Scotch Plains and currently lives in Fanwood. He started swimming the summer he was 5 and began year-round for FSPY when he was 8. He was also a competitive swimmer at Rowan University.

Chris was the Director of Operations for Men's Swimming & Diving at The University of Notre Dame. He and his wife moved back east when they were expecting their first child. He knew when he moved back he didn't want to be out of college swimming entirely, so he reached out to the Princeton men's staff to see if they were looking for a volunteer assistant. Chris is now a volunteer assistant coach for Princeton University men's swimming and is looking forward to his second season with the team this fall. Chris also fills in at Berkeley Aquatic Club Masters.

Here is part of a workout he gives the men's team during spring practice.

This workout is 4,000 LCM, intervals can be adjusted as needed. The first 2000 meters is warm up mixing in breath control, pulling and a stroke/free mix.

Moving to the main set... the focus is a combination of aerobic swims right into a very fast swim. The aerobic swims get shorter as the set progresses and have less rounds as well. Those swims are simply designed to just make the interval throughout the entirety of the set....the 100's are to be done at maximum effort. They can be any stroke.

Coach Swenson's Ivy League Workout

600 loosen
(100 swim/50 kick)
8x50 @ 45
(breath every 3-5-7-9 by 50)
4x200 pull @ 2:40
4x50 25 stroke/25 free @50

MAIN SET

3x
300 free @ 4:30
100 fast @ 2

2x
200 free @ 3
100 fast @ 2

1x
100 free @ 1:30
100 fast @

Check out USMS Club Swimming in New Jersey

Featuring Somerset/Hillsborough YMCA & Berkeley Aquatic Masters

More Clubs featured in upcoming issues!

There are a total of 21 clubs and additional workout groups that comprise the New Jersey membership in the national organizing body of United States Masters Swimmers. In this month's Fastlane we are exploring two of these clubs, their activities, and what makes them unique — keeping their members coming back for more!

We have requested that each club set their best foot forward. In this regard, they have sent in their “best pictures and best summaries” so that we all can get an idea of how things are at their club. This month features Somerset Y and Berkeley Aquatic Masters.

In subsequent months, we will feature more clubs as we get information and pictures from more of the clubs. So please keep sending in information and pictures. Thanks to Lisa Slover and Susan Kirk, for contributing summaries and pictures.

First up is the **Somerset/ Hillsborough YMCA!**

Somerset Y— Our U.S. Masters Swimming program appropriately challenges beginner to competitive swimmers by improving stroke technique. Whether you are a traditional competitive masters swimmer, an open water swimmer, a triathlete, or you just want to swim for fun, this program is for you! Not only is swimming a life skill, but this program will help you develop a healthier lifestyle through swimming, build friendships through our members, and grow by meeting your personal fitness goals. Our coaches have a broad background and experience in open water swimming, triathlons, ironman races, and competitive swimming. They strive to help develop the best overall athlete for each individual's personal goals. We pride ourselves on our sense of community, friendship, life-fitness and helping each member reach their goals as the type of swimmer they choose to be.



Somerset Y 50x50s 2016

long

Somerset Hillsborough Y Masters Clinic 2015



SHY Masters Clinic 2015

Next up Berkeley Aquatic Masters!

The [Berkeley Aquatic Masters](#) are based in New Providence, NJ with a sister workout group in Cranford ~ the Cranford Masters. Together, the Berkeley Aquatic Masters have 276 members and is one of the largest clubs in the NJ LMSC.

The Berkeley Aquatic Masters is a diverse Masters program of dedicated adult swimmers of all skill levels that offers fun and friendship while attaining and maintaining aquatic fitness.

They offer 9 **coached** practices per week at their amazing 1-year old 50m x 10 lanes indoor aquatic facility located at 629 Central Avenue, New Providence, NJ. During the summer-time, Sunday morning 8:30am - 10:00am practices are held outdoors at the 50m New Providence Community Pool.

Up-to-date practice schedule and fees can be found on the [Masters page](#) of the berkeleyaquaticclub.com website.

All USMS swimmers are welcome to drop-in and join us for any practice!!



The Berkeley Aquatic Club 50m x 10 lanes indoor facility 629 Central Avenue, New Providence, NJ



A Masters Practice at the Cranford Centennial Avenue indoor pool

The Cranford Masters workout group of the Berkeley Aquatic Masters is a wonderful group of about 40 USMS members and about 15 more who swim independently on a regular basis. Their summer practice schedule is Tues/Thurs mornings 7:00am - 8:00am at the Centennial indoor pool. Saturday mornings 8:00am - 9:00am are in the outdoor 50m pool at Centennial Avenue, weather permitting. Mon, Tues, and Thurs evenings 6:30pm - 7:30pm will be held at the Orange Avenue outdoor pool through June 22nd and then move back to the Centennial Avenue indoor facility. The drop-in fee is \$8 for non-pool members. It is a great group of friendly people with a wide variety of abilities. Visitors are always welcome.

If you would like more information on these clubs please contact their representatives as listed on the NJLMSC website and here below.

Lisa Slover-lslover@somersetcountymca.org

Susan Kirk sqkirk@gmail.com or **Peter Hockmeyer**, P_Hockmeyer@yahoo.com

These groups welcome any Masters swimmers (over 18 years of age) to join them at their workouts. Please contact the representative listed above before going to the workout to understand the fees, and practice times and days that are available at their respective pools. As we are now going into the summer months, many clubs are beginning outdoor workout sessions and may have temporarily moved to other facilities. Please check NJLMSC <http://www.njmasters.org/Membership/Membership.html> websites for further information.

I hope you have enjoyed reading about two of our very fine swimming groups in the NJ LMSC. Stay tuned till next issue for more on other swimming clubs in the NJ USMS group! ~Pia Lord



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. 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!

The deadline for the
next issue is
August 15
please send articles to
aras33@comcast.net



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