

FASTLANE

Graduation season isn't over yet! Congratulations Swim University Graduates!



It's graduation time at Swim University and the 34 enrolled swimmers racked up almost 5,000 miles from January 1 through June 30! Here's how the degrees are awarded: 30 -59.9 miles earns an Associate's degree, 60-119.9 will get you a Bachelor's degree, 120-239.9 miles adds up to a Master's degree and 240 miles and up gains those swimmers PhD's in Swimology.

This year for the first time we offered minors in butterfly, backstroke, and breaststroke for those who swam at least a quarter of their degree earned in that stroke. Two swimmers went for minors. Curtis Miller earned a Master's degree by swimming 163.36 miles overall, with 33.31 miles of that was backstroke. Mark Haftkowycz also earned a Master's degree with 201.69 miles swum, 40.76 of that total was breaststroke. Congrats to Curtis and Mark for their efforts!

Kudos to the whole 2018 Swim University graduating class for getting themselves to the pool, especially during the winter, and logging all those miles!

Good try

Susan Gibson 12.09 miles
Paula Pyrcz. 19.85
Barbara Davis 21.19
Lorraine McPhillips 24.43

Associate's

Maria Stewart. 56.99

Bachelor's

Linda Brown-Kuhn 60.67
Marie Vellucci 64
Fay Bizub 67.68
Bill Reichle 67.83
Leslie Brunell 74.94

Bachelor's

Julie Schoenlack 82.63
Pia Lord 102.84
Aaron Moore 106.25
Sarah Clark 109.92
Francesca Mancuso 113.67

Master's

Lan Ge 123.38
Beth Maloney 127.29
Gail Seelig 135.46
Suzanne Klein 136.23
Sara Johnston 139.95
Mia Micale 149.13
Deborah Elkis-Abuhoff 156.05
Sandra Seddon 158.58
Curtis Miller 163.36

Master's

Catherine Maloney Falicon 170.85
Ed Tsuzuki 184.57
Sharon Danzger 190.54
Mark Haftkowycz 201.69
Susan Kirk 212.85
Jane Ikeda 222.66

PhD in Swimology

Jim Ryan 240.24
Jen Bauman 305.7
Peter Langham 327.42
Kim Plewa 380.65
Dongho Choi 428.3

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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

2018 USMS Fitness Series -- held throughout the year.

[Event information](#)

New Jersey Events

September 1, 2018

Last Chance Swim Cranford NJ more to follow. See page 14 for details.



**KEEP
CALM
AND
JUST KEEP
SWIMMING**



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

September September September

Christine Alster
Darrick Anderson
Katlyn Andrews
Thomas Antic
Ahmed Artis
Eric Babbitt
Robert Barrish
Errington Bennett
Ankita Bhowmick
Katie Boland
Jennifer Brower
Genevieve Caffrey
Thomas Capruso
Brad Carlson
Richard Clew
Kathleen Coffey
Wesley Cole
Adam D'Agostino
Ameriquin Dalmasy-
Laccetti
Jeanette Daniel
Jeffrey Dietel
David DiGiovanni
Galina Dineva
Tristan Dreisbach
Michael Driscoll
Theresa Dumont
Jessica Easton
Carmello Elie
Ronald Epstein
Robert Felsch
Michael Fey
Michael Fitzgibbons
Jean Eric Francois
Matthew Frazier
Michael Frohman
Dennis Funk
Robert Gamer
Bonnie Gannon
Samantha Gavina

Ann-Jeannette Geib
Laura Giardino
Matthew Goral
Paul Grassie
William Haas
Bill Imken
Vivian Isenberg
Nancy James
David James
Jeffrey Jenkins
Kayla Kaplan
Joseph Kelly
Chris Kelly
Daniel Kim
Dillard Kirby
Yogesh Kohli
Melissa Lang
Alex LaPoint
David Leit
Jacqueline LeSeur
Bonnie Lordo
Melissa Love-Perrone
Joleen Addleman Loyd
Stanley Lozinski
Meredith Lyndon
Arland Macasieb
Patrick Mahoney
Paul Manulik
Gregory March
Maria McAuley Greer
Bruce McConnell
Maria McCoy
George McMillin
Lynn Mellor
Mia Micale
Chris Moreno
Daniel Morgan
Louis Murphy
Michael Myers
Ted Nelson

Michael Nieminski
Bobbi Nigro
Angelica Oliveira
Michal Ovadia
Alexa Pallay
Flavio Pardo
Sherri Plunkett
Don Podesta
Bobby Rafferty
Floyd Randolph
Alice Rogers
Sharon Root
Martin Rothfelder
Toms Royal
Jean Rutter
Douglas Saunders
Curtis Sawin
Morgan Sawin
Andrew Schleider
Scott Schmitt
Katherine Simko
Isaac Siskind
David Slavin
Mary Elizabeth Smith
Patricia Snyderstrup
michele sokolski
Eugene Sollose
Timothy Sullivan
Joyce Taite
Mary Tricano
Kathleen Tsakalacos
Linda Twining
Glenn Wharton

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

October October October

Gina Alexandro
Peter Alpern
Sam Baldwin
Kate Baumann
Tom Blackburne
Mindy Bowens
Elizabeth Broos
Carol Buckwalter
Carolyn Capodicasa
Erica Cardenas
Robert Casalaina
Elizabeth Casey
John Cassimatis
Miao li Chen
Colleen Conway
Brian Cooper
Elaine DiDario
Diane Dinsmore
Kevin Donohue
Andrew Eason
Scott Eichhorn
Carla Efeld
Deborah Elkis-Abuhoff
Dan Fabrizio
Alfred Ferguson
Jamie Fiscus
Sandra Franc
Nancy Freundlich
Dennis Friedman
Jane Gardner
Gregory Geissman
Roberta Geist
Robyn Glaser
Steve Glassman
Brian Glenn
Allison Gulbrandsen
Alexander Hahn
Karen Hilliard-Johnson
Bridgette Hobart
Cathy Homan

Max Howard
John Kehoe
Dawn Kennedy-Little
Paul Kiell
Keith Knippenberg
Eric Kramer
Scott Kreitz
Kim Lembo
Karen Leone
Lovette Leonhard
Steven Lev
Charles Light
John Livingstone
Jose Lopez
Lisa Lu
Beth Maloney
Catherine Maloney Fali-
con
Robert McAdams
Patrick McCullough
Yuri Mekhanik
Thomas Mills
Ann Monaghan
Paola Morchio
Adele Morgan
Carol Morman
Rebekah Morris
Ian Mukherjee
Jay Muldoon
Katie Mulligan
Anne Murphy
David Nash
Francis Norek
Claire O'Mara
Gloria O'Connell
Deirdre Omara
Hank G Oppenheimer
Sean O'Sullivan
Kevin Ott
Barbara Perkins

Charles Pesant
Julie Porro
Glen Preston
Rita Previtali
Paula Pycrz
Jacqueline Quirk
Nelson Ramirez
Amir Reda
Andrew Rinn
Jodie Robertson
Paul Rodgers
Gita Roy
Joseph Ruberto
Richard Rubin
Alan Sawyer
Patrick Scanlon
Lawrence Seidman
Eugene Sharp
Kevin Sheridan
Brian Sieger
Carolyn Singer
Craig Sjurset
Virginia Somma Guido
Christopher Springer
Joel Stein
Julie Stewart
Jonathan Stone
John Szramiak
Mieko Takenaka
Rich Tomko
Megan Tompkins
Oscar Urquiola
Jane Weeks
Vicky Wilcox
John Williamson
Shieldeen Yan
Anna Zaplatsina
Allison Zelnick

**Snippets from
Bridgette
Hobart's
25.3 mile
fundraising swim
— Lake Hopatcong
Perimeter Swim —
click [HERE](#)
for more on her
epic swim!**



2nd pic is Bridgette swimming in the homestretch towards the Windlass just past the JTFD2 Boat House after nearly 15 hours in the water



Bridgette swimming in the early morning heading towards the southern tip of the lake enjoying the calm water. The letters JTFD2 can be seen adorning Bridgette's back as a tribute to the Jefferson Township Fire Department #2, the beneficiaries of the fundraising efforts of the swim.



Summer Update!

NJ swimmers continue to perform well in the GTD program. Among all the LMSCs nationwide, NJ holds on to its #3 place in total mileage, and keeps second place in number of participants as well as #2 in percentage of membership participation. Way to go to all the 120 participating swimmers!

**NJ is in the #3 spot in total mileage:
(these are just the top 10 LMSCs)**

Pacific	38000.53
Southern Pacific	19866.34
New Jersey	19079.11
Gulf	14869.75
New England	14207.31
Florida	12446.85
Oregon	12436.97
Indiana	11368.77
Georgia	9742.76
Minnesota	9460.92

**And the #2 spot in participation
(number of participants - top 10
LMSCs):**

Pacific	247
New Jersey	120
Southern Pacific	120
Gulf	116
New England	98
Indiana	94
Florida	85
Southeastern	74
Illinois	69
Oregon	66

**And also the #2 spot in % of member-
ship participation:
(top 10)**

LMSC	% Participation
Gulf	9.6%
New Jersey	9.2%
Georgia	7.6%
North Texas	7.0%
Southeastern	6.4%
Indiana	6.4%
Oregon	5.7%
New England	4.4%
Pacific Northwest	3.9%
Florida	3.8%



Awesome!

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)



RBAY Masters after swimming in the Jason Nessel Memorial invitational meet. Tired but happy! And a beautiful day at the pool with many fast times along with PB's.

L-R Atsushi Hamanaka, Vincent Chen, Meredith Lyndon, Frank Norek, Michael Lehrer, Darian Russell & Elliott Lehrer.



**Congrats to RBAY
Master swimmer
Darian Russell who
swam and placed in
the Pan Am Games
in Orlando Florida.**

**Darian won two
10th place medals,
one for 50 free and
one for 100 free!**

**NJLMSC and his RBAY teammates are
very proud of him! He then flew back to
compete in the Jason Nessel meet!**



Why I Swim

By Mindy B. Bowens

Edited by Elaine K. Howley

The world at times can seem overwhelming to so many. We all find ways to cope. Swimming has always been my coping mechanism. I started swimming on a team at my local YMCA at the age of 8, in the winter months and then a yacht club swim team in the summer months. I did this until 9th grade when I joined my high school team. I was never the star of the team, and I thought I would die every time I swam the 200 IM. But there was always something about practice that gave me peace. It did not matter how horrible my day was; I knew I could work out my frustrations in the water.



I had a very challenging childhood and water gave me inner peace from what I could not control. Life then took over after high school and I could no longer fit swimming into my daily routine. Then ten years later, I found myself with a significant back injury and was in a wheelchair for 6 weeks. Surgery followed, and I was told by my orthopedic surgeon that I would forever be damaged goods. He pushed to have me placed on permanent disability and I told him, “no”. I was determined to recover. I took to the water as my means of recovery and intensive physical therapy.

The water again healed my mind, spirit and body. Walking endlessly in the pool was how I started my journey back. Then able to do a few laps of the pool, I regained my strength and spirit. I had two small children at the time and found myself single, so swimming took a back seat to my life as I went back to working as a nurse and 12-hour shifts.

I stopped swimming for another 14 years until November 2015, when I found myself in the middle of a 12 treatment ACT chemotherapy regimen for Stage 2 breast cancer. I knew I needed to keep my spirit and energy up for this difficult journey. I went to the pool for my mental health therapy. I put my swim cap on before I entered the pool area. This hid the fact that I had lost all my hair. I would not need to see the looks of people as I would normally have had if I walked out without a swim cap.

The water was cool and refreshing, some days I just floated, other days I would take the whole half hour and make my way down the 25-yard lane. It took me longer to get dressed after swimming than the actual swimming because I was so tired and weak. But it made me smile. I knew there was an end to my treatment at some point. “Tomorrow is another day,” was the mantra I said over and over when my spirit was down. The pool water embraced me as I floated.

I had less pain while I was in the water. If only for a short time, it was the relief I needed to get through my treatments. Radiation came next and another surgery. I visited the pool several

times during treatment for breast cancer. This was my mental and physical therapy.

In July 2016, only 4 months after completing my 33 radiation treatments, I began swimming during family swim sessions at my local pool. Swimming 25 yards at a time was all I could do. I was then invited by someone at my pool to join the Masters swim group. I joined USMS and arrived at my first practice. I thought to myself, "I can only do 25 yards at a time. How will I fit into this group?"

I needn't have worried; I told my history to the coach, and he listened intently with a smile. He put me in the first and slowest lane with a man in his 70s who had been a very successful triathlete many years ago. This man had a story, too. He fell in the cycling portion of an international triathlon event and had a cervical fracture. He now swam almost every day with special hand supports. This was my first lane mate.

I was determined to be better than I was before and to never let life overshadow my health and happiness. With each practice, I grew stronger. I couldn't last the whole practice because of muscle fatigue or extreme leg cramps, but I returned to each practice excited and happy that I had this opportunity to repair my body and spirit.

I had to face one more surgery in October 2016. A friend brought me to a lake in New Jersey so that I could experience open water swimming. We went swimming in the lake the day before my final surgery and met a couple of the most wonderful open water swimmers. I was not yet at a level to swim any significant distance, but with the persistence of my very good friend I jumped in the water.

My sighting was terrible, and I was even slower than I am now. Yet the water was magical, invigorating and cool. For the first time in over a year, I didn't have any pain. The water embraced me physically and spiritually. It would be another 8 weeks before I could return to the water after my surgery. I wanted to go back to the open water to feel the euphoria I felt when I swam in November. The lake had by then frozen over and ocean water temps in the 30- to 35-degree Fahrenheit range. But I learned about winter swimming.

My first encounter with winter swimming was in the ocean for a test swim. It was so much fun and again the minute I submerged in the water, all sensations of pain disappeared. I entered my first swimming competition at the 2017 United States National Winter Swimming Championships in Coney Island. I swam in the 200, 50 and 25 freestyle events. The water temp was 35-degrees. I didn't win any events, but I gained many friendships that weekend with people from all over the world. They didn't care that I was a slow swimmer. They didn't care what I did for a living. They didn't care what I looked like. They cared about me as a person. They cared that I had goals in life and wanted to support me in those goals.

The next event was the Winter Swimming Festival in Lake Memphremagog, in Newport, Vermont. The water temperature was 29 degrees and outside was cold. The wind chill registered -20 degrees F. I swam a 25-free event in a lane cut into the ice. My next event was the 50-free, of which I only completed the first 25. It felt like swimming in a slushy drink. The safety personnel walked the lanes with giant hooks to pull you out if need be. You could barely see at some points due to the blowing snow. It was intense.

The following summer I swam several 1-mile open water events in the ocean at the New Jersey shore. I also swam 2.4 miles in Tennessee, a 10 K in the Hudson River and a 5K in Barbados. I also provided kayak support for a 9.4-swim event in the Tennessee river. This year I have swum in events in upstate New York, at the Jersey shore, the Hudson 2 Bridges event, the USMS Berkeley 100x100s and the Kingdom Swim 10-mile event in Vermont. I kayaked for a swimmer in Lido Key, Florida, a 7.5-mile swim.

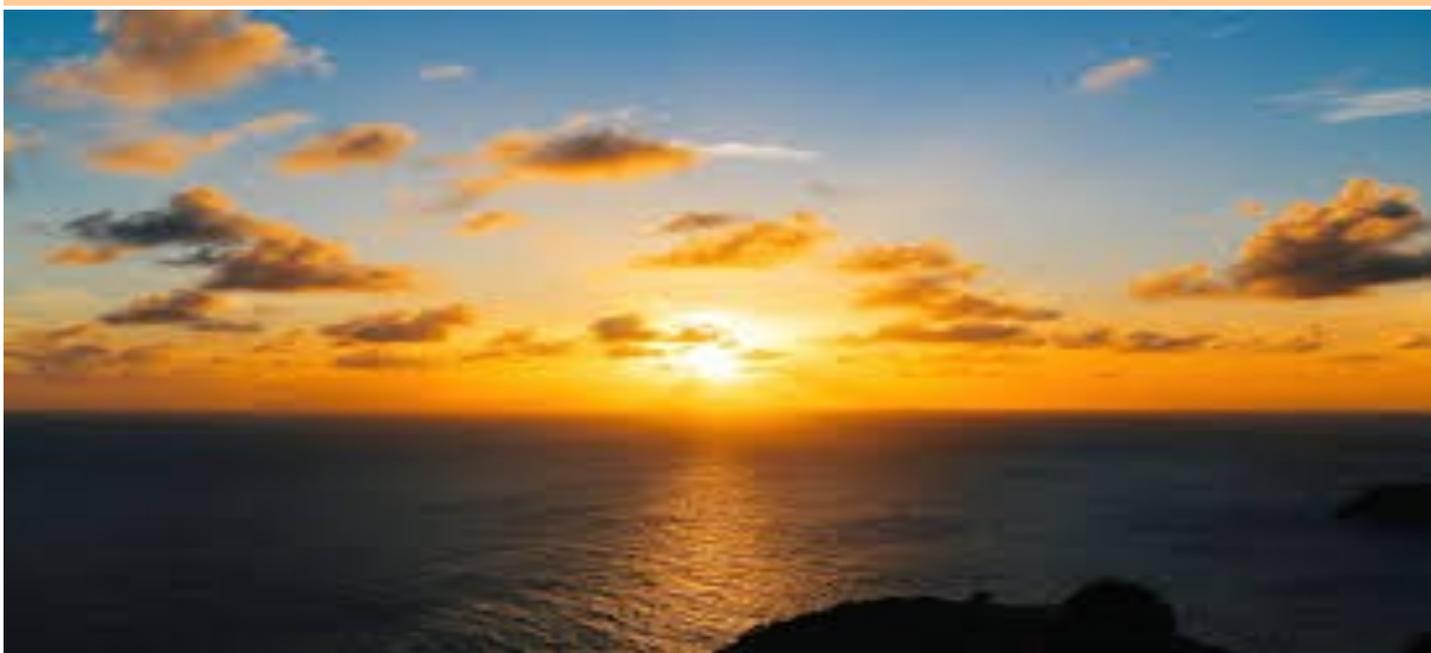
With each event, I have felt the love and support of the open water community and USMS even if these swims didn't work out as planned. Being pulled from 2 Bridges after a long fight with the current and a mile from shore in the 10-mile Vermont swim has given me more determination. My goal is to finish these events, but I realized after swimming nine consecutive miles that I felt as strong or stronger at the end of the swim than at the beginning.

Each swim is a learning experience. I know I can swim faster at the beginning of the long swims or swim longer swims without a cutoff. As Elizabeth Fry told me the day before attempting 10 miler in Vermont: "how lucky are we to visit such beautiful places and swim in beautiful crystal-clear water? How lucky are we to be part of this incredible swimming community where you are accepted and supported to work towards your goals whatever they may be?" Just keep swimming and the water will take care of you.

With each difficult life event, the water has called to me to return and feel the magical powers of the water. Mere words cannot explain the high I feel in the water, and the residual energy that flows through me during the day after a swim. Every time life throws me a negative event, I choose to make my own destiny from the event, instead of allowing the event to choose my destiny for me.

Have courage to meet and overcome whatever challenge you are having and be kind to all you meet along the way. "Have courage and be kind" has always been one of my mantras since childhood. It doesn't matter how fast you can swim. Working towards a goal is all you need. It is your goal and no one else's. Don't forget to take time for a crème (ice cream), as Charlotte Brynn would say. Crème has always been my favorite treat. When swimming for many hours and preparing to swim for many hours crème takes on a whole new meaning. Burning 400 to 600 calories an hour has some advantages.

No starting point is too small. I started in 2016 barely able to do 25 yards without resting. This past weekend I swam for seven hours and 40 minutes and covered 9 miles. My training consists of swimming 4 to 5 times per week for an average of 2 to 4 miles per day. I swim at the Rutgers University pool where I attend school and am working towards my graduate degree in Healthcare Administration. I also swim with Berkeley Aquatic Masters and in local lakes and the ocean. The list of my swimming goals is an endless, ever-changing guide to my next adventure.



RBAY Master swimmer will represent New Jersey at the National Special Olympic championships



RBAY Master swimmer Michael Lehrer is also a Special Olympic swimmer. Michael was one of six swimmers chosen to represent New Jersey at the National Special Olympic championships in Seattle, Washington in July. Michael did NJ proud with a individual silver in 50 breaststroke, a gold in 50 fly and a gold in the 200 medley relay where he swam the breaststroke leg. It was an incredible honor for him to be chosen and he swam incredibly with PB in his individual events.

He also got to speak with Rowdy Gaines who also called his fly race for television.

RBAY is so proud of his accomplishments and the hard work he has put in this past year. Way to go Michael!

LAST CHANCE

You can still sign up for Last Chance, End of the Summer 5K Pool Swim

Sign up now for the Last Chance Swim, to be held on Saturday, September 1 at the Cranford Pool & Fitness Center. As in past years, this swim is **free** to all 2018 registered NJ Masters members. You can choose to swim 100 X 50's or 50 X 100's in the lovely long course Cranford pool.

Check in is at 7:15 am and the swim runs from 7:30-9:30. Let's hope for warmer weather than last year. We'll swim in rain but not thunder and lightning. There's no storm date. Cranford Pool & Fitness Center is located at 401 Centennial Avenue in Cranford, NJ 07016 at the intersection of Centennial Ave and Pat Fosella Street.

To sign up, email Linda Brown-Kuhn at lindabk11@gmail.com with your registration number and interval you expect to swim.



Savor your outdoor swimming!



Look for new workouts in upcoming issues!

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 (please also include NJLMSC in the subject line of email).

Thank you and happy swimming!



Editor Sara Johnston
aras33@comcast.net

Send in your articles and pictures by

October 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