

# FASTLANE

NJ LMSC Newsletter

January/February 2021

Happy New Year fellow New Jersey Masters Swimmers!!

2021 has arrived and along with it the opportunity to set your goals for the year ahead! While your goals may look different than in years past, adapting positively to your own current options to stay active and healthy will be an important skill to employ. Think about what you can do and embrace the new challenges! You will likely be pleasantly surprised and excited about what you discover about yourself!

The NJ Masters Swimming Volunteer Board will once again be offering the NJ Virtual Shore Swim where, by tracking your yardage from January 2021 through June 2021, you can swim your way from the beautiful Sandy Hook shores to the gorgeous historic shores of Cape May. For complete details and enrollment information [please click here](#) to visit page 11 of the Nov/ Dec 2020 issue of the Fastlane. And do keep in mind that all 2021 participants will receive a fun piece of event swag as our congratulations to you for your dedicated achievement! Swim on and stay healthy!

Additionally, USMS is once again offering their [Fitness Challenge Series](#) , [the 1-Hour ePostal National Championship](#) , and their annual [Go the Distance program](#) . The announcement of a virtual swim meet, the 2021 TYR Last One Fast One, was just recently made. More details will follow from USMS and the dates will be April 16 – May 2, 2021.

Great news!! The new [NJ Masters Swimming website](#) has a new home, hosted and supported by Club Assistant, and a new look!!! It is still a work in progress and content updates are still occurring, so we appreciate your patience while this process continues. The new design is mobile-friendly and features some direct content updates from USMS. We hope you will enjoy the new website!

We wish all of our NJ LMSC members continued health, safety, and some type of option to continue some form of modified swimming routine. We all eagerly look forward to when we can once again safely offer NJ LMSC sponsored events and we can all share in the camaraderie of our Masters Swimming community. We miss seeing you all!!!

Best swimming regards always ~~

Susan Kirk  
NJ LMSC Chair



USMS has built a dedicated section on their website for Covid-19 with lots of information. Here is the link: <https://www.usms.org/about-usms/covid19-information>

## NJ LMSC VOLUNTEERS

### *Chair/Secretary*

Susan Kirk

### *Vice Chair*

Sarah Clark

### *Treasurer*

Mike Recchia

### *Co-Registrars*

Tom Brunson

Chris McGiffin

### *Sanctions & Safety Chair*

Jen Bauman

### *Top Ten Records*

Ed Tsuzuki

### *Newsletter Editor/Design*

Sara Harrison Johnston

### *Open Water Chair*

Sarah Clark

### *Coaches Chair*

Ed Tsuzuki

### *Fitness Chair*

Linda Brown-Kuhn

### *Webmaster*

Marin Kirk

### *Officials Chair*

Marie Vellucci

### *Special Projects*

Chris McGiffin

Kim Plewa

Bill Reichle

To contact any of the volunteers  
click here

[NJ LMSC Board Volunteers](#)



## NJ LMSC Event Calendar

### **USMS Go The Distance 2021**

All 2021 USMS swimmers are eligible to enter this free event! [More information](#) Go The Distance Support Team email: [events@usmastersswimming.org](mailto:events@usmastersswimming.org)

**2021 USMS Fitness Series** held throughout the year. [Event information](#)

**NJ Virtual Shore Swim** January 1-June 30 for info see page 5

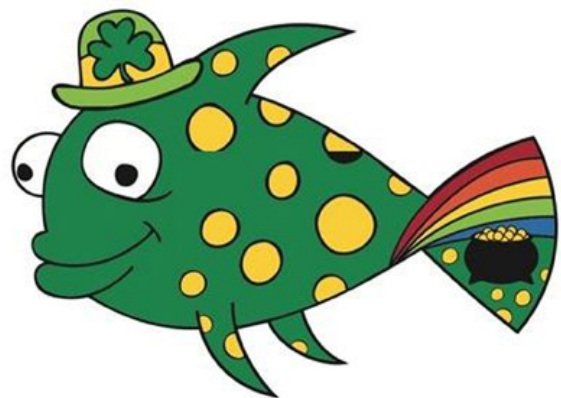


Say Happy Birthday to these fellow swimmers when you see them! 🐠🐡

## March March March

Andrew Bess  
Catherine Biroc  
Linda Bjork  
Amy Black  
Caroline Block  
Leslie Brunell  
Tom Brunson  
Sandra Carosi  
Chris Chang  
Lawrence Chevres  
Zachary Chororos  
Keith Christoffers  
Peter Christopher  
Anthony Compono  
Cipriana Cuevas  
Amy Curry  
Keith Demmerle  
Anastasia Duell  
Lynn English  
Katherine Fallon  
Sue Freeman-Patterson  
Christopher Gibson  
Kathy Godfrey  
Jeffrey Gould  
Peter Groner  
Ann Guarnaccia  
Diane Guvenis  
Frank Haftel  
Mary Hager  
William Hennessy  
Tom Johansmeyer  
John Kavanagh  
Patrick Kellachan  
William Kosakowski  
Elizabeth Krynska  
Rosanne Lemongello  
Frank McElroy  
Andrea McGee  
Chris McGiffin

Lyndsay McMeen  
Diana Mentone  
Faye Morrone  
Matthew Murphy  
Ken Niemi  
Edward O'Connor  
Lynda Przedpelski  
Sara Quinty  
John Rittenhouse  
Rodrigo Rojas  
Kurt Rotthoff  
Paul Schaeffler  
Thomas Scott  
Lisa Semsel  
Bridget Sherratt  
Bill Sjovall  
Alessandro Sodi  
Madeline Sprung-Keyser  
James Sullivan  
Christine Taylor  
Andrea Vantucci  
Nancy Wagner  
David Wallman  
Mark Weinstein  
Suzanne White  
Samantha Will



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

**April April April**

**Chitanya Ajarapu  
Jean-Baptiste Andre  
Karianne Anthes  
Kenneth Baker  
John Baran  
Stephanie Bartosh  
Chuck Belinsky  
Sandy Bluhm  
Daniel Boland  
Lauren Byron  
Thomas Casey  
Jean-Marie Cotton  
Robert Curry  
Lauren Diemar  
Howard Dubin  
Hilary Dudley  
Robert Falzon  
Jose Faria  
Deborah Fennelly  
Ken Fitch  
Sean Hardick  
Catherine Hartford  
Marie Heppner  
Michael Hewer  
Brett Heyes  
Mark Hoffman  
Susan Howley  
Kathleen Keers-Nolde  
Jacqui Koplik  
Suanne Kowal-Connelly  
Mary Laurita  
Allison Lee  
Miren Libano  
Donald Linden  
Christina Mackay**

**Mark Menter  
Dave Milsted  
John Newitt  
Karen Paffendorf  
Michael Reinitz  
Tom Sartorio  
Martin Scheidl  
Allison Schneider  
Krysten Sciacca  
Karen Shearly  
Aaron Smith  
Alexandra Stevens  
Jennifer Taras  
Kari VanderVeen  
Marie Vellucci  
Michael Wainfeld  
Ilse Wolfe**



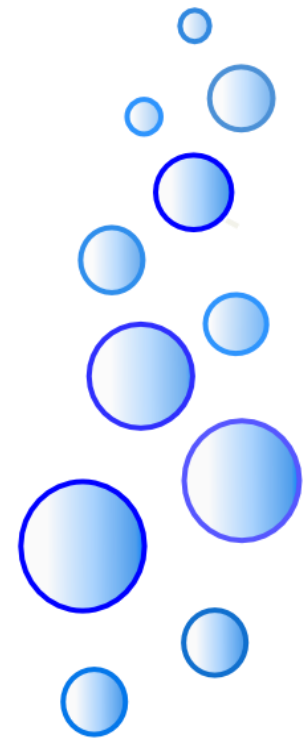
# Join the Second Virtual Shore Swim!



The second **NJ Virtual Shore Swim** kicked off in January but it goes until the end of June so there is plenty of time left to join! This virtual swim starts at the Sandy Hook beach 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. We hope that participating in this virtual swim will offer an incentive to brave the chilly weather to get to your winter workouts. Think sunny summer beach swims!

To sign up for this event, contact Linda at [lindabk11@gmail.com](mailto:lindabk11@gmail.com).

The swim starts on January 1 and participants will need to sign up for the 2021 USMS *Go the Distance* in January and log in their mileage on the GTD flog.



**RBAY Masters swimmers — Sue Freeman-Patterson, Meredith Lyndon, Frank Norek, Elliott Lehrer and Mike Lavitt**

have won Top Ten honors from their relay swims from the National Senior Games! Not to take anything from our swims, COVID-19 did play a part in our accomplishments! RBAY Coach and swimmer says “ I never thought I would ever earn a Top Ten patch, I’m so proud of what we did!” So everyone- check the Top Ten Lists, you never know who’s name or team you will come across( Ken Neimi and Jens Volker)!



# TEAMMATES!



Photo courtesy of Meredith Lyndon

L-R Frank Norek, Atsushi Hamanaka, Mark Weinstein and Elliott Lehrer

## RBAY Swimmers



# LOCAL MASTERS SWIMMERS CELEBRATE 17<sup>TH</sup> ANNIVERSARY WITH FIRST EVER VIRTUAL AWARDS BREAKFAST!



A group of Masters Swimmers from Madison and the surrounding areas have had the privilege of swimming together for many years at Drew University, the Madison YMCA, Madison Community Pool, the Summit YMCA and other close by locations. Traditionally, we track monthly swim yardage on a user friendly web site. Because the pandemic limited the group’s ability to swim regularly this year, tracking of yardage was temporarily suspended in March, and resumed in June on strictly a voluntary basis. After resumption, the monthly ranking of yards by swimmer was not published as it had been in the past, so that none of our swimmers would feel any pressure to track during this unusual year. For the first time ever, we elected not to award “Yardsticks” to swimmers at our traditional awards breakfast based on their annual yardage achievements.

But we were determined to connect with each other as a group as we do every year. So the Masters Yardstick Swimmers celebrated the group’s history, strong personal relationships, and love of swimming recently at its 17th anniversary annual awards breakfast on January 9th- online for the first time ever- with record participation! Hosted by longtime swimmers Bob Nissen, Joe Donohue, and Richard Clew, the agenda of the Virtual Event picked up on highlights and photos of our past live events (thanks to our group historian Barbara Rushman) and brought us together in such a way that all active members could relate to and enjoy.

One of the highlights of our past breakfasts has been an endless breakfast buffet that we all have enjoyed, with many of our swimmers preparing and bringing their own secret family specialty





casseroles, deviled eggs, coffee cakes, bread puddings, and sticky buns. Since it was impossible for all of us to be together, the food selections were cleverly recreated on a virtual buffet table, visually introduced one by one thanks to swimmers submitting their suggested recipes. The buffet table was filled and was “virtually consistent” with the actual one at our past events, and provided us all “food for thought” as we envisioned how good each item would be, and perhaps determining a way to recreate those favorites in our own kitchen. Not quite the real thing, but as close as you can get in the current environment. It provided an opportunity to be thankful for all of our good times in the past, and anticipated future events when we can be together and each enjoy the buffet again.

At our virtual breakfast, we also asked swimmers to submit their idea of a perfect swim in the future, when we would expect to have less restrictions than under our existing situation. Swimmers dreamed of future indoor and outdoor swims with the freedom to spend the time we wanted in swimming with our fellow swimmers, friends, and families, and optimizing our yards once again. And one dream to reality we witnessed was a picture of the new Madison YMCA pool, which is expected to be completed by the end of June, 2021. This beautiful new eight lane modern pool will be a welcome venue for many of us who swim in the area.

Finally, we did provide a virtual ranking of all of our swimmers in yardage “clusters”, starting with 1-100,000 yards, and progressive 100,000 yard clusters beyond these (thanks to our web site coordinator Barry Lass). All sixty of our swimmers fell into one of nine clusters, and were alphabetically listed to eliminate any specific ranking within a cluster. The one person in our highest cluster was Jennifer Bauman of Parsippany, achieving an annual yardage level within the 800,000-900,000 range.

At the end of the event, we took a group picture on Zoom- a screen shot- which provided yet another opportunity to connect with each other in this special way. We all had a great time and were so happy to connect online with our “swim buddies” once again.

We will continue our optional tracking for now, and we are convinced that our program will evolve and grow again over time. Most importantly, we look forward to the day when we can all say without hesitation- “see you at the pool”.

For more information, please contact Bob Nissen at [bobnissen@gmail.com](mailto:bobnissen@gmail.com).



**Send us your pictures and stories!**

# Martino's Victory

*A dedication to my friend and fellow swimmer Martino Caretto*

*By Paul J. Kiell*

After years of holding it to a draw, my dear friend and swimming buddy, Martino Caretto, ended his race with ALS (Amyotrophic Lateral Sclerosis) on Sunday, December 13, 2020. The illness had intruded upon him about 5 years earlier, with muscle spasms, weakness and deteriorating swim times.



Phyllis and Martino, April 2009, end of 24-mile Tampa Bay (relay) where we raised monies for research into bi-polar disorder and for the local Y in memory of lost son, Richard: On T-shirt is written "Swim for Richard."

In a letter sent to friends from his wife Phyllis and son Carlo, they wrote that Martino fought ALS valiantly ". . . but on Sunday died peacefully at home," and that ". . . he was an exceptional man, wonderful husband, tremendous father and respected international business executive. He will be greatly missed by many."



Team from the Tampa Bay 24-mile swim: Paul Kiell, Martino Caretto, Douglas Munch, waiting before long-distance Hudson River competitive swim, ca.2010.

“It was hard,” they added, “to watch that graceful mobility be robbed of him day in and day out as each motor neuron was killed off by the ravages of ALS, but it never crushed his strong spirit.”

Martino was “. . . cremated quietly at Somerset Hills, just opposite his beloved Y where he put in so many hundreds of miles swimming in their pool.”

There are a lot of things I can say about the man, how he dealt with this cruel illness, where his main concern, always, was that family and friends should not be worried about him; concerned too that he wasn't imposing upon or inconveniencing anyone, that he was at peace with his fate and that he was making the most of the time he had left.



Charles and Martino getting acquainted

Perhaps the best way to sum up his life and show the impact Martino had on others, is to tell of his friendship with our son, Dr. Charles Kiell.

They met for the first time in August 2012 when Martino and I were a two-person relay for the Gertrude Ederle swim that started at Manhattan's Battery and finished 17.5 miles later on the beaches of Sandy Hook in New Jersey. Charles was our kayaker.

On the following pages is an exchange of letters  
between Martino and Charles.

*Dear Martino*

*I hope you are having a good morning*

*My parents have been keeping me informed about how you are doing. I am so sorry the illness has taken so much from you. It is an incredibly cruel illness, taking what is dear so callously.*

*I suspect the hours can be long and sometimes lonely. I hope they can be filled with joyful thoughts. Two episodes come to my mind.*

*Following the September 2015 Lake Hopatcong swim, you came in to meet my family. My young daughter Neira immediately came to you and you lifted her up and gave her a hug, then reflexively gave her your medal. It made her so happy! For a while she had trouble with her r's and would talk about her friend 'Martino' and she keeps the medal on her dresser!*

*Upon finishing the 2012 Manhattan to Sandy Hook swim, Phyllis was so overcome that she jumped into the water and met you on the shore. I will always remember you two rejoicing in the accomplishment. I hope you will see that moment as emblematic of your life: effort, determination, loyalty to your partner and rewarded with great joy and love. You are a winner!*

*Your friend and admirer,*

*Charles*



Near ending

*Hi Charles!*

*Thank you for your email and kind words.*

*I am having a wonderful morning, made so much better from reading your email.*

*Yes, I have been very fortunate with my marriage and my life in general.*

*I have always been surrounded from people who cared for me, helped me overcome the adversities and taught me to do my best to “face the music”*

*I am proud and honored to count your parents among these people: you and I have only had brief opportunities to be together, but I have fond memories of these moments.*

*One of the main lessons I learned in life came for me from reading an article in the NYT a few years ago: the journalist, recently diagnosed with a malignant form of cancer, wrote that her capacity to fight the illness and accept her condition came from a fundamental shift in the question that was so often on her mind: instead of ‘WHY ME’, the usual question most people would ask, she brought herself to ask WHY NOT ME?*

*For me that was a Copernic revolution in attitude: I asked in fact myself why the illness that had affected my father and both my sons and has cruelly robbed us of the presence of my younger son, had not affected me ?*

*I fully realized then that I was indeed lucky, very lucky and that I should do my best to be worthy of that luck.*

*So, after so many years of fundamentally good health, I think there is nothing wrong in being affected from a terminal illness, something so many people have to contend with, WHY NOT ME ?*

*Overall, aside from the frustrating limit in mobility, there is not really much suffering, just a lot of patience. In fact I have never received so much attention . . . and never spent so much time in the company of my wonderful wife and son . . .*

*However, I will “swim against the tide“ for as long as I have the strength to do so, trying to enjoy every day and every moment as if it was the very last.*

*Please give my regards to your lovely wife and a big hug to the children! And, by all means, write again when you have the time and feel like it!*

*Thank you again.*

*Martino*



**End of journey. Here is how we can all remember Martino**

# Martino Vittorio Caretto

*October 11, 1950 - December 13, 2020*





*On Super Bowl Sunday, February 5, 2012, lane mates celebrate the camaraderie and shared spirit of swimming the challenging annual 100 x 100s! A day that we all enjoyed so much, especially Martino!*

*Martino, your kind, generous, and inspirational spirit will always be remembered and you will be missed by the NJ Masters Swimming community. May you now and forever swim peacefully with the tide!*

*(pictured left to right; back to front)*

*Martino Caretto, Linda Brown-Kuhn, Peter McCoy, Mary Guilfoyle, Susan Kirk, Anne-France Saillot, Jenny Fowler, Sarah Clark, Dave Fabian, Marc Israel*





# What are you doing to make it happen?

We would love to hear from you, Send  
*how you're making it happen* to

Editor [Sara Johnston](#)

click link for e-address:

[NJ LMSC Board Volunteers](#)





**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!**



**Editor Sara Johnston, e-address page 2**

*Don't be a fool...send in your articles and pictures by*

**April 1, 2021**



*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](http://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*