

FASTLANE

NJ LMSC Newsletter

March/April 2021

35... 30... 25... 20... 15... 10... 5...

**Congratulations to NJ Masters Swimming
2020 Continuous Membership Recognition
Awards Recipients!**

See page 6!



***See page 13 for
the latest from
our Open Water
Chair and some
throw back pics
to boot!***

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

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

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

Open Water Events see page 13.



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

MAY

MAY

MAY

Richard Alexander
Kristie Andresen
Lynn Ascione
John Baliko
Jodi Barrish
Lisa Baumann
Robert Bohack
Leslie Bradley
Josh Brucker
Karol Ciechanowski
Kathryn Cummings
Robert DeLucia
Joseph Dettmore
Laura DeVito
Samantha DeVito
Zachary DiGiario
Jim Dragon
Gary Dunchus
Bill Eickelberg
Paula Elejalde
Irene Fisher
Tristan Formon
Stanley Fromhold
Lan Ge
Chris Gebhardt
Michael Gemelli
Elizabeth Gilmore
Daniel Hold
Bob Hopkins
Chuck Hutton
Marybeth Jacob
Sara Johnston
Phil Jordan
Kaitlyn Kallansrude
Timothy Kober
Christopher Levin
Andrea Luallen-Egg
William Mackolin
Andrew Maggion

Laurie Maher
Jennifer Marra
Rob Mathis
Patric Mills
Thomas Paine
Kevin Pierce
Arun Rao
Rip Reeves
Roxanne Royce
Chad Safran
Dorsey Sanchez
Gail Seelig
Scott Snyder
Jeff Statile
Christopher Swenson
Christopher Townsend
Michael Tucker
Jim Vander Vliet
Joe Volfman
Peter Vratimos
Arthur Wein
Randy Weintraub
Erik Werfel
Caroline Wilkinson
Sasha Wolf
Gregory Wriede
Roger Wunderlich
Ken Yanovsky
Donna Zak



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

JUNE

JUNE

JUNE

Philip Allocco
Jerry Ambroise
Chinwe Anyika
Anna Barry
Matthew Beksel
Barbara Berg
Gail Bialostok
Linda Brown-Kuhn
Alexa Buckley
Gerri Callahan
Bruno Camara
Cara Cannilla
Cori Caporimo
Steven Chestler
Manuel Clouser
Kimberly Conti
Arthur Costanzo
Joana Couto
David DeSimone
Jessica Dickinson
Guy Dorgan
John Esser
David Fabian
Greg Faughnan
Brent Ferguson
Amy Ferris
Marcus Freeman
Jerome Gist
Ralph Hemecker
Gregg Heubach
Erling Hoie
Ray Hurst
Stacey Irvine
Vassiliki Karantza
Phillip Kardis
Kat Kazaba
Gregory Kelly
Susan Kirk
Mary Konsolaki

Alison Manning
Yaroslav Moshchenko
Katie Murtaugh
Erik Myer
Mallika Negi
Emeka Nwani
Kathleen Ochab
James O'Day
Michael O'Donoghue
Susan Olesky
Kelly Papa
Regina Papini
Kathleen Pappas
Chrys Raheb
Jane Riff
Lucila Robert
Corey Roberts
Robert Rush
Ellen Ryan
Omer Sabuncu
William Segal
Gertrude Sloan
Brian Smith
Gail Stevancsecz
Charles Stillwell
Jennifer Tull
Jose Vasconcellos
Gerard Walker
Linda Witte
E Dieter Wunderlich
Peter Zhang



Join the Second Virtual Shore Swim!



It's not too late to get psyched for summer and join your friends in the second annual **NJ Virtual Shore Swim!**

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.

To sign up for this event, contact Linda at lindabk11@gmail.com.

Participants will also need to sign up for the 2021 USMS *Go the Distance* in January and log in their mileage on the GTD flog.

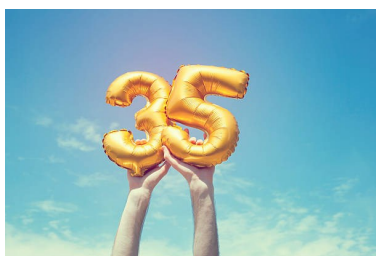


Congratulations 2020 NJ Masters Swimming Continuous Membership Recognition Award Recipients!

While we are still in a holding pattern for hosting our Annual NJ Masters Swimming Awards Banquet due to the ongoing Covid pandemic, we would like to recognize and congratulate the following 2020 NJ Masters Swimming Continuous Membership Award Recipients for achieving their milestone award levels.

Congratulations to all and we look forward to when we can celebrate your achievements in person!

Keep on swimming ~~~ and keep on annually renewing your NJ LMSC USMS membership!



35 Year Members

Richard Alexander

Linda Brown-Kuhn

Tom Brunson

Benn Doyle

Jim Dragon

Alfred Ferguson

Jerry Katz

Kathy Kelly

Beth Maloney

Bill Reichle

Nancy Steadman-Martin



25 Year Members

Richard Carlson



20 Year Members

David Allred

Jodi Barrish

James Curd

Peter Hempel

Thomas Miller

Jeanne Perantoni

Marcia Postallian

Susan Thiel

Arthur Wein



15 Year Members

Lynn Ascione

Jennifer Bauman

Errington Bennett

Gregory Blessing

Anne Clewell

David Fabian

Sue Freeman-Patterson

Lan Ge

Ralph Hemecker

Peter Hockmeyer

Craig Hubert

Dillard Kirby

Amanda Maxwell

Peter McCoy

Carol Morman

Edward O'Connor

Deirdre Omara

Sherri Plunkett

Joshua Raymond



10 Year Members

Patti Bell

Carol Buckwalter

Mary Carley

Chris Chang

Sue Charatan

Tim Crow

Jeffrey Dietel

Bill Fallon

Lori Freeland-Morris

Jennifer Freeman

Robert Garner

Jeffrey Jenkins

John Kehoe

Meredith Lyndon

Thomas MacNabb

Aaron Moore

Kurt Rotthoff

Glenn Saunders

Alan Sawyer

Patrick Scanlon

Norman Sorkin



5 Year Members

Eric Babbitt, John Baran, Leisa Begley, Linda Bjork, Kristi Braine, James Bunn, John Callahan, Bruno Camara, Stephanie Carroll, Dave Carvajal, John Cassimatis, Dongho Choi, Charles Clark, Austin Clayton, Rebekah Cocola, Michael Conlan, Kathleen Cooney, Arthur Costanzo, Rob Curry, Arthur Deffaa, Keith Demmerle, Daisy DeSimone, Elaine DiDario, Lauren Diemar, David DiGiovanni, Gary Dunchus, Joe Dutton, Carla Elfeld, Deborah Elkis-Abuhoff, Linda Erickson-Paul, Edson Espindola, Carolyn Fischer, Matthew Frazier, Dennis Friedman, Layna Furuhata, Christine Gallo, Natalia Gonzalez, Jessica Graff, Kristen Guth, Catherine Hartford, Laura Hartnett, William Hennessy, Susan Howley, Stacey Irvine, Joanne Jaeger, Chris Kelly, Kevin Kelly, Michael Kerr, Kerri Kiefer-Viverito, Suzanne Klein, Ellen Lederman, Elliott Lehrer, Michael Lehrer, Steven Lev, John Livingstone, Susan Lockhart, Jorge Lopes, Laurie Maher, Patrick Mahoney, Kevin Marshall, Ricardo, Mattos, John McCarthy, Bruce McConnell, Maria McCoy, Andrea McGee, Thomas McManus, Diana Mentone, Paola Morchio, Daniel Morgan, Patrick Mulligan, Francis Norek, John O'Brien, Gerald Omara, Karen Paffendorf, Robert Perkins, Joseph Pickard, Elaine Power, Lee Pressler, German Ramos, Amy Rappaport, Amir Reda, Andrew Rinn, Joseph Ritter, Nicole Sabbatino, Timothy Salmon, Tom Sartorio, Pauline Schachner, Jeffrey Schobel, Ann Shortino, Alessandro Sodi, Stephen Soisson, Michele Sprietsma, Barbara Stanley, Megan Stolarski, Korey Stoller, Caitlin Stroh, John Szramiak, Jennifer Taras, Eli Tepperberg, Debra Trachtenberg, Larry Van Horn, Judy Vetick, Philip Von Schondorf, Adam Weiss, Glenn Wharton, James Williams, Sasha Wolf, Lisa Woodring, Roger Wunderlich

Congrats to all!

Baby It's **COLD** **OUTSIDE**



Photo by Diane Guvenis

Photo of the Princeton Areas Masters swimming early morning swim practice at the Ben Franklin Swim Club (Lawrenceville NJ) this past winter. According to Diane Guvenis “we certainly loved swimming but it took real guts to get out of the pool in 28 degree weather!” Kudo to all those that swam!



Thanks Michele Sprietsma for sending in this inspirational video about the Sandy Hook Sunrise Swimmers.

Per Michele:

I'm sending you a video from our local New Jersey TV news station about several Master's Swimmers that began swimming in the ocean during the Spring of 2020 due to covid pool closures. The amazing story about the Master's Swimmers is their ability and motivation to continue swimming, almost every single day throughout the summer, fall AND winter!!! In fact, the Master's Swimmers are still swimming every day, despite the freezing February temperatures. They call themselves the Sandy Hook Sunrise Swimmers because, you guessed it - they hit the ocean every morning before dawn.

Please feel free to share this inspirational video in your next NJ Master's Swimming News Letter.

<https://bronx.news12.com/sandy-hook-sunrise-swimmers-brave-freezing-ocean-temperatures-before-sunrise>

~~~ Michele



# It's here! Open Water Swim Season!

I'm sure most New Jersey open water swimmers are itching to participate in some events in 2021 following a challenging 2020 open water season. There are many local and semi-local open water swims that are scheduled for this upcoming season. If you are interested in doing a lake swim, Steelman in PA has 3 events that are scheduled for this year. Below are their 3 races.

**Open Water Classic at Marsh Creek State Park** on 5/16/21

1,2, and 3 mile swim options

The 3 mile swim can be completed as a 2 or 3 person relay

**Nockamixin Swim Challenge at Nockamixin State Park** on 6/27/21

1,2, and 3 mile swim options

**Endless Summer Swim at Marsh Creek State Park** on 9/19/21

2 and 3 mile swim options

<https://www.steelmanracing.com/steelman-open-water-swim>

The Jersey Shore ocean mile swims have been a favorite for open water swimmers for many years. A number of the swims have already scheduled their events. Below is what has been scheduled so far for this season.

**Spring Lake Ocean Mile** 7/10/21

**Andy Rooney Ocean Mile in Sea Bright** on 7/17/21

**Manasquan Ocean Mile** on 7/18/21

**Midsummer mile in Lavalette** on 8/14/21

**Long Branch Ocean Mile** o 8/15/21

If you are looking for a more challenging open water swim that would make a great long weekend trip, there is the Lake George Open Water swim in Hague, NY, which offers a 2.5K, 5K, and 10K swim.

<https://lakegeorgeswim.com/the-swims/>

For a complete list of open water swims, please visit the NJ Masters Open Water Calendar <https://docs.google.com/spreadsheets/d/1Hd6fgBhWR03zo2OAmayxcTgnbXS1e5r3MgrtehSjRtM/edit#gid=1102256440>. If you know of a swim in the area that is not on the calendar, please send me an email and I will add it.

Sarah Clark  
Open Water Chair  
[saritaylor71@gmail.com](mailto:saritaylor71@gmail.com)

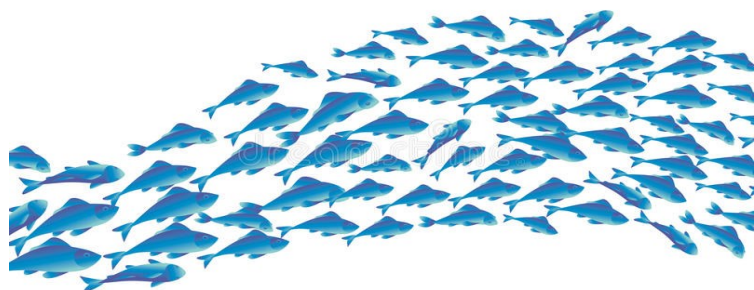
I have included some open water “blasts from the past” ... check ‘em out!



Asbury Park Ocean Mile



Ocean Grove mile swim





# Long Branch Ocean Mile



## Atlantic City Swim



## Atlantic City swim

# Meters for Mike Ocean Mile Swim, Belmar, NJ



# The first modern Olympic Games began 125 years ago

## ATHENS 1896

This month marks the 125 anniversary of the opening of the first modern Olympic Games, featuring four men's swimming events — all freestyle.

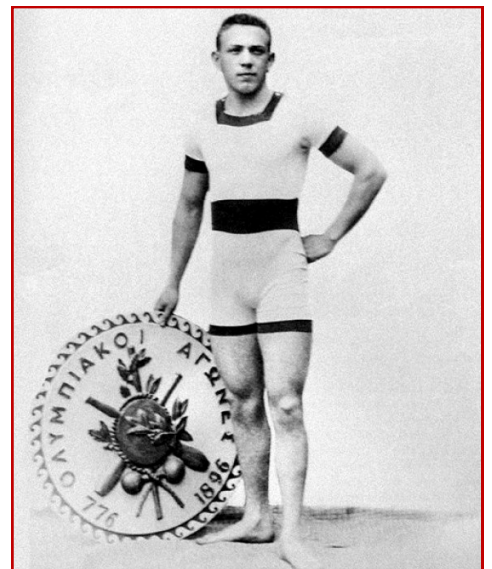
Hungarian Alfréd Hajós (1 February 1878 – 12 November 1955) was the first-ever Olympic swimming champion!

Referencing Wikipedia, the swimming events were held in the Mediterranean Sea battling the elements. The 18-year-old Hajós won his two gold medals in extremely cold weather (the water temperature was about 55 °F (13 °C), or 13 degrees Celsius) with 12-foot (4 m) waves crashing down on him. He won the 100-metre freestyle with a time of 1:22.2, and the 1,200-metre freestyle in 18:22.1. Hajós wanted to win all three distances, but the 500-metre freestyle was immediately after the 100 and immediately before the 1,200. Before the 1,200-metre race, he smeared his body with a half-inch (one centimetre) thick layer of grease, but it proved to be of little protection against the cold. He confessed after



winning the race that, "My will to live completely overcame my desire to win." While at a dinner honoring Olympic winners, the Crown Prince of Greece asked Hajós where he had learned to swim so well. Hajós replied, "In the water." The next morning, the Athenian journal *Acropolis* depicted Alfréd with the subtitle: "Hungarian Dolphin".<sup>[2]</sup> He was the youngest winner in Athens!

Women's swimming didn't make an appearance in the Olympic games until the 1912 summer Olympics in Stockholm, Sweden.







**Send us your  
pictures and  
stories!**

make it  
happen.

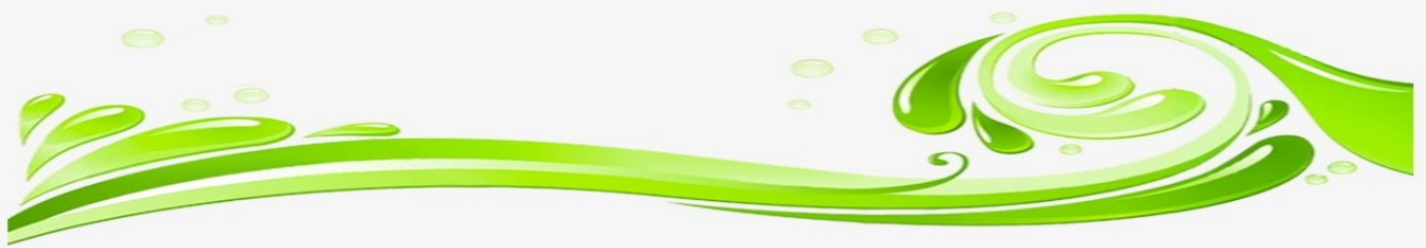
# What are you doing to make it happen?

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](#)





**WE WANT TO  
HEAR FROM  
YOU!**

**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**

***send in your articles and pictures by***

**June 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; 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*