FASTLANE

NJ LMSC Newsletter **January/February 2022**

Dear Fellow Masters Swimmers

For as long as I can remember, I have always loved spending the day in the water. My first competitive race was 1975 at our summer swim club. My mother had to use bodily force to get me on the starting block but I quickly realized swimming was for me. Eventually, I started swimming for the Summit Seals, then moved to the Somerset Hills YMCA, and I finished my competitive career at Villanova University. Since graduation, I have continued to swim to stay in shape, and just like that first day, I still enjoy spending time with my friends in the pool. Masters swimming has been a huge part of my life for the last 30 years!

My wife Deirdre and I have been fortunate to watch our children swim and compete at the highest levels. But more importantly, we have come to appreciate all the benefits swimming has given to our children; excellent athletic conditioning, extraordinary self-discipline, focus, and, of course, the wonderful friendships they enjoyed from being a part of a team.

I look forward to working with the NJ Masters swimming community and I am honored to serve on the board. I hope to help provide the opportunity for all our members to continue to enjoy swimming and reap all the benefits our great sport has to offer.

Best,

Jerry O'Mara
NJ LMSC Chair

Check out Jerry's favorite swim workout on page 13!

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

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To contact any of the volunteers click here

NJ LMSC Board Volunteers

UPCOMING EVENTS

USMS Go The Distance 2022

All 2022 USMS swimmers are eligible to enter this free event! *More information* *GTD Support Team email: events@usmastersswimming.org*

2022 USMS Fitness Series *held throughout the year.* *Event information*

Virtual Shore Swim *January to June 30, for more info see page 6.*

100X100s, Saturday, February 26 *Bridgewater YMCA 2-7pm limit 60 swimmers…*
Click registration form to register!

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

March March March

Raymond Adams
Zvi Aluma
Judy Amorosa
Samantha Anderson
Linda Bjork
Caroline Block
Christopher Boyle
Alexis Broder
Ryan Brown
Tom Brunson
Kevin Burke
Jeff Cafiero
Sandra Carosi
Chris Chang
Helen Chen
Lawrence Chevres
Zachary Chororos
Keith Christoffers
Cipriana Cuevas
Amy Curry
Keith Demmerle
Christian Dobol
John Doyle
Anastasia Duell
Richard Ellison
Lynn English
Daniel Feeney
Sue Freeman-Patterson
Christopher Gibson
Kathy Godfrey
Peter Groner
Ann Guarnaccia
Diane Guvenis
Frank Haftel
Mary Hager
William Hennessy
David Herrera
Norma Jones
Mercedes Kelso
William Kosakowski
Elizabeth Krynska
Rosanne Lemongello
Frank McElroy
Chris McGiffin
Lyndsay McMeen
Amina Megalli
Faye Morrone
Ken Niemi
John O Brien
Edward O Connor
Fiona O Donnell McCarthy
Francisco Olivier
Peyton Ouano
Megan Palmer
Galina Poss
Lynda Przedpelski
Suzanne Riskin
John Rittenhouse
Rodrigo Rojas
Kymberly Rosenthal
Kurt Rotthoff
Paul Schaeffler
Ari Schertz
Thomas Scott
Kristen Shepard
Bridget Sherratt
Bill Sjovall
Alessandro Sodi
Latchezar Spiridonov
Madeline Sprung-Keyser
Korey Stoller
Robert Strang
Lori Strauss
James Sullivan
Blase Szyszko
Christine Taylor
John Thomas
Christine Trajkovic
Carmine Tufano
Frank Viggiano
David Wallman
Kaylee Walsh
Mark Weinstein
Natalia Wika
Andrew Wilson
Yuyue Zhou

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

April April April

Kenneth Baker
John Baran
Chuck Belinsky
Sandy Bluhm
Daniel Boland
Matthew Brown
Benedicte Callan
John Caraccio
Gregory Carman
Thomas Casey
Alexis Colasurdo
Jean-Marie Cotton
Robert Curry
Lauren Diemar
Hilary Dudley
Patrick Elsevier
Robert Falzon
Jose Faria
Ken Fitch
James Flannery
Thomas Fowler
Christy Gomez
Sean Hardick
Marie Heppner
Michael Hewer
Mark Hoffman
Susan Howley
Kathleen Keers-Nolde
Jacqui Koplik
Mary Laurita
Allison Lee
Miren Libano
Donald Linden
Susan Lockhart
Christina Mackay
Hector Mattos
Mark Menter
Dave Milsted
Laszlo Musza
John Newitt
Karen Paffendorf
Michelle Ray
Michael Reinitz
Stuart Reiter
Lynne Rider
David Rodriguez
Tom Sartorio
Martin Scheidl
Elizabeth Schiano
Aaron Smith
Jennifer Taras
Allen Ureta
Kari VanderVeen
Marie Vellucci
Michael Wainfeld
Ilse Wolfe
Scott Yeomans
James Zhao

Congratulations to Julianne Koch, 25 for setting a new SCM record in the women's 25-29 100 IM with a 1:12.58 at the Dr. Bill Ross Memorial Swim Meet at the Nassau Aquatics Center on November 21, 2021.

Congratulations to Nancy Steadman-Martin, 67 for setting new SCM records in the women's 65-69 100 back (1:24.35) and the 200 IM (3:06.86) at the 8th Annual Solstice Meet at the Germantown Indoor Swim Center on December 4, 2021.

Congratulations to the following NJLMSC swimmers who set new NJLMSC SCM records at the Somerset County YMCA Pentathlon (and 25s!) at the Bridgewater YMCA on November 18-19. 2021. Women 18-24: Megan Bull, 23 - 100 free 1:02.41, 100 back 1:10.14, 100 breast 1:19.28; Women 65-69: Nancy Steadman-Martin, 67 - 1500 free 20:37.33, 200 breast 3:34.89, 400 IM 6:20.07; Women 70-74: Marie Vellucci, 72 - 800 free 18:07.02, 1500 free 34:21.73, 400 IM 10:17.72; Women 90-94: Joy Tsuzuki, 91 - 50 back 3:26.77; Men 18-24: Eddie Filipovic, 24 - 1500 free 19:29.75; Joshu Tosoni, 23 - 400 IM 4:54.17; Men 50-54: Jeffrey Jotz, 51 - 1500 free 19:12.32; Men 70-74: Michael Fey, 71 - 50 back 36.65, 100 IM 1:21.57; Men 75-79: Jim Dragon, 77 - 50 breast 43:26, 50 fly - 35.28

Join the 2022 Virtual Shore Swim!

There is plenty of time left to join the third annual NJ Virtual Shore Swim which began in January and will run until the end of June. 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.

I welcome those who have done the swim in the past to sign up again and challenge themselves and invite swimmers who have not tried this swim to give it a whirl. To sign up for this event, contact Linda at lindabk11@gmail.com. Participants will need to sign up for the 2022 USMS Go the Distance and log in their mileage on the GTD flog.

Even though you may have to drive through snow to get to your pool, imagine yourself swimming on a sunny summer day with perfect surf conditions.

RBAY Masters finally has a new home!

South Amboy Y has welcomed RBAY Masters with open arms! With more swimmers from the area joining every week-end, RBAY needed some more lanes!

They swim Sundays 9-10:30am with a coach on deck and will stay an hour after the regular practice to help new swimmers with the stroke improvement and to get up to speed for regular practice.

They can contact Meredith Lyndon at mhugger4@gmail.com. for more info.

Thanks Meredith Lyndon for the info & pic

RBAY Masters with their ribbons & trophy's from the Pentathlon meet. Proud of our haul and with 2 age group winners- Elliott Lehrer for the sprint and Mike Lavitt for the free.

RBAY Masters at the SCM meet in Long Island just before Thanksgiving. New Member Sue LeCarreaux (second from right) set a few records for her age group, the rest of us "just" had personal bests!

Thanks Meredith Lyndon for the pics!

Kudos to Michael Fey who swam three events and broke three all-time NJ State records in his age group (70-74) in the 50- and 100- meter backstroke, and the 100-meter breast at the NY Metropolitan Championship meet at the Nassau, NY, Aquatic Center. Michael said, *"I think I have a few more State records left in me as this was only my 3rd swim since coming back from the Covid break."*

Thanks Michael for sharing these fun pictures and the awesome articles on the following page!

RANDOLPH STANDOUTS

SENIOR SWIMMER BRINGS HOME GOLD

By Sue Toth

When we think of Olympic swimmers, Michael Phelps and Katie Ledecky come to mind. But now we need to add Michael S. Fey to the list of Olympic medalists.

The 71-year-old Randolph resident recently competed in the Senior Olympics, and had quite a successful run. He won four gold medals in the 50-yard backstroke, breaststroke, butterfly and freestyle for 70-74 year old age group.

"I now hold the all-time NJ State record in the 100-meter Individual Medley (65-69), and was only 0.2 seconds away from the 50 backstroke record this time. I feel I will break it on my next swim," Fey said.

Fey has been swimming for many years. What he enjoys most, he said, is the healthy competition that swimming provides.

"It requires a lot of dedication and sacrifice," Fey said.

When he's not in the pool, Fey has a hobby, coin collecting, that he's now turned into a business.

"With coin collecting, there's so much to learn about history, finance, and there's an opportunity for discovery. I provide free appraisals for neighbors," he added.

Aside from hw athletic performance, Fey is a nationally recognized numismatist, a world class expert on U.S. silver dollars, and a former Governor of the American Numismatic Association. He graduated Cornell University with a Ph.D. In 1980. In addition, he is a former Chemical Officer in the U.S. Army.

And while it goes without saying, we'll say it anyway. Fey loves Randolph.

"It's a great place to raise a child," he said. "There's lots of fresh air, good schools, and lots of green. The low crime rate and wonderful people make Randolph a great place to live," he concluded.

Just a snippet of the accolades Michael Fey received for his swimming success!

Randolph Man Continues to Have Swimming Success

By Steve Sears

31-year Randolph resident, Dr. Michael Fey, Ph.D., won four gold medals at the September 11 and 12 New Jersey Senior Olympics in Woodbridge, New Jersey, he garnering first place in the 50-yard backstroke, breaststroke, butterfly and freestyle.

"My backstroke and breaststroke were the 6th fastest times in the U.S. Masters Swimming in 2021 for my age group," Dr. Fey says. He then adds, "My butterfly and freestyle were the 7th fastest for this year."

His accomplishment is significant because these were his first swimming races since 2018 (primarily due to COVID-19) and only after about 6 weeks of twice-a-week training. "I'm also about 8 pounds heavier than when I last swam," he says, "so there's room for improvement should I decide to swim the Nationals in Fort Lauderdale in May 2022."

More good news. Dr. Fey also recently learned that he is now New Jersey's all-time record holder of the 100 Meter Individual Medley. He set this record in 2018 in the 65 – 69 age group. He also says, "I was only 0.2 of a second away from the 50-yard backstroke record from the swim at the New Jersey Senior Olympics. I feel confident that my next backstroke swim will break that record as well. So, I have at the least another swim left in me."

And then there's this from the upbeat, 71-year-old, Cornell University graduate: "It hasn't really hit me yet, but I'm slowly coming to the realization that I'm in pretty good shape for an old guy," he says with a laugh.

With good reason, of course. He is no stranger to varied exercise. Dr. Fey does what he calls a "dry land workout" five days a week at the Randolph YMCA, but also swims when primarily training for a competition. "Even when I do swim, I don't put a lot of yardage in," he explains. "One day a week, and I swim a warm up of 400 yards and then another 400 yards of sprints, so it's not like I'm really dedicating a lot of time to swimming. I'm older now, and to me, because I'm a sprinter, it's about strength and not technique so much anymore." A Numismatic Coin Dealer and brain tumor survivor who has climbed Africa's Mount Kilimanjaro, he feels his health is better now than in 2018. "I was having back issues when I was swimming back then, and I had to get shots in my back just to compete for the World Championships. But my back problem has gone away, so I'm in really good health now. I started a new sport, pickle ball, about six weeks ago. I'm doing double workouts of pickle ball at the Randolph Tennis Club."

Dr. Fey is indeed eyeing the Senior Olympic Nationals in Florida, where he won a silver and bronze (medal) in 2018. For him, a gold medal would be nice, but he's also focused on breaking three additional New Jersey all-time records. However, regarding it all, he admits very humbly, "If I happen to beat everybody else, that's fine, but if I didn't, that would be fine, too. I don't have to be king of the mountain."

Dr. Fey wishes to acknowledge the kindness of the Randolph YMCA, and his longtime coach, Ed Tsuzuki, who for 34 years has been head coach of the Bernards High School swim team. "Even now, when I was saying whether I should do it (swimming) or not, he was encouraging me, saying, 'You're so talented. It would be a shame to waste that by not doing it.' He's encouraging me to continue with swimming."

When it comes to the sport, Dr. Fey says, "Swimming takes a lot of discipline, and it's a huge psychological commitment, as much as it is a physical commitment and also a diet commitment. You have to not eat as much; you have to eat the right stuff. You have to be disciplined in that respect. Psychologically speaking, you're constantly thinking about the races ahead of the races, and you get nervous when you're up on the blocks - every time. There's a huge psychological impact, because you always want to do better."

Dr. Michael S. Fey, Ph.D., after winning a 2018 race. Photo courtesy of Dr. Michael S. Fey, Ph.D.

A Maljon Publication

Proverbs 3:5

RANDOLPH Life

Serving the Communitities of Ironia and Randolph

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Randolph Senior Finds Success in His Return to Competitive Swimming

By Steve Sears

Just a few months shy of his 69th birthday, Randolph resident Michael S. Fey, Ph.D, competed in the 65-69 age group at the Albuquerque, New Mexico-held National Senior Games, swimming and winning a Silver medal in the 50-yard Butterfly (30.470), Bronze medals in the 100-yard individual Medley (1:11.500) and 50-yard Backstroke (33.400 - just 0.07 from second place), and 6th place in 50-yard Freestyle (27.850).

For Dr. Fey, who is a Numismatic Coin Dealer, who since childhood dreamed of swimming in the United States Nationals and the Olympics, 2019 was a year of dreams attained. "I came close by qualifying for the Nationals when I was in college," he recalls, "but could not afford to go to Florida, and I just wasn't good enough to compete at the highest levels."

When Dr. Fey, a Cornell University graduate, attended Flushing High School in Queens, New York back in 1969, he was Captain of his swim team, winning first place in the Public School Athletic League (PSAL) swimming the 100-yard butterfly, securing a four-year swimming scholarship to St. John's University. After swimming four years collegiately, he qualified for the swimming Nationals, but the trip expense prevented traveling to Florida. "I honestly felt I was not of the caliber of high-end swimmers and promising Olympians," he says, "so I didn't go. In addition, I really disliked the intensity of swimming workouts, a grueling six days a week, perhaps three miles a day. After my last swim meet, I vowed I would never swim competitively again!"

"Again", would come, but 46 years later. A challenge spurred Fey on.

Ten years ago, Dr. Fey learned he had a macro pituitary adenoma, a brain tumor. Overweight at 215 pounds, often tired from complications with sleep apnea, and feeling quite lethargic, he thought his life might be ending, even asking himself, "How could this be happening to me?"

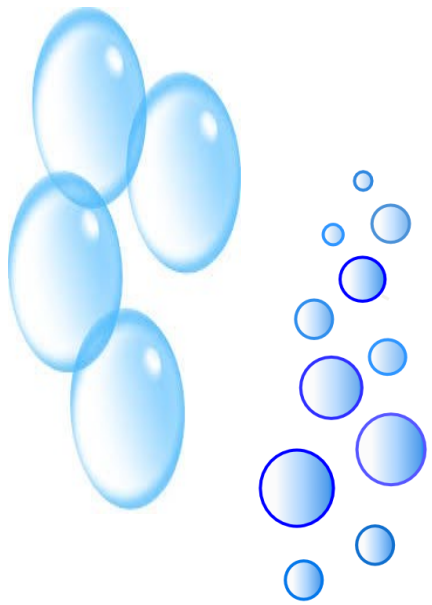
A surgery to excise the tumor was the beginning of Dr. Fey taking control of his destiny to live a healthier lifestyle and take on new challenges. "I wanted to climb a mountain, and my target was Mount Kilimanjaro in Africa. I started working out six days a week at the local YMCA in Randolph." For Dr. Fey, the trek wasn't easy. "For me, it was a near death experience. The water line on my camel froze at an altitude of about 17,000 feet above sea level. Nearly exhausted, I finally reached the frozen glacial summit only to sit once before starting to nod out for lack of enough oxygen. Realizing that I had to keep moving, I finally made it back down to high base camp at about 15,000 feet after 14 straight hours of trekking. I was totally spent, but I knew I had made it. After 5 hours of sleep, I woke extremely sore but determined to make it back down the mountain, and I accomplished what I set out to do."

A return to competition now beckoned him. In August 2018, after nine years of rebuilding his body, Dr. Fey returned to swimming. "My weight was now down to 170, and I felt young and vibrant again. I started working out on my own for a short 1200-1400 yards two days a week. I joined the United States Masters Swimming Program and learned from a friend that the New Jersey Senior Olympics was being held in a few weeks (September 2018) in my area."

At the Olympics in Woodbridge, Dr. Fey scored gold medals in the 50-yard Backstroke, Butterfly, Freestyle, and 100-yard Individual Medley. Then, in May 2019, he competed in the United States Masters National Championship in Mesa, Arizona, a goal since his college days, placing sixth in the 50-yard Breaststroke, and ninth place in 50-yard Backstroke.

After that, the Senior Games, and more success at the FIFA Masters World Championships was in Guangju, S. Korea in August, where he finished in the top 13 in every stroke (7th in Backstroke), and first for his actual age and older in backstroke competition.

Dr. Fey thanks sincerely Bill Lamia, Director of the YMCA in Randolph, without who's help, support, and gym and pool facilities, Fey would not have been able to achieve his athletic goals and better his health. "My advice to other seniors," he says, "is that it's never too late to take control of your life and fulfill your dreams while getting into better health."



LOCAL MASTERS SWIMMERS CELEBRATE 18TH ANNIVERSARY WITH VIRTUAL AWARDS BREAKFAST!

By Bob Nissen

New Jersey 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 website. Because the pandemic limited the group's ability to swim regularly early in the year, tracking of yardage was on strictly a voluntary basis for the first half of 2021. However, at mid-year, we began "official" tracking of yards again, as we had in pre-pandemic days (thanks to our web site coordinator Barry Lass). After resumption, the monthly ranking of yards by swimmer was published as it had been in the past.

Also, as we did in January, 2021, we were determined to connect with each other as a group as we do every year. So the Masters Yardstick Swimmers celebrated its history, strong personal relationships, and commitment to swimming recently at our 18th anniversary annual awards breakfast on January 8th- online for the second year in a row- with strong participation! Hosted by longtime swimmers Bob Nissen, Joe Donohue, and Richard Clew, the Virtual Event picked up on highlights of activities of 2021 (aided by our group historian, Barbara Rushman) and brought us together in such a way that all active members could enjoy.

After a Photo Slide Show of major milestones in 2021, we also had an entertaining review of swimmers monthly comments from the "comment box" on our web site. One of the highlights that several swimmers sited was the opening of the new Walker D. Kirby Aquatics Center in the Madison YMCA in early August. Many of our swimmers enjoy logging yards and participating in group workouts in the new eight lane pool! For further information on the Madison YMCA pool and swim program, please contact Jon Siegel at the Madison YMCA at JSiegel@madisonymca.org

Ultimately, we moved on to the highlight of the event- our Annual Awards. Red Stars went to swimmers Deborah Fennelly of Morristown, Lynda Przedpelski of Summit, Jennifer Bauman of Parsippany, and Bob Franks of Chatham- all having achieved at least one 100,000-yard month during the year. Jim Sullivan of Morristown was named "**Bold Performer of the Year**", for demonstrating improved performance, exceptional effort and a special commitment to the swimming program. And our top swimmer for the last half of 2021 was Lynda Przedpelski, achieving 577,983 yards, or 328 miles during the six-month period. Lynda was awarded the Doug Clark Championship Yardstick, named in memory of our former "Yardstick Swimmer".

We all had a great time, and were so happy to connect online with our swimming friends once again. And we will continue our monthly yard tracking in 2022, and are convinced that our program will continue to grow!

Adult swimmers of all levels from beginners to experts are welcome to the Masters programs and to learn more about our Yardstick Challenge. For additional information, please contact Bob Nissen at bobnissen@gmail.com.

Check out their zoom photo next page!

New Jersey Masters Swimmers from Madison and the surrounding areas gather for their annual awards banquet!

NJ LMSC Chair Jerry O'Mara's favorite workout — "The Ledecky". He read an article from Katie Ledecky's coach saying this is one of her favorites, and has been doing it in ever since! Give it a try!

1x100 on 1:30 – just make interval

1x100 on 1:20 – free - with effort

1x100 on 1:30

2x100 on 1:20 – Free – with effort

1x100 on 1:30

3x100 on 1:20 – Free – with effort

1x100 on 1:30

4x100 on 1:20 – Free – with effort

1x100 on 1:30

3x100 on 1:20 – Free – with effort

1x100 on 1:30

2x100 on 1:20 – Free – with effort

1x100 on 1:30

1x100 on 1:20 – Free – with effort

2,300 Total

Send us your pictures and stories!

What are you doing to
make it happen?

We would love to hear from you!

Send *how you're making it happen*

to

editorfastlane@gmail.com

Email editorfastlane@gmail.com

send in your articles and pictures by

April 1, 2022

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