

# FASTLANE

NJ LMSC Newsletter

November/December 2022

Dear Fellow Members,

*This past September, I had the opportunity to attend the USMS National Convention in Denver, CO as a representative for the NJ LMSC. This was my first convention, so I was not sure what to expect, but I was excited to be there representing our LMSC. Chris McGiffin and Ed Tsuzuki were the other NJ delegates that attended with me. I was lucky to have them, both Chris and Ed have been to several conventions and were very helpful getting me up to speed on everything that was happening. They also know everyone, so I was able to meet a lot of delegates through them.*

*The Convention was held over two days, and this was the first time it was held with the option of being in person or as a virtual participant. The House of Delegates meeting on the first full day of the Convention was the primary reason for the meeting. I found this extremely interesting as this is where changes to US Masters Swimming happens. With Chris and Ed's guidance, I was able to start to understand what was happening and by lunch I was ready to start seconding motions! I listened to why people were "for" or "against" changes that were being proposed and developed my own opinion based on our needs in NJ and vote on the issue.*  
*Overall Impressions*

*By attending this convention, I learned a lot about how changes are made in US Masters Swimming on the national level. Not only was the NJ LMSC helpful in guiding me through the convention, but there were also many other attendees from around the country who were supportive.*

*It was an incredible experience being a part of the House of Delegates and voting on a variety of proposed changes in Masters Swimming. I really had to think about how these changes will affect our membership and our organization. I was honored to represent NJ LMSC as I cast my vote on behalf of all our members.*

*I enjoyed meeting LMSC delegates from other states. It was great talking with them, finding out where they are from, and how they are involved in Masters Swimming in their home state. It was very empowering being around so many knowledgeable swimmers who are also passionate for the sport. I feel very proud to be part of the New Jersey LMSC.*

Regards, Jerry O'Mara

## Sneak peek at what's inside!



**The 50/50s are back! See page 6**

**Virtual Shore Swim sign up page 7**

**Two challenging and fun Holiday Swim Workouts! Page 8**

**Fellow member Cande Olsen shares her experience  
at the Ironman World Championship in Kona, HI page 9**

**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 Masters Swimming Board Volunteer Update**

Special thanks to all our volunteers — here's to a productive and fun 2023!

## **2023 NJ LMSC Board Volunteers**

Elected volunteers:

Chair: Gerald O'Mara

Vice-Chair: OPEN

Co-Registrars: Tom Brunson and Chris McGiffin

Treasurer: Mike Recchia

Top Ten/Records: Ed Tsuzuki

Newsletter Editor/Graphic Designer: Sara Johnston

Secretary: Susan Kirk

Sanctions & Safety Chair: Jen Bauman

Appointed volunteers:

Open Water Chair: Marie Vellucci

Fitness Chair: Linda Brown-Kuhn

Officials Chair: Marie Vellucci

Webmaster: Laura Smith

Events Coordinator: Paola Morchio

Coaches Chair: Deirdre O'Mara

Special Projects ~~ Susan Kirk, Chris McGiffin and Bill Reichle

## **Special thanks to Sarah Clark!**

After serving as our NJ LMSC Vice Chair and Open Water Chair, Sarah Clark will be stepping down from those roles at the end of 2022. It is with great appreciation but also with a bit of sadness that we say goodbye as she has done an outstanding job as our NJ LMSC Vice Chair and open water chair throughout the years and has been a valued contributor at Board meetings, email discussions, and a great volunteer for the NJ LMSC sponsored events. Her passion for swimming, infectious laugh, and unique perspective will be missed. Thank you for your years of volunteer service to the NJ LMSC!

Interested in volunteering? The Vice Chair spot is open.

Please reach out to Gerald O'Mara @ [gerald.omara@gmail.com](mailto:gerald.omara@gmail.com) if you would like to learn more.

## NJ LMSC VOLUNTEERS

### *Chair*

Jerry O'Mara

### *Vice Chair*

Sarah Clark

### *Secretary*

Susan Kirk

### *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*

Marie Vellucci

### *Coaches Chair*

Deirdre O'Mara

### *Fitness Chair*

Linda Brown-Kuhn

### *Webmaster*

Laura Smith

### *Officials Chair*

Marie Vellucci

### *Event Coordinator*

Paola Morchio

### *Special Projects*

Susan Kirk, Chris McGiffin

Bill Reichle

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](mailto:events@usmastersswimming.org)

**2022 USMS Fitness Series** held throughout the year. [Event information](#)


**January 1 to June 30** fourth annual NJ Virtual Shore Swim, see page 7 for details

**January 1, 2023** NJ LMSC 50 x 50s at Jersey Aquatic Center 10am - 12:30pm

**February 5, 2023** Annual 100 x 100s Event, Jersey Aquatic Center — more info to come — keep an eye out for Eblast and Website

**March 05, 2023** March Madness Mini Meet, Nassau County Aquatic Center, East Meadow NY



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

## January January January

Greg Ambra  
Jorge Angulo  
Leisa Begley  
Hakim Ben Aissa  
Dmitry Biryukov  
Fay Bizub  
Anthony Booth  
Michael Bradley  
Sandra Brighthouse  
Connor Brown  
Shaam Brown  
Donald Buglino  
Mike Burke  
Benjamin Carey  
Stephanie Carroll  
Alan Chodosh  
Sarah Clark  
Larry Cohen  
Daniel Curiale  
Frank Cuzzola  
Susan DeMetropolis  
Joe Donohue  
Keith Drayer  
Sarah Exposito  
Greg Farrell  
Gregory Fernicola  
Vittori Ferrari  
Carolyn Fischer  
Jane Fisher  
Steven Friedberg  
Jacqueline Glasser  
Nancy Goering  
Edward Goracy  
Colette Gotfried  
Lisa Gray

Christie Greff  
Jonathan Grubb  
Katherine Gursky  
Pauline  
Gyllenhammer  
Darek Hahn  
Atsushi Hamanaka  
Carla Harris  
Alison Headley  
Peter Hempel  
Denise Hewitt  
Elizabeth Hidalgo  
Cathy Kabat  
Lauren Kalinowski  
David Kaufman  
Jennifer Keeling  
Kathryn Kelly  
Mingi Kim  
Kenneth King  
Adam Lack  
Judy Lee  
Francesca Mancuso  
Theresa Mattei  
Ricardo Mattos  
Amanda Maxwell  
Curtis Miller  
Andrew Mravca-Bailey  
Christine Murphy  
Stephen Neville  
Gary Ojeda  
Cande Olsen  
Kim Patchett  
Martina Pavlicova  
Marlon Paz  
Jennifer Plesniak

Kimberly Plewa  
Lisa Prazak-Stockwell  
Joe Puvogel  
Vaidilingam Rajmohan  
Bill Reichle  
Katie Reilly  
Sam Remis  
Jessica Richiuso  
Martha Rodriguez  
Greg Romano  
Deborah Rosenthal  
Jhoanna Sanchez  
Teresa Scheri  
Fang Schmitz  
Leigh Segal  
Philip Sherratt  
Cathy Signorin  
Andrew Solomon  
Nicole Sullivan  
Whitney Sun  
Joseph Szeffinski  
Susan Thiel  
Thomas Toomey  
Christopher Trigg  
Joy Tsuzuki  
Angela Vietmeier  
Jens Volker  
Philip Von Schondorf  
Geoffrey Wells  
Michelle Wriede  
Zhanfu Yang  
Xiaozhi Ye  
Frederico Ziotto



## February February February

Paul Anderson  
Benjamin Balmy  
Lourival Baptista  
Michael Brandt  
Victoria Brennan  
Elizabeth Brown  
Emily Caldwell  
Corinne Capone  
Denise Carlson  
Richard Carlson  
Dan Chamby  
Deborah Cipriano  
Philippe DeGreef  
Dawn Dellaratta-Duffy  
James Dion  
Heidi Einolf  
Kenneth Ellis  
Janet Estenes  
Robert Fisch  
Jennifer Freeman  
John Giannasca  
Ronald Gilbert  
John Giordano  
Damaris Gonzalez  
Sanna Greenberg  
Barbara Gruszka  
Yumei Guo  
Taulant Hakaj  
Katherine Haloburdo  
Jon Halpern  
Gabriel Harris  
Jane Ikeda  
Jeffrey Jotz  
Linda Kipe  
Sally Kleeman  
CJ Koskulitz  
Brian Kusterer  
Michael Lavitt  
Zahava Lipton  
Isabella Lu

Jiahui Lu  
Erika Maresca  
Kurt Matheson  
Joshua McCain  
John McCarthy  
Elissa McMahon  
Maureen Meeks  
John Menninger  
Wendy Mo  
Drew Moll  
Stephanie Moore  
Will Murtishaw  
Gerald O'Mara  
Ashley Park  
Jeanne Perantoni  
Heidi Remak-Ziff  
Marti Renoud-DiPaola  
Rob Ripp  
Jennifer Roche  
Richard Rosenberg  
Nicole Sabbatino  
Marina Sadikoska  
Breanna Salazar  
Darrell Sandel  
Julie Schoenlank  
Richard Schubert  
Scott Seibel  
Murray Simon  
Caitlin Stroh  
William Sullivan  
Ann Thompson  
John Timoney  
Christopher Treglio  
Larry Van Horn  
Shayne Veramallay  
Darryl Waskow  
Patrice Weil  
Candice Williams  
Steven Zielinski



## ***The 50 x 50's Are Back!!***

2020 was the last time we held the 50 x 50's but the event is finally back in 2023! Start the new year off right by swimming the 50 x 50's on **January 1, 2023** from 10-12:30.

This FREE event, sponsored by the NJ LMSC, is open to NJ LMSC swimmers with 2023 registration. The event will be open to 75 swimmers. Check in will start at 9:45. After a group photo, the swim will begin at 10:15. Refreshments will be available after the swim.

The swim will be held at the Jersey Aquatic Club (formerly Berkeley Aquatic Club) at 629 Central Ave, New Providence, NJ 07974.

Online registration is open now by going to <https://forms.gle/RWVDWUysFjULxtdD6> !!

# Give the Virtual Shore Swim a Try This Year!!

The fourth annual NJ Virtual Shore Swim will kick off in January and run until the end of June. We welcome those who have done the swim in the past to sign up again and challenge themselves to increase their mileage and invite swimmers who have not tried this swim to give it a whirl. 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.

Here are the shore destinations with the mileage in between each: Sandy Hook ~~~ 4 miles to Atlantic Highlands ~~~ 3 miles to Sea Bright ~~~ 4 miles to Long Branch ~~~ 5 miles to Allenhurst ~~~ 2 miles to Asbury Park ~~~ 1 mile to Bradley Beach ~~~ 4 miles to Belmar ~~~ 4 miles to Sea Girt ~~~ 1 mile to Manasquan ~~~ 1 mile to Point Pleasant Beach ~~~ 1 mile to Bay Head ~~~ 7 miles to Lavallette ~~~ 2 miles to Seaside Heights ~~~ 9 miles to Waretown ~~~ 3 miles to Barnegat Light ~~~ 3 miles to Loveladies ~~~ 5 miles to Surf City ~~~ 2 miles to Ship Bottom ~~~ 7 miles to Beach Haven ~~~ 13 miles to Brigantine ~~~ 5 miles to Atlantic City ~~~ 6 miles to Longport ~~~ 4 miles to Ocean City ~~~ 10 miles to Sea Isle City ~~~ 4 miles to Avalon ~~~ 5 miles to Stone Harbor ~~~ 5 miles to Wildwood ~~~9 miles to Cape May!

**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 2023 USMS Go the Distance in January and log in their mileage on the GTD flog. We hope that participating in this virtual swim will offer an incentive to brave the chilly weather to make your winter workouts. Picture swimming on a sultry, sunny day at the beach.



# Holiday Season Workouts

The holiday season is a GREAT time to recommit to swimming or give yourself a bit of extra challenge to offset the typical indulgences of the season.

Enjoy and happy holidays, Deirdre O'Mara



## 12 days of Christmas Set

A perennial favorite is the "12 Days" but this set is LONG! So set aside time to get it all done. The 200 is always IM and the 125 is always done as kick, followed by a 100 stroke.

**Total yards: 9100.**

Day 12	Day 11	Day 10	Day 9	Day 8	Day 7	Day 6	Day 5	Day 4	Day 3	Day 2	Day 1
300	275	250	225	200 IM	175	150	150	100	75	50	25 EZ
275	250	225	200 IM	175	150	150	125 Kick	Stroke	50	25EZ	
250	225	200 IM	175	150	125	125	100	75	25 EZ		
225	200 IM	175	150	125	Kick	Kick	Stroke	50			
200 IM	175	150	125	Kick	100	100	75	25 EZ			
175	150	125	Kick	100	Stroke	Stroke	50				
150	125 Kick	Kick	100	Stroke	75	75	25 EZ				
125 Kick	100	100	Stroke	75	50	50					
100	Stroke	Stroke	75	50	25 EZ	25 EZ					
Stroke	75	75	50	25 EZ							
75	50	50	25 EZ								
50	25 EZ	25 EZ									
25 EZ											



## The Hanukkah Set

The pattern is similar to the "12 days" but you reverse the pattern. The last night of Hanukkah is THE fun night of the set! The 25 is always a recovery pace and you should descend through the night's yards.

**Total yards: 3000.**

Night 1	Night 2	Night 3	Night 4	Night 5	Night 6	Night 7	Night 8!
25	25	25	25	25	25	25	25
	50	50	50	50	50	50	50
		75	75	75	75	75	75
			100 IM	100 IM	100 IM	100 IM	100 IM
				125	125	125	125
					150	150	150
						175	175
							200

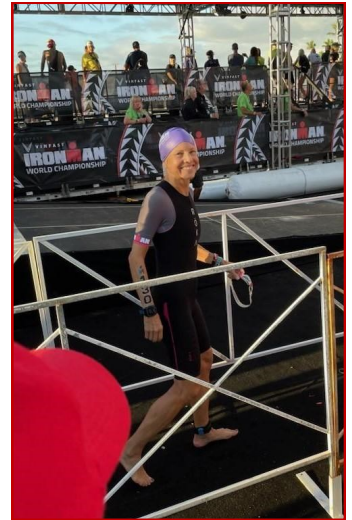




# Cande Olsen's experience competing in the Ironman World Championship

On October 6, 2022, I completed the Ironman World Championship held in Kona on the big island of Hawaii. This is the race every ironman triathlete wants to do, so I felt very lucky to have been able to qualify for this race.

Many people think of a triathlon as simply a sum total of three disciplines – a swim, a bike, and a run – and the athlete's goal is only to train to be fast at each one. But an endurance race composed of a 2.4-mile swim, a 112-mile bike, and a 26.2-mile run is much more complicated than that. The athlete needs to be fit enough and fueled enough to keep up the pace for a total of 140.6 miles! To start with, my triathlon coach always says that an important component to a successful bike and run leg, is to train to be a very fit swimmer. It is important to finish the swim feeling fresh and ready for the bike. Being a fast swimmer is great, but sometimes being a middle-of-the-pack very fit swimmer is even more important! That is always my goal!



**Before the Swim!**

The athlete also needs to be properly nourished and hydrated for each segment, to limit the effects of a tired body. This means constant fueling and hydration throughout the entire race, but since you can't fuel and hydrate on the swim, it is very important to have a good breakfast several hours before the 7 AM swim start. I had a 600-calorie breakfast at 4 AM. I then took in about 350 calories an hour on the bike and about 200 calories an hour on the run.

The swim was beautiful and relatively easy since I was well prepared for that distance. I also swam the course the Sunday before as part of an official practice swim, which was a great way to get comfortable with the distance and the conditions. I hadn't done a one-loop Ironman swim before, so the distance (especially without a wetsuit) seemed daunting. But after doing the practice swim the race-day swim turned out to be easy! I felt very buoyant in the salt water. The water was 81 degrees, calm, and very clear! I could see the bottom of the ocean and the fish and other marine life the entire time, as well as 50 yards ahead of me under water – making it much easier to draft, which I took advantage of! I felt swim-fit and ready for the bike.

There was a long run to T1 (transition to the bike), starting off with an opportunity to run through a shower to rinse off the salt water - which I later realized could be very important.

I usually do well for my age group on the bike, but the combination of wind, hills and heat were no match for my skills! The wind was worse than the wind on my practice rides before the race, but I heard it was not as bad as it usually is for Kona, so I guess I was lucky! I was able to stick to my nutrition/hydration plan by sipping my sports drink every 5 minutes, as I had planned in my training, which is important because a miscalculation on fluid and calories can end a race in spite of being perfectly trained! This included making a quick stop at every aid station to add water to my bottles and to pour water on my head! I was able to stick to my nutrition, but it was still a hard ride, and despite my slow pace of just under 14 mph I was trashed by the end of the bike. Also, I don't usually sweat on the bike, so I wasn't prepared for significant chafing under my arms in the sleeved trisuit I wore to protect myself from the sun! Next time I will do a better job of rinsing off the salt water after



the swim and then remember to lube my entire body with Vaseline in T1! The volunteers in T2 (transition to the run) lubed me up for the run so I had no additional chafing on the run.

The run was hot, and so I guess I was lucky that the last 75% of the marathon was in the dark! Triathletes practice bike/run workouts to prepare for how our legs feel running. But even then, on the second half of the run, my running pace got slower, and I was not sure I could go any faster. It also became harder and harder to stick to my nutrition plan since almost everything offered at the aid stations, including the gels and Gatorade I had trained with, started to taste terrible! The only thing I could stomach after a while was flat coke and bananas! Many people had given in to walking, but I ran most of the course, only walking through the aid stations, and up a few of the hills in the last few miles. I had my eye on the clock, and all my efforts were timed to meet the midnight deadline! As long as I had no cramping, blisters, or other pain (which I didn't), I knew I could step it up the last mile – especially since it was mostly downhill! And I did! What an experience running down Ali'i Drive, hearing in the distance the names of finishers being called, and then entering into the long finish chute, where crowds of spectators were lining the street (close to midnight) to cheer me and other racers to the finish - and then, as I crossed the finish line - hearing the famous Ironman announcer Mike Reilly say, "Cande Olsen – You are an Ironman!"

But the best part was when it was all over - getting hugs and congratulations from my soulmate, Peter Christopher, and my training partner, Marcia Postallian, who made sure I was ready for the big day and followed me and cheered me on the entire race! I couldn't have done it without them!



Coming out of the Swim



On the Bike



Race Finish!

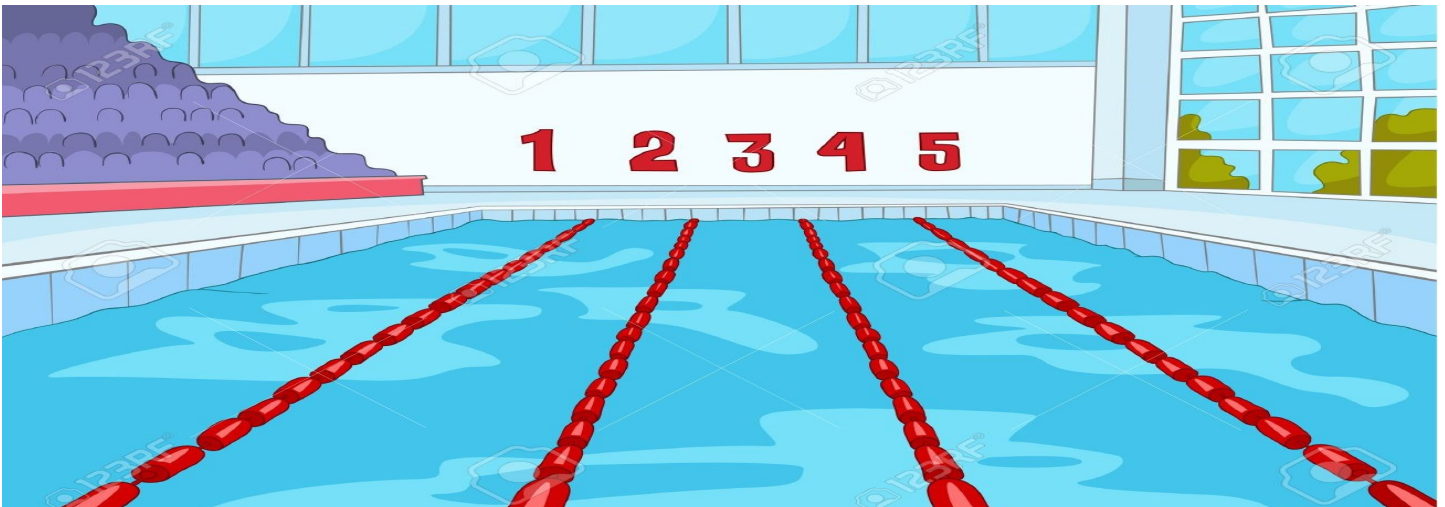


# WAY TO GO!

**Congratulations** to Jim Ryan, 70, for recording the fastest time in the nation in the USMS 5k National Championship postal event which closed on September 15, 2022. His first place time in the 70-74 age group also established a new NJ LMSC record time of 1:18:14.02.

**Congratulations** to Jose Faria, 56 who set new NJ LMSC short course meters records at the Rowdy Gaines Masters Classic meet at the Rosen Aquatic Center in Orlando, FL on October 14-16, 2022. Jose set new standards in the 200 meter fly (2:45.32) and the 400 IM (5:30.64) in the men's 55-59 age group.

**Congratulations** to Sanna Greenberg, 46 and Jack Zakim, 77 for setting new short course meters NJLMSC records at the Dr. Bill Ross Memorial meet at the Nassau Aquatic Center (NY) on November 20, 2022. Sanna broke the women's 45-49 record in the 200 meter breast with a 3:06.25 and Jack touched the wall in 42.52 in the 50 meter backstroke.



# Tick tock it's time to register for 2023!



Now that our 2023 membership year has begun, we invite you to [renew](#) to continue your swimming journey.

We have two options available (these membership fees are only good through December 31, 2022) :

- our standard membership with the [great benefits](#) you're accustomed to for \$65 or
- the [USMS+ membership](#) that provides additional benefits for \$239.

Keep in mind,  
Registration fees increase on January 1st for the 2023 calendar year \*  
***Register today!***

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Registration fees were increased by the USMS House of Delegates. If you would like more information, please see this link about the Annual Meeting [USMS 2022 Annual Meeting](#). Additional information about the USMS Board Elections can be found here: [USMS Elections](#). Questions about Club or Individual Registration can be directed to [Tom Brunson](#).



**February 5, 2023 Annual 100 x 100s  
Event,**

**Jersey Aquatic Center**

**— more info to come —**

**keep an eye out for Eblast and Website**

**Know anyone interested in trying Masters Swimming?**

**Pass on this link!**

<https://www.usms.org/join-usms/try-masters-swimming>



**Try Masters Swimming** is an opportunity for someone to try **at least two (2) FREE workouts** at participating clubs nationwide during January. They can begin searching for participating clubs in our easy-to-use digital form starting December 27, 2022.

In the meantime, they can read about [adults just like you who participated in our Try Masters Swimming initiative](#) and learned [why swimming with a USMS club is great](#). And don't forget to check out all of our [great benefits](#).





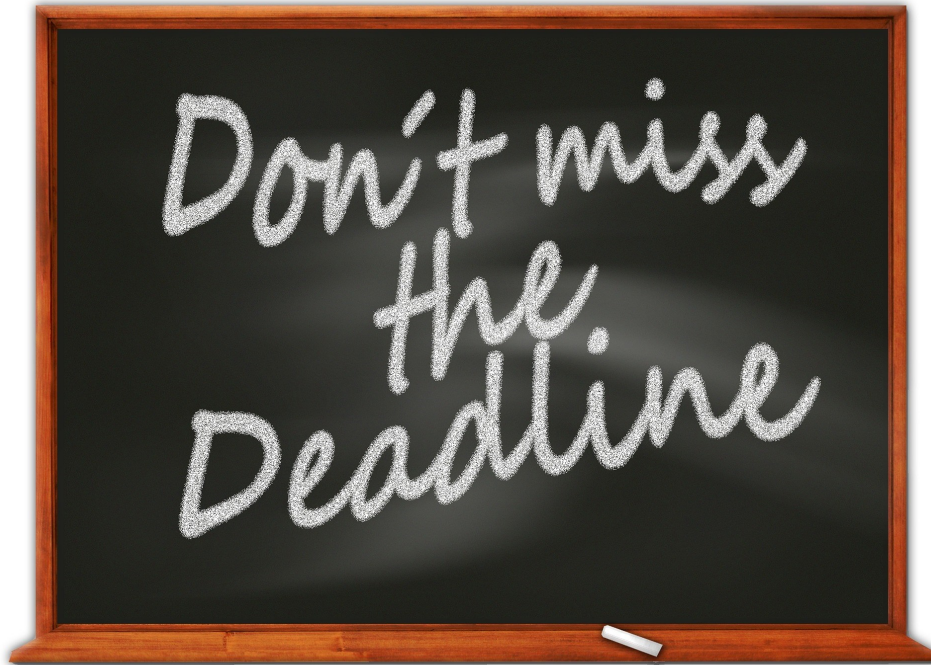
**What are you doing to  
make it happen?**

**We would love to hear from you!**

***Send how you're  
making it happen***

***And/or your swim pictures and stories!***

**[editorfastlane@gmail.com](mailto:editorfastlane@gmail.com)**



Email [editorfastlane@gmail.com](mailto:editorfastlane@gmail.com)

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

**February 1, 2023!**



*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*