



**Save
The Date**

**NJ Masters Annual
Awards Banquet**

Sunday, October 1
5:30-8:30pm
Basking Ridge Country Club
Keep eyes peeled for invite!



More details to follow...
keep an eye out in your email!
Are you an award winner?
See page 18!

NJ LMSC VOLUNTEERS

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Vice Chair

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Fitness Chair

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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](#)



USMS Go The Distance 2023

All 2023 USMS swimmers are eligible to enter this free event! [More information](#) GTD Support

Team email: events@usmastersswimming.org

2023 USMS Fitness Series

held throughout the year. [Event information](#).

Last Chance Swim September 9 from 8:30-11:00 am. New Providence Community Pool see page 7 for more details!

SAVE THE DATE — Annual Awards Banquet October 1!

**Are you a continuous member honoree?
Check and see starting page 18!**

**Lots of fun photos in this
issue — keep 'em coming!**



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

SEPTEMBER

Thomas Antic
Alfredo Arocha Jr
Danielle Baldwin
Felicia Ballard
Robert Barrish
Errington Bennett
Ronny Berger
William Blazey
Robert Bonsall
Joe Breitenstein
Susan Bristol
Megan Bull
Thomas Capruso
Taylor Carlsen
Scott Caudill
Thomas Chang
Anne Choudhry
Richard Clew
Terence Cooke
Alton Crooks
Adam D'Agostino
Mark Dow
Laurie Duff
Theresa Dumont
Ronald Epstein
Michael Fey
Eddie Filipovic
John Fletcher
Deborah Fonteix
Ronny Franz
Matthew Frazier
Robert Gamer
Darshan Godkar
Marek Gorecki
Paul Grassie
Karen Grill
Susan Hardin
Jack Harris
Hector Herrera
Vivian Isenberg
Nancy James
Chris Kelly
Delaney Kendrick
Adriana Lamano
Margaret Lecarreux
Eugene Lee

David Leit
Meredith Lewin
Sienna Li
Meredith Lyndon
Diane Mariuzza
Daniel Mattei
Monica Mattei
Maria McCoy
Thomas McGuire
Cynthia McLaren
Daniel Morgan
Courtney Mullin
Ted Nelson
Bobbi Nigro
Nick Noga
Angelica Oliveira
Alexa Pallay
Flavio Pardo
Sherri Plunkett
Julie Powers
Will Price
Bryeanne Ravettine
Sharon Root
Toms Royal
Matthew Runtas
Jean Rutter
Anthony Sansotta
Andrew Schleider
Rebecca Sembrano
Christopher Shaari
Amanda Sivo
David Slavin
Matthew Slowinski
Laura Smith
Patricia Snyderstrup
Hope Swarts
Subhashish Tripathy
Bo Tur
Linda Twining
Katy Walmsley
Paul Wargo
Danny Weiss
Glenn Wharton
Amy Xiang

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



OCTOBER

Genny Allard
Fred Allen
Nicolette Angelos
Michelle Barella
Michael Bilardello
Marissa Boccio
Michael Brogan
Elizabeth Broos
Larry Burstein
Carolyn Capodicasa
John Cassimatis
Rebekah Cocola
Venus Cooke
Dwight Dachnowicz
Colleen Daly Gunn
Diane Dinsmore
Alex Drinker
Deborah Elkis-
Abuhoff
Ann Espinoza
Dan Fabrizio
Carrie Foster
Sandra Franc
Morgan Franklin
Nancy Freundlich
Dennis Friedman
Jane Gardner
Gregory Geissman
Roberta Geist
Steve Glassman
Brian Glenn
Frankie Gonzalez
Keith Greenwood
Michael Grigware
Honey Gross

Samantha Hill
Teresa Hirschhorn
Bridgette Hobart
Caroline Hoedemaker
Andrew Hoff
Max Howard
Brendan Kavanagh
John Kehoe
Paul Kiell
Eric Kramer
Mark LaFollette
Kim Lembo
Steven Lev
John Livingstone
Beth Maloney
Catherine Maloney
Falcon
Gyorgy Matyasfalvi
Robert McAdams
Mark McCullough
Debbie Meany
Dave Mitchell
Ann Monaghan
Justin Monforte
Sarah Montagna
Karen Moore
Paola Morchio
Adele Morgan
Carol Morman
Anne Murphy
Francis Norek
John Om
Deirdre OMara
Kelly Pickard
Andrew Rinn

Lisa Rivera
Colton Rochelle
Kimberly Romanowski
Dara Roth
Gita Roy
Brian Ruark
Richard Rubin
James Ruiz
Karl Sarier
China Saunders
Alan Sawyer
Patrick Scanlon
Lawrence Seidman
Brandon Semilof
Eugene Sharp
Ricardo Sigaran
Charlotte Siow
Benny Soffer
Julie Stewart-Wilson
Jonathan Stone
Samantha Stubbe
John Szramiak
Alex Tarras
Megan Tompkins
Lauren Tornow
Brendan Towey
Allison Voight
Jane Weeks
Yonghao Wen
Matthew White
John Williamson



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Congratulations! to the following swimmers for setting new NJ LMSC SCY records at the YMCA Short Course Nationals Championship meet at the newly renovated International Swimming Hall of Fame pool in Ft. Lauderdale, FL on April 20-23, 2023.

Women 50-54: Michelle Davidson, 54 - 200 back 2:29.25;
Women 65-69: Deborah Cipriano, 66 - 50 free 29.98. Michelle and Deborah both brought home 4 silver medals each, and Michelle added 4 bronze medals as well!

Congratulations! to the following NJLMSC swimmers for setting new long course meters records at recent meets! On August 2-6, 2023 at the USMS Summer National Championships in Sarasota, Florida, Alexis Colasurdo (24) set new records in the 18-24 age group 50 and 100 meter breaststroke recording times of 38.58 and 1:26.80 respectively. Nancy Steadman-Martin (69) set new records in the 65-69 age group 800 free (11:10.68), the 50 back (40.97), the 50 breast (51.98), and the 200 breast (3:47.14).

Congratulations to Sanna Greenberg (47) for setting new records in the 45-49 age group 100 and 200 breast (1:24.06 and 3:04.99) at the Jason Nessel Memorial Invitational meet in Rahway, NJ on August 5, 2023.

Fourth Annual NJ LMSC

Virtual Shore Swim Results!

This year, from January 1 through June 30th, 16 participants logged 2,557.34 miles! That's 19 virtual swims from the Sandy Hook beach and to Cape May (129 miles).

Congratulations to the following swimmers:

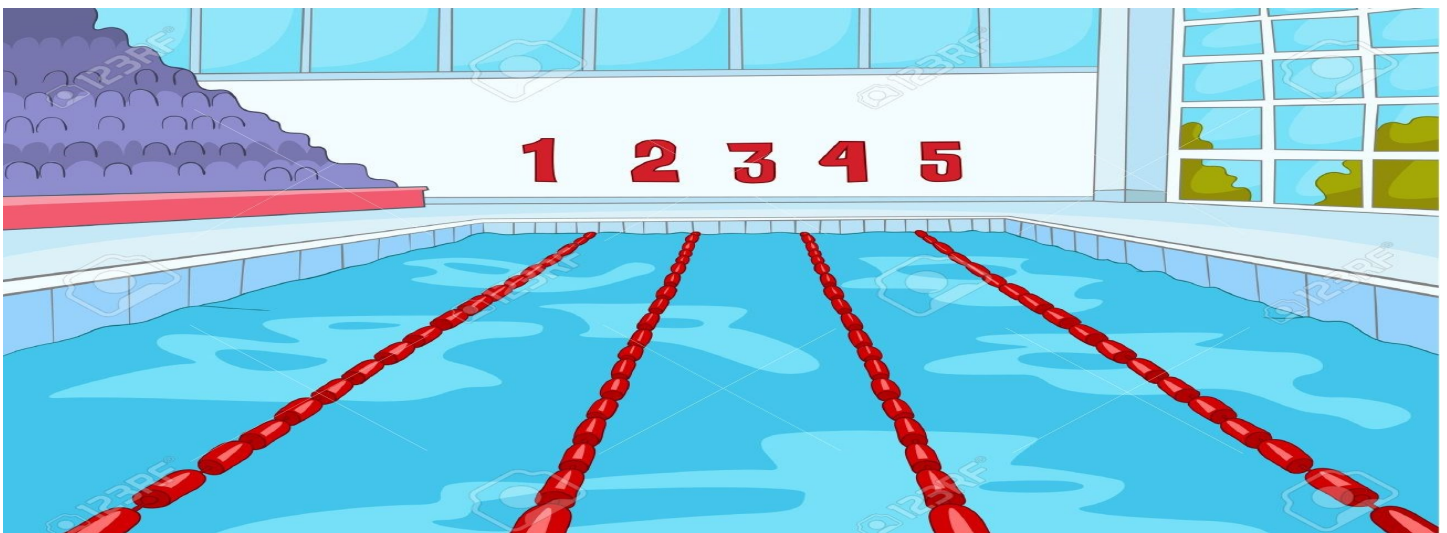
Jack Archibald	294.53
Jen Bauman	321.84
Lan Ge	118.03
Mark Haftcowycz	239.23
Kathryn Kelly	118.51
Susan Kirk	164.35
Zahava Lipton	63.12
Beth Maloney	95.11
Francesca Mancuso	36.83
Curt Miller	166.00
Deirdre O'Mara	234.15
Karen Paffendorf	76.81
Jim Ryan	468.95



Last Chance End of the Summer 5K Pool Swim

August signals the beginning of the end of summer which is sad. But one plus is that now's the time to sign up for the 2023 Last Chance End of the Summer 5K Pool Swim. The event will take place on Saturday, September 9 from 8:30-11:00 am. Check in will be at 8:15 am with the event starting at 8:45. There will be a pre-swim group photo.

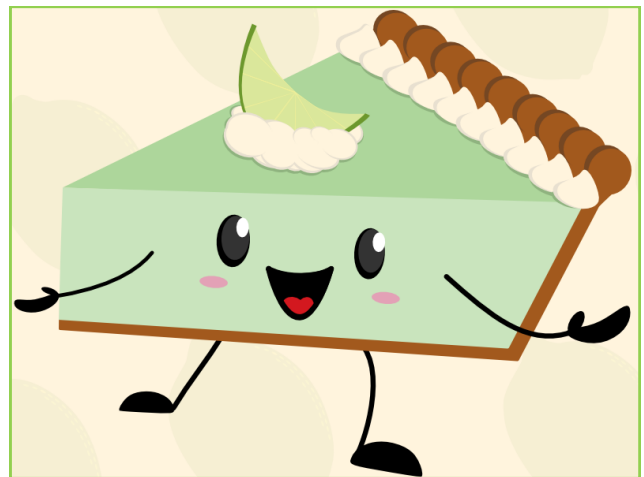
As in past years, this swim is free to all 2023 registered NJ Masters members. This year the event will be held at the 6-lane long course New Providence Community Pool located at 1378 Springfield Avenue New Providence, NJ 07974. Five lanes will be for those swimming 50 X 100's and we will have one lane for people who wish to swim 100 X 50's. The swim will be limited to 50 people. We'll swim in rain but not thunder and lightning. There's no storm date. To sign up, [click on this](#) and complete the registration form.



Check out this open water Swim!



**The annual
Key Lime Pie
10-mile swim!**



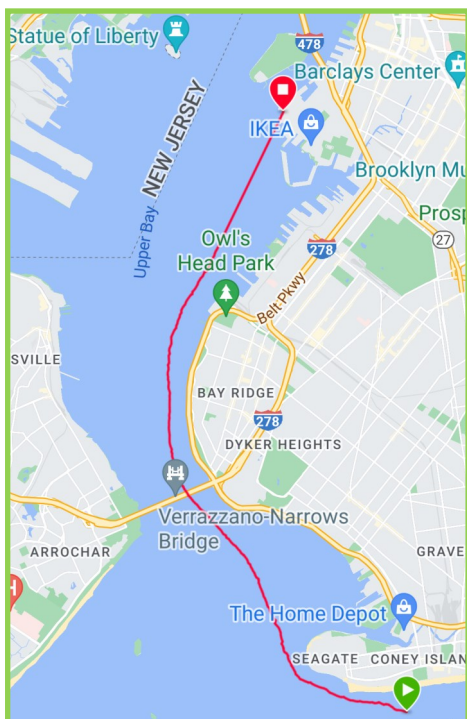
From the Brooklyn
Paper: [Click here](#)

Video link of the swim created
by Marin Grigorov: [Click here](#)



Great job everyone and thanks Susan Kirk for sending this in!
More pics next page!





Group photos are post swimming and crewing 10 miles for Key Lime Pie! Coney Island Red Buoy #6 to Red Hook Pier a CIBBOWS destination adventure swim!



L to R Marianne Hoff ~ swimmer, Sarah Clark ~ crew, Eugene Pak ~ crew, Janine Serrell ~ swimmer, Susan Kirk ~ swimmer, Marin Grigorov ~ swimmer

The swim route to pie including swimming under the Verrazano Bridge and with an amazing in water view of the Statue of Liberty!



L to R
Capri Djatiasmoro ~ crew,
Marianne Hoff ~ swimmer,
Marin Grigorov ~ swimmer,
Susan Kirk ~ swimmer,
Sarah Clark ~ crew,
Eugene Pak ~ crew,
Janine Serrell ~ swimmer



Photo credits to Capri Djatiasmoro ~ key lime pie pod lead organizer and crew!



And there really was pie at the end!



Susan Kirk and Sarah Clark at Steves Authentic Key Lime Pie shop at the Red Hook Pier considering multiple key lime pie purchase options. Photo credit ~ Marianne Hoff



The hard-earned refreshing individual Key Lime Pies complimentary to the swimmers and crew by Steve at Steves Authentic Key Lime Pie!



How fun! Great job swimmers and crew !

AWESOME



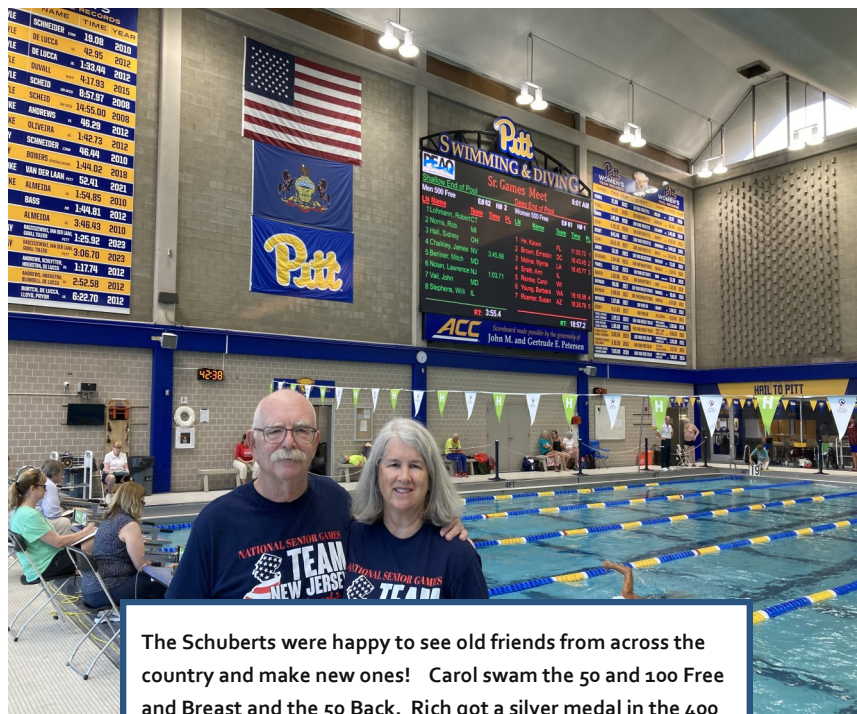
RBAY Master swimmers Bobby Kopek, Michael Lehrer and Aaron Lucera swam in the Special Olympics Area, regional and State competitions. They needed to win a Gold or silver medal to move on to the next level. All 3 made it to states and won Gold Medals there in multiple events. We are so proud of our swimmers and glad they are part of our team!

Congrats swimmers!

Here are some pics!

Thanks everyone for sharing!

RBAY Masters men decided to try something different — the sprint Triathlon.... and won Gold! Mark Weinstein, Frank Norek and Elliott Lehrer swam, biked and ran their way to gold. And have inspired the women to do the same in 2025, in Iowa! Frank Norek also entered the distance power walk and came in 8th!

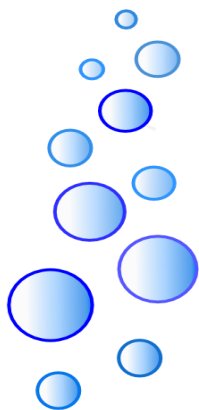


The Schuberts were happy to see old friends from across the country and make new ones! Carol swam the 50 and 100 Free and Breast and the 50 Back. Rich got a silver medal in the 400 IM and got ribbons in the 200 Back, 200 IM 200 Breast and 500 Free. Now they are back to NJ and back to their workouts!





RBAY Masters competed in the Senior National Games, Pittsburgh in July. Elliott Lehrer, Mark Weinstein, Frank Norek, Sue LeCarreaux, Meredith Lyndon and Galina Feygin (missing Stan).



RBAY Master swimmer Sue LeCarreaux won 5 gold, 1 silver medals and a 6th place ribbon at the Senior National Games in Pittsburgh. She was the top finisher for our team.



RBAY Masters 200y Medley relay team- Sue LeCarreaux, Meredith Lyndon, Frank Norek and Mark Weinstein. We came in 9th, just off the Podium!

The 200 Free relay team- Sue LeCarreaux, Meredith Lyndon, Frank Norek and Elliott Lehrer. We came in 6th!



Fellow swimmers!

It's (very) hard to believe the end of summer is beginning to loom in front of us. I sincerely hope you have accomplished a few of your summer swimming goals or you are honing in on the final stages of your plans.

I have thoroughly enjoyed watching some of my swimming friends execute on their goals- a big shout out to Paola Morchio. I loved being a tiny part of her swimming journey this summer and I am cheering loudly for her while she swims at Worlds this summer.

With the final chapter of long course and outdoor swimming about to start... enjoy all of the opportunities to swim outside. I know that I will!

Let me know if you like the sets!

Good Luck! Deirdre O'Mara



Warm up

2 X 200 Swim

4 X 100 Odds kick swim by 50

4 X 50 Hard 25, easy 25 to bring your heart rate up and then let it fall.

1000

Drill Set:

4 X 25 Breaststroke pull with freestyle kick, 25 free on 1:15

50 Free build to fast 1:00

400/1400

Main Set:

9 X 50's on a challenging interval!

Holding your fastest pace with 10 seconds rest

50 Easy- Really, easy

7 X 50 on a challenging interval!

Pick an interval you can hold while doing a fast pace with about

10 seconds rest

50 Easy- Really, easy

5 X 50's - on a challenging interval!

Pick an interval you can hold while doing a fast pace with about

10 seconds rest

50 Easy- Really easy!

3 X 50's -on a challenging interval! Pick an interval you can hold while doing a fast pace with about 10 seconds rest

50 Easy- Really easy!

1 X 50 -on a challenging interval!

Pick an interval you can hold while doing a fast pace with about

10 seconds rest

50 Easy- Really easy!

1500/2900

Fins:

6 X 100 on 1:50 50 Kick, 50 Swim

600/350

Warm down 200

Set 2- Find your Zone!

Focus your effort on the 100s and maintain a consistent effort over all of them!

Warm up:

300 swim

200 kick/swim by 25

3 X 100's smooth

4 X 50's Build to fast

1000

Main set

5 X 100 brisk pace, choose an interval with about 10 second rest

4 X 150's pull, long and smooth effort, 15 seconds rest

4 X 100 brisk pace choose an interval with about 10 second rest

2X 150 50 kick 100 swim

3 X 100 brisk pace

1 X 150 middle lap stroke choice

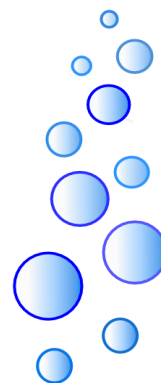
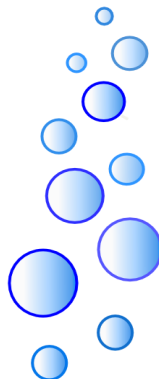
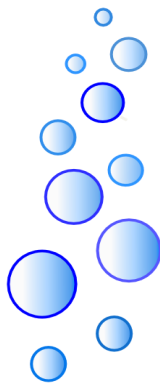
2X 100's- 50 stroke 50 swim

3 X 50 descended 1 to 3

2700/ 3700

Warm down 200 swim

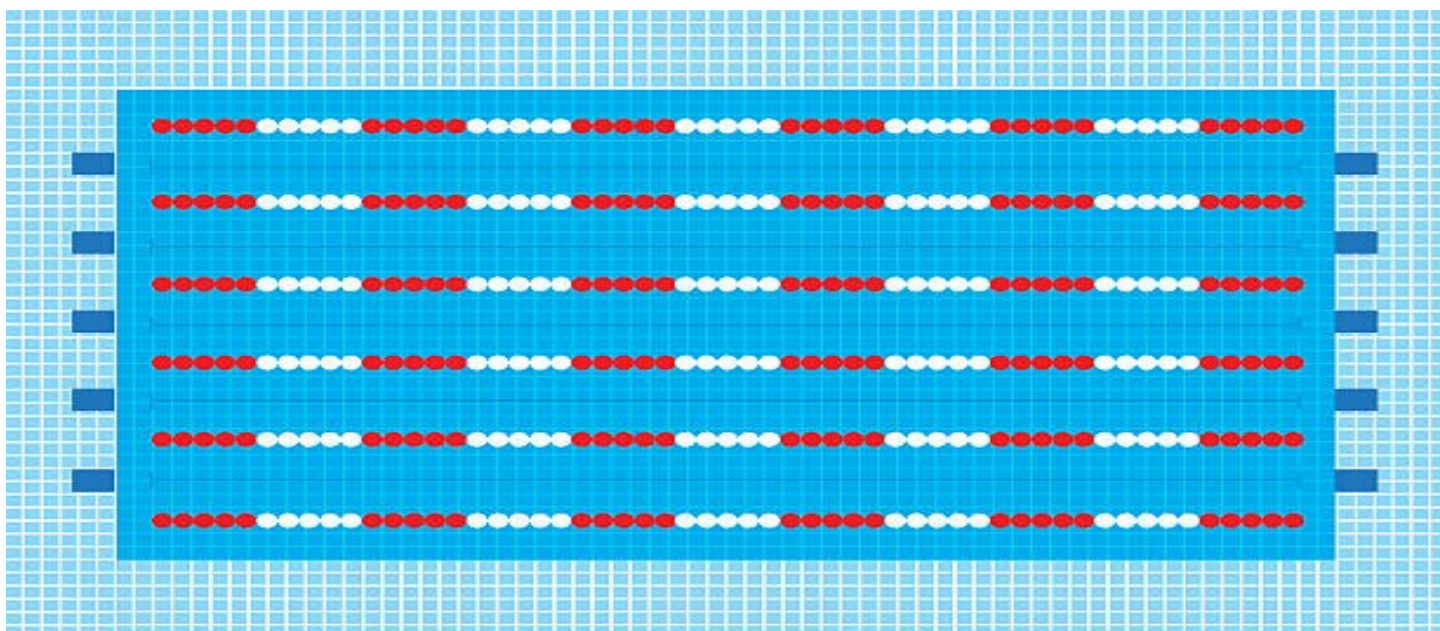
Total 3900





***Annual Awards Banquet
October 1!***

***Basking Ridge Country Club
Watch your email for more info!***



Are you an awardee? Check 'n see!



The 2022 CMRPA Award Recipients

35 Year

*Judy Lee
Richard Wallace*

30 Year

*Scott Yeomans
Jack Zakim*

25 Year

*Robert Barrish
Elizabeth Bromley
Don Denny
Jacqueline Glasser
Kathleen Hurley
Gail Seelig*

20 Year

*Yves Baeyens
Karen Charen
Laurie Ditommaso
Jane Fisher
Steven Levine
Frank McElroy
Barbara Rosenbaum
William Sullivan*

15 Year

*Sarah Clark
Tim Clewell
John Esser
Bridgette Hobart
William Kosakowski
Drew Moll
Beth Poore
Martin Scheidl
Nancy Wagner*

10 Year

*Tom Burkhardt
Deborah Cipriano
Mark Corl
Jose Faria
Robert Fisch
Irene Fisher
Matthew Gann
Mark Haftkowycz
Norma Jones
Mary Konsolaki
David Leit
Bob Nissen
Arun Rao
Michael Recchia
Julie Schoenlank
Cathy Signorin*



2022 CMRPA Award Recipients Continued

5 Year

Philip Allocco
Chuck Belinsky
Barbara Berg
Dmitry Biryukov
Leslie Bradley
Mary Breslin
Michael Brogan
Mike Burke
Piper Burrows
Maria Campese
Keith Christoffers
Alyssa Colasurdo
Dawn Dellaratta-Duffy
Thomas Diemar
Mary Eckel
Patrick Elsevier
Richard Endris
Greg Faughnan
Michael Fey
Martina Freeman
Robert Freund
Liam Gallagher
Kathy Godfrey
Sandra Gogerty
Matthew Goral
Amber-Sky Green
Alison Headley
Tricia Hiller

Pedro Moreno
Myra Muhammad
Will Murtishaw
Angelica Oliveira
Hank Oppenheimer
Flavio Pardo
Eileen Rath
Maria Rawley
Lynne Rider
Lucila Robert
Omer Sabuncu
Darrell Sandel
David Slavin
Gertrude Sloan
Scott Snyder
Michael Tucker
Jennifer Tull
Angela Vietmeier
Patrice Weil
Natalia Wika
Linda Witte
Ken Yanovsky
Soraya Zahedi
Peter Zhang

WHAT ARE YOU DOING?

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

HELLO, OCTOBER!



Deadline

Email editorfastlane@gmail.com

October 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; 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