

FASTLANE

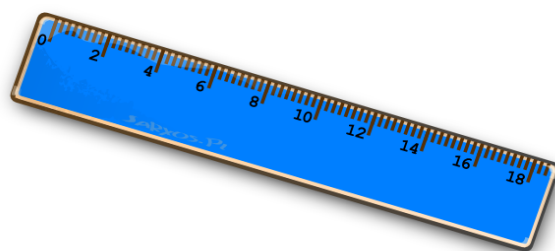
NJ LMSC Newsletter

January/February 2024 

Super fun mid-winter issue! Check it out!

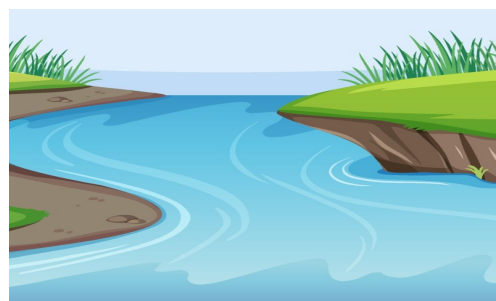


See who
broke her
mom's
record...
Page 8



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challenge? Page 14

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New high tech swim
challenge... Page 6

50/50

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**Continue scrolling
for lots more!**

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USMS Go The Distance 2024 ~~ All 2023 USMS swimmers are eligible to enter this free event! [More information](#) GTD Support Team email: events@usmastersswimming.org

2024 USMS Fitness Series ~~ held throughout the year. [Event information.](#)

The Delaware River Virtual Swim ~~ March 1 - July 31, more info page 6.

February 23 - March 3 ~~ **World Aquatics Masters Championships**, Doha, Qatar. Event information [here](#).

March 9, 15-16 ~~ **New England LMSC Short Course Championships**, March 9 for Distance Events: BSI-Wellesley, Wellesley MA; March 15-16: Blodgett Pool, Harvard University, Boston MA. Event information [here](#).

May 9-12 ~~ **2024 YMCA Masters Nationals**, International Swimming Hall of Fame Pool - Ft. Lauderdale, FL. Event information [here](#).

2024 USMS Open Water National Championships info! <https://www.usms.org/events/national-championships/open-water-national-championships/2024-open-water-national-championships>



In case you missed it, an article about our own **Chris McGiffin** is in the most recent issue of **Swimmer Magazine!**

“A Labor of Love”, click link: [the link](#)



Thanks to all who sent in or texted me about including this fun article!

Click here for [Swimmer, 99, just broke three world records in 100-plus age group - The Washington Post](#)



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

MARCH

Zvi Aluma
Ileana Balcu
Tony Basham
Linda Bjork
Caroline Block
Alexis Broder
Tom Brunson
Kevin Burke
Denise Camara
Jennifer Campbell
Joe Capuano
Sandra Carosi
Valter Cavali Friedrich
Lawrence Chevres
Zachary Chororos
Keith Christoffers
Jessica Clarke
Steve Cozine
Keith Demmerle
Nancy Dhulipala
Christian Dobil
Lynn English
Daniel Feeney
Sue Freeman-Patterson
Jeremy Fuchs
Christopher Gibson
Jennifer Giesber
Kathy Godfrey
Peter Groner
Ann Guarnaccia
Diane Guvenis
Frank Haftel
Mary Hager
Ellie Harris
William Hennessy
Norma Jones
William Kosakowski
Elizabeth Krynska
Katherine Lawrence

Rosanne Lemongello
David Leong
Kerry Lyman
Mary Marino
Christine Matthews
Frank McElroy
Chris McGiffin
Lyndsay McMeen
Faye Morrone
Muchiri Mwangi
Ken Niemi
John O'Brien
Edward O'Connor
Peyton Ouano
Lynda Przedpelski
John Rittenhouse
John Rittenhouse
Rodrigo Rojas
Kurt Rotthoff
Ari Schertz
Thomas Scott
Brian Shea
Kristen Shepard
Bridget Sherratt
Bill Sjovall
Alessandro Sodi
Korey Stoller
Robert Strang
James Sullivan
FNU Sunil Kumar
Danial Vaynshtok
Frank Viggiano
Nancy Wagner
Mark Weinstein
Andrew Wilson
Diana Winigrad



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



APRIL

Eliana Alcorta
Asheley Annulyse
Kenneth Baker
John Baran
Kelley Barrick
Jonathan Betz
Sandy Bluhm
Matthew Brown
Benedicte Callan
Thomas Casey
Jane Cerise
Jill Collins
Robert Curry
Daisy DeSimone
Alyssa DeVito-Johnsen
Hilary Dudley
Patrick Elsevier
Robert Falzon
Jose Faria
Ken Fitch
James Flannery
jocelyn grier
Sean Hardick
Mark Hoffman
Susan Howley
igor kalmykov
Kathleen Keers-Nolde
Kassandra Lacerda
Mary Laurita
Miren Libano
Susan Lockhart
Christina Mackay
Stephanie Morris
John Newitt
Karen Paffendorf

Melia Parchman
Hayley Perelman
Nick Pierson
Michelle Ray
Michael Reinitz
Tom Sartorio
Martin Scheidl
Carol Schubert
Karen Shearly
Aaron Smith
Kari VanderVeen
Marie Vellucci
Michael Wainfeld
Ilse Wolfe



A New High Tech Virtual Swim!



Get ready for an amazing **interactive virtual swim** – this time we will swim the Delaware River!! The Delaware River flows free for 330 miles from Hancock, New York through Pennsylvania, New Jersey, and Delaware into the Delaware Bay which empties into the Atlantic Ocean.

We have partnered with ReSport, a company that will deliver an interactive virtual swim, allowing you to see where you are on the river at any time. You'll also be able to see where other swimmers are if you choose. Click on [this link](#) to see how the map looks with a few made-up swimmers. After you register, you will receive a personalized link that allows you to log your miles. We will not use the USMS flog for this event as we have for past virtual swims.

Since the Delaware River is so long, for the first time along with solo swims we are including 3- and 4-person relay teams. Build a relay team with people you swim with or friends who swim elsewhere in NJ. Then think of a cool name for your relay. The swim will begin on March 1 and end on July 31th.

There will be custom swag and a raffle for a swim-related gift card every month. Unbelievably, this event is FREE for all 2024 registered NJ Masters swimmers. And for each participant, the NJ LMSC will donate \$5 to the Delaware RiverKeeper Network, a nonprofit group that strives to protect the waters of the Delaware River.

Sign up using this google form at <https://forms.gle/rQpNAz7q1yzhCa1t6> . If you have questions, feel free to contact Linda Brown-Kuhn at lindabk11@gmail.com .





Congratulations to the following NJ LMSC swimmers who set new NJ LMSC short course meters records at the 2024 Bill Heebner Memorial Winter Freeze Masters Meet in Phoenixville, PA on January 7, 2024. **Women 35-39:** Christie Raleigh Crossley, 37 - 50 back 31.66; **Women 70-74:** Nancy Steadman-Martin, 70 - 100 free 1:15.65, 200 free 2:40.28, 400 free 5:27.15, 800 free 11:04.36, 1500 free 20:57.13. 50 back 41.90, 100 fly 1:34.73, 200 fly 3:11.07, 400 IM 6:32.42



Nancy's 800 free and 1500 free were both faster than the existing USMS National and World Aquatics World records! Congratulations Nancy!

Congratulations to the following NJLMSC swimmers who set new short course meters records at the Somerset County YMCA Pentathlon meet at the Bridgewater YMCA on December 16-17, 2023.

Women 18-24: Mary Laurita (24) - 50 Back 32.39, 50 Fly 30.12, 100 IM 1:10.26; **Women 25-29:** Megan Bull (25) - 50 Free - 27.73, 100 Free - 59.03, 200 Free - 2:06.90, 400 Free - 4:28.40, 800 Free 9:23.31, 1500 Free 17:43.83, 100 Breast - 1:15.81; **Women 45-49:** Sanna Greenberg (47) - 100 Breast 1:19.53; **Women 90-94:** Joy Tsuzuki (93) - 50 back 2:56.52; **Men 25-29:** Stephen Husch (27) - 50 Breast 29.01, 100 Breast 1:03.51; **Men 75-79:** Richard Alexander (79) 50 Back 38.51, 100 Back 1:32.58; Jim Dragon (79) - 50 Breast 42.71, 50 Fly 34.77; **Men 80-84:** Bob Hopkins (81) - 100 IM 2:04.81; **Mixed 240-279 200 Free Relay:** David DeSimone (68), Kelly Papa (55), Kristen Guth (52), Ed Tsuzuki (65) - 2:20.65



NANCY STEADMAN MARTIN SETS TWO WORLD RECORDS IN ONE EVENT!

Nancy Steadman Martin got a quick taste of what it feels like to be 70 years old! Nancy, who is 69 years old, will be turning 70 on July 5, 2024. As most swimmers know, for meter swim events, both short course and long course, you swim the age you are on December 31st of that year. So, Nancy competed as a 70 year old in the short course meter swimming meet on January 7, 2024, at the Phoenixville Area Y, in Phoenixville, PA.

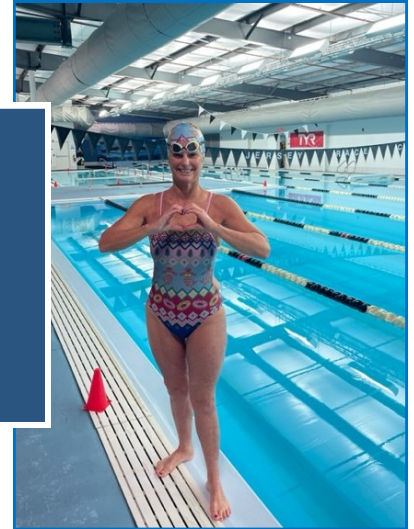
Nancy swam the 1500 short course meter free and set a new world record of 20:57.13. On the way to that record, Nancy set a new record for the 800 free in a time of 11:04.36. The prior world records in those events belonged to her Mighty Mer-

maid teammate from California, Christie Ciraulo. Before Nancy could get to the warm-down pool, Christie was the first to call her with congratulations. The Mighty Mermaids are a group of women from different parts of the country who come together once a year to swim a relay in open water. They have completed a relay across the Catalina Channel and the English Channel, along with conquering many other bodies of water, and have been doing these distance relays for 17 years. Christie was the one who put the team together. Christie and Nancy have a very friendly rivalry and Nancy knows that Christie will be aiming for her times! Since short course meter events are generally in the fall, Christie and Nancy will be battling for records on their opposite coasts next fall and for long course records in the summer!

In the Phoenixville meet, Nancy swam 4 other events and set 6 New Jersey Short Course Meter Records in the 70 -74 Age Group: 100 free (1:15.65), 200 Free (2:40.28), 400 Free (5:27.15), 100 Fly (1:34.73) and 200 Fly (3:11.07), and 50 Back (41.90). The 200 Free, 400 Free, and 100 Fly were split times on the way to the longer event.

The record that was very meaningful to Nancy was the 50 SCM Backstroke. As Nancy “ages up,” she enjoys trying to break her Mom, Doris Steadman’s backstroke records. Some people will ask Nancy, “Shouldn’t you let your Mom’s records stand.” But Nancy knows, and always replies, “My Mom would prefer me to break them instead of somebody else.” The sprint backstroke records are always the toughest for Nancy to break, but she did break Doris’ record of 42.58 when she completed the sprint back event in 41.90. Nancy says that when she gets in the water for the start of the backstroke events when her Mom’s records are at stake, she almost can feel her Mom in the next lane! Doris was inducted into the Masters Swimming International Hall of Fame in October 2022.

Nancy will, once again, be swimming as a 69 year old in the upcoming short course meets, but



Nancy!



this past event gave her a taste of being 70! AND, as much as she sees the years going by way too fast, she knows that there are some benefits in entering a new age group. Her former friend, Julia Dolce, a NJ Swimmer extraordinaire, who swam her last national at age 96, always said, "The real winner is the last swimmer standing on the starting block." Nancy hopes to be that winner!

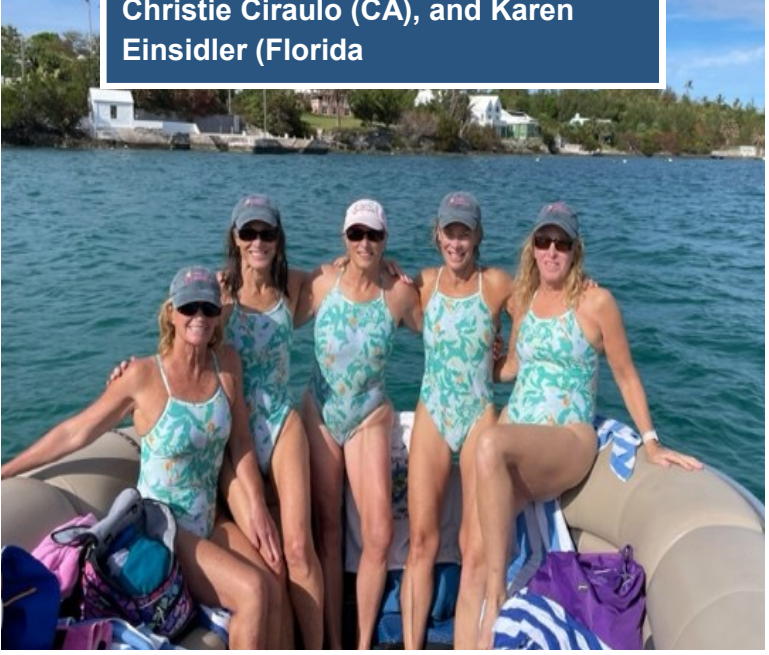


Christie Ciraulo, Mighty Mermaid Teammate and prior record holder and Nancy at last year's USMS Spring Nationals in California



Michelle Davidson, Garden State Master Swimmer, and Nancy after completing the 12 Mile Around Charleston Swim as a relay (winning our division of 2 person relay)

My Mighty Mermaid Group: Nancy, Roni Hibben (CA), Tracy Grilli, (NH), Christie Ciraulo (CA), and Karen Einsidler (Florida)



Nancy shared one of her favorite workouts on the next page!





**One of Nancy's
favorite workouts!**

600 warm-up

500

5 x 100

400

4 x 100

300

3 x 100

200

2 x 100

100

1 x 100

5 x 100 IM

5 x 100 with fins - Kick/ Swim by 50

400 EZ

5000 Total



Behind the goggles: *Lessons in swimming and in life*

By Paul Kiell

Unlike walking or running, swimming doesn't come naturally. Multiple mistakes in the learning process are inevitable and plentiful. How we deal with mistakes in life and swimming tells a bigger tale. That's why I'm telling this story, a story which begins with my treasured January 1947 photo of the not-too-famous 1946-47 Newark, NJ South Side High School swim team:



Look at the first two rows, particularly the guy in the second row on the far right. He and the rest of us would swim to a zero-win season, but over the years to follow would produce an architect, a psychiatrist, a pediatrician, a mathematician, a police chief, an accountant, a few lawyers, a



pharmacist, and one or two businessmen. But the guy in the second row, far right, Bernie, is the one I want to tell you about.

Bernie was the guy who, when going to the swim competitions would sit in the very back of the bus, and hold court, cracking jokes, always regaling us with his stories and his philosophy of life.

Tacked on to his 1947 pose, is the same guy, more than half a century later, posing with me at his executive office in Atlanta, Ga. May 2000. (I had been on my way to Augusta for the annual YMCA Masters Swim Championship.)

A little more about Bernie: First generation, youngest in a large family, he lived in the poorer section of Newark and worked after school and summers in a drug store. By chance, we met maybe ten years after High School. He had become a pharmacist and was a partner in a local pharmacy. The owner had taken him in, for free—as a full partner—so impressed was he with Bernie’s business acumen.

Over those years we would occasionally meet, socially. He seemed to have his finger in a few pursuits, was head of Health and Beauty Aids at Vornado’s “Two Guys from Harrison,” and before long had become CEO (or its equivalent) of a pharmaceutical firm that he told us would donate the bulk of their profits, to Israel. Bernie would also lecture us on the concept of Tzedakah, the Jewish moral obligation to empower the poor among us.

Another time he was holding court with a group of us telling us what he’d preach to his salespeople; it was something like “... don’t ever tell me you don’t make any mistakes,” it went, “because if you haven’t made mistakes, you’ve never learned anything!”

Okay, but what’s this got to do with swimming? Swimming, as I said, does not come naturally. We were made to be upright. Every time we jump into the pool our bodies seek the upright position, our hands think they are feet, and our heads lift for air. In effect, we start off by making “mistakes.” That’s why swimming has to be taught.



As we inevitably age, our times and our techniques fall off. Swimming does not forgive technique, rhythm, stroke, and timing falloffs. With the slowdown, we make more of the old “mistakes.” The challenge may be to concentrate more on quality in our workouts. It’s often the time to return to basics, both In life and in swimming.

So, to integrate a philosophy of life with the practice of swimming, meet my erstwhile swimming friend:

Click link for more!



<https://vimeo.com/146029996>



LOCAL MASTERS SWIMMERS CELEBRATE 20TH ANNIVERSARY WITH ANNUAL AWARDS BREAKFAST!

A group of Masters Swimmers from Madison and the surrounding areas have now had the privilege of swimming together for two decades at the Madison YMCA, the Madison Community Pool, the Summit YMCA and other close by locations. Traditionally, we track monthly swim yardage for the entire year on a user friendly web site (with support from our web site coordinator Barry Lass). Each of our 60 swimmers has a chance to see how they rank throughout the year in total yards within the group in a monthly newsletter.



Row 1- Yardstick Winner Sandra Seddon, Barbara Rushman, Bob Nissen, Deborah Fennelly, Joe Donohue **Row 2-** Bob Franks, Bree Olivari, Nicole Sullivan, Noreen McManus, Melissa Griffie, Jane Ikeda, Nicole Bearce **Row 3-** Chachi Sabatino, Bill Sjoval, Debbie Goulian, Susan Kirk, Irene Fisher, Ed Tsuzuki, Jim Sullivan **Row 4-** Diane Dinsmore, Bill Sullivan, Alan Sawyer, Lynda Przedpelski, Sarah Sangree, Barry Lass, Ted Bohlman, Sam Kongsamut **Row 5-** Jennifer Bauman, John Przedpelski, Richard Clew, Barbara Wattenbach, Cande Olsen

Also, as we do every year in January, the Masters Yardstick Swimmers gathered recently at our 20th anniversary annual awards breakfast on January 6th- a combined live (at the Kemmerer Library in Harding Township) and online (via Zoom) event- with strong participation (39 in person and 6 on Zoom)! Hosted by longtime swimmers Bob Nissen, Joe Donohue, and Richard Clew, the multi-media slide show and event highlighted activities of 2023 (aided by our group historian, Barbara Rushman) and brought us together in such a way that all active members could enjoy.

It began with a fascinating summary of our 20 year history- how we started, how we have evolved and grown as the “Yardstick Swimmers”, and what we have accomplished as a group. Since 2004, our collective swimming efforts are amazing- logging more than 371 million yards- or nearly 211,000 miles! That is equivalent to swimming “around the world” more than 8 times!

After reviewing a number of “20th Anniversary Workouts” submitted by our swimmers, we were entertained with a Surprise Video Tape and Congratulations Message from Rowdy Gaines, 3 time Olympic Gold Medal Winner in Swimming.

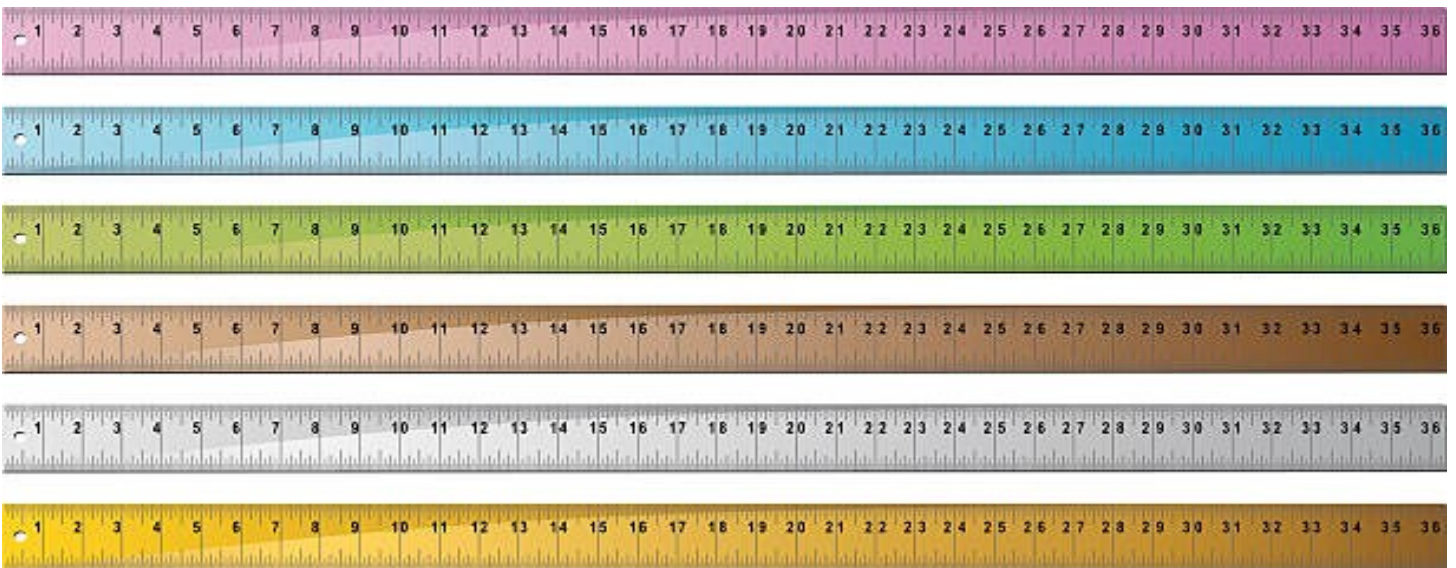


Many of our swimmers enjoy participating in group workouts at the Walker D. Kirby Aquatics Center in its modern eight lane pool at the Madison YMCA! For further information on the pool and swim program, please contact the main desk at the Madison YMCA at 973-822-9622.

Ultimately, we moved on to the highlight of the event- our Annual Awards. Jane Ikeda of Mendham, Diane Dinsmore of Madison, and Bob Franks of Chatham were each named “**Bold Performer of the Year**”, for demonstrating improved performance, exceptional effort and a special commitment to the swimming program. 3 Dimensional 20th Anniversary Awards for long term participation and passion for swimming by exemplifying Commitment, Consistency, and Competitiveness were presented to Jennifer Bauman of Parsippany, Bill Sullivan of Florham Park, and Richard Clew of Harding Township.

The Team Competition was unbelievable, with our two squads each swimming more than 12 million yards in a competition that was close until the final day, when The Yardstick Rulers (led by Captain Richard Clew) bested the Yardstick Junkies (led by Captain Bill Sullivan). Finally, our top two swimmers for 2023 were runner up Cindy Viola of Chatham, and Yardstick Winner Sandra Seddon of Chatham, swimming 1,461,630 yards, or 830 miles! Sandra 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 with our swimming friends for this special 20th Anniversary celebration. And we will continue our monthly yard tracking in 2024, and are convinced that our program will grow in numbers! Adult swimmers of all levels from beginners to experts are welcome to the Masters programs. To learn more about our Yardstick Challenge, please contact Bob Nissen at bobnissen@gmail.com.





Thanks Meredith Lyndon for sending in the good news & photos!



Master swimmers Darian Russell and Meredith Lyndon (along with Coach Tina and daughter Bella) swam in a Coaches medley relay at a USA age group meet. The kids loved it, video'd us and cheered us on to a fourth place finish. We were out at the Nassau Aquatic Center for a 2 day meet. We can't wait until "next year!"



RBAY Masters swimmer Suh Gruppuso ran a full Marathon down in Disney world in January with her husband. The day before she and her oldest son ran a half marathon "to warm up", but it was shortened to 7.2 mi because of bad weather. We have roped her into swimming and competing, but she still loves to run. Congratulations Suh!



50/50 RECAP



Festive 50 x 50's!

Sixty-two swimmers started the new year in a spirit of camaraderie and good health by swimming the 50 x 50s on January 1, 2024, from 10-12:30. This FREE event, sponsored by the NJ LMSC, was held at the Jersey Aquatic Club (formerly Berkeley Aquatic Club) in New Providence.

Thanks to Bill Reichle for all his help and to Ed Tsuzuki for taking a wonderful group photo pre-swim. The rest of the photos were taken by Linda Brown-Kuhn. Pics on the next few pages!



50/50

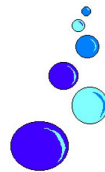
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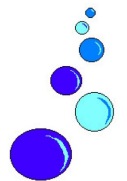


Jerry O'Mara, Bill Sullivan, Richard Clew, Jim O'Day

Bill Reichle, Beth Maloney behind Bill, Marybeth Jacob, Lan Ge and Patrick Scanlon



Phil Ankel, Eddie Filipovic, Albie Ashbrook, Mike Gemelli



John Przedpelski, Lauren Tornow, Chris McGiffin, Paulius Mikalainis



50/50

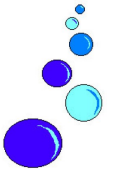
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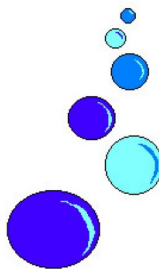
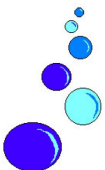


Andrew Solomon, Dave Feldman, Keith Christoffers, Barbara McGregor

Jane Ikeda in back, Angelica Olivera, Laura DeVito, Ellen Ryan, Katherine Cummings



Shayne Veramallay



Ed Tsuzuki, Paola Morchio, Jose Julian Faria



50/50

50/50

50/50

Darren Klein, Michelle Sprietsma,
Phillip VonSchondorf in the back.
Daisy DeSimone and Patrick



Sue Charatan, Lisa Wilkes, Nicolette Angelos, Mary
Ellen Lawrence, Eileen Rath and Laura Tyson



Karen Paffendorf and Dana
Reynolds



Stephanie Carroll, Naomi Hillel,
Anthony Colon



Register today!



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don't forget to**

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your membership!





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**Next Fastlane
deadline
April 1, 2024**

Email editorfastlane@gmail.com

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

