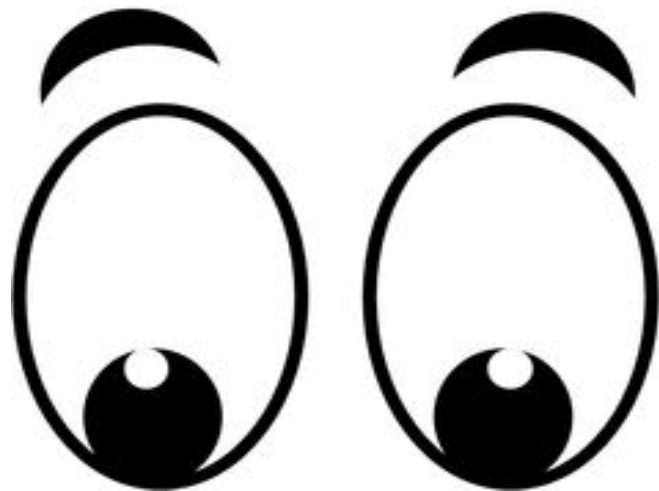




Look Inside !



Delaware River Virtual Swim Update

KUDOS

100/100s more than one!

And more...

NJ LMSC VOLUNTEERS

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Chris McGiffin, Bill Reichle

To contact any of the volunteers
click here

[NJ LMSC Board Volunteers](#)



USMS Go The Distance 2024 All 2024 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](#).

March 1 - July 31 ~~ **The Delaware River Virtual Swim** see page 8.

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

May 18-19 ~~ **Somerset County YMCA Masters "Last Chance" (SCY) meet** at Somerset Hills YMCA. Event information [here](#).

Jun. 20-24 ~~ **USMS Spring Nationals**, Indianapolis, IN. Event information [here](#).

July 18-24 ~~ **PanAm Masters Championships**, Trinidad and Tobago. 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>



This is from a town in France, that grows a lot of lemons and oranges. They do an annual parade and this year it's in honor of the upcoming Olympics. So I love that float of the butterfly. — Thanks Linda Brown-Kuhn for sending this in!

[French Lemon Festival Celebrates 2024 Olympics \(nicenews.com\)](#)

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

MAY

**Richard Alexander
Alberta Ashbrook
Yves Baeyens
John Baliko
Trent Barrett
Jodi Barrish
Lisa Baumann
Cindy Beck
Robert Bohack
Leslie Bradley
Rico Camacho
kaitlyn Capone
Daniel Chao
Julianne Christiansen
Kathryn Cummings
Joseph Dettmore
Laura DeVito
Matthew Donovan
Jim Dragon
Matthew Duhaime
Gary Dunchus
Bill Eickelberg
Irene Fisher
Claude Gallelo
Lan Ge
Michael Gemelli
Elizabeth Gilmore
Bob Hopkins
Marybeth Jacob
Sara Johnston
Steven Keane
Stephen Kunen
Mary Ellen Lawrence
Christopher Levin
Kimmie Ly
Laurie Maher
Joan Marks**

**Javohn Martin
Matthew McCort
Patrick McElroy
Robert Migliore
Arlene Moskowitz
Cara Murphy
Danielle Nasto
Rachel Papalski
Arun Rao
Julie Riefler Locke
Junior Rodriguez
Roxanne Royce
Melanie Rubenstein
Sean Ryan
Sarah Sacco
Todd Sarett
Gail Seelig
Clemildo Senger
Scott Snyder
Deirdre Stadtmauer
Bill Starkey
Ann McKay Thoroman
Christopher Townsend
Arthur Wein
Erik Werfel
Sanford White
Ken Yanovsky
Donna Zak**





June

George Allison
Philip Allocco
Jerry Ambroise
Philip Ankel
Barbara Berg
Pearly Besman
Alison Beverly
Hope Boczon
Kathleen Borrone
Linda Brown-Kuhn
Richard Callaghan
Gerri Callahan
Bruno Camara
Sean Canavan
Steven Chestler
Tara Corduan
Arthur Costanzo
John Crowley
James Curd
Michelle Davidson
David DeSimone
Guy Dorgan
John Esser
David Fabian
Brent Ferguson
Amy Ferris
Marcus Freeman
Natalia Gonzalez
Gregg Heubach
Marie Hisamoto
Vassiliki Karantza
Susan Kirk
Darren Klein
Karen Knorr
Mary Konsolaki
Robert Kopac
Kristin Krauss
Linda Lee
Stephen Leonard
Jeffery Lin

Annie Menninger
Wanda Mercado
Andrew Mitzak
Barry Moore
Matthew Noga
Kathleen Ochab
James O'Day
Michael O'Donoghue
Susan Olesky
Bree Olivari
Michael Palmberg
Kelly Papa
Regina Papini
Kathleen Pappas
Christie Raleigh Crossley
Lucila Robert
Corey Roberts
Ellen Ryan
Adrian Sabovici
Omer Sabuncu
William Segal
Gertrude Sloan
Alexandra Solomon
Michele Sprietsma
Robert Stefanik
Eric Steimle
Christopher Stephens
Charles Stillwell
Ruth Traylor
Jennifer Tull
Gerard Walker
Linda Witte
E Dieter Wunderlich
Soraya Zahedi
Minnie Zhang
Peter Zhang



Congratulations to Mark Weinstein (68), Atsushi Hamanaka (65), Elliott Lehrer (68), and Francis Norek (67) of Raritan Bay Area YMCA Masters who set a new men's 65+ 400 yard medley relay record of 6:41.61 at the Orange Town Pool at the High Plains Community Center in Connecticut on April 6, 2024.

Congratulations to Nancy Steadman-Martin, 70 for setting new NJ LMSC short course meters records at the 2024 Albatross Open meet at the Kennedy-Shriver Aquatic Center on March 16, 2024. Nancy set new standards in the women 70-74 age group in the 100 back (1:26.01), 200 back (2:59.21), 200 IM (3:04.36), and the 400 IM (6:24.76).

Congratulations to Stephen Husch, 27 for setting new NJLMSC SCY records in the men's 25-29 50 and 100 breaststroke at the 2024 Delaware Valley LMSC SCY Championships at the Upper Dublin High School in Fort Washington, PA on March 9, 2024. Stephen swam a 26.34 and 56.76 respectively.

Congratulations to Lyndsay McMeen, 43 and Sanna Greenberg, 48 for setting new NJLMSC SCY records at the New England SCY Championships at Harvard University in Boston, MA on March 15-16, 2024. Lyndsay lowered the women's 40-44 100 breaststroke to 1:12.23 and Sanna set new standards in the women's 45-49 breaststroke events: 50 - :32.33, 100 - 1:10.71, and 200 - 2:38.78

100 100s



How fun! 75 total swimmers participated in our annual 100/100s including many first-timers. Congratulations to all of our brave NJ Masters members who took part!



MORE 100 100s!

Thanks Karen Grill for sending this in!

West Morris Area YMCA Masters 100x100s (meters!!) 4/7/24. Congratulations on a great job. Thank you to those who participated. Special thanks to those who donated for a great cause, Adult Learn to Swim. Great job to those who had PRs. We had many! We missed those who couldn't make it! We didn't get everyone in the photos but had a nice turnout!



Congratulations Joe
100 x 100s ✓
Coach Karen Jumped in
for final 3,000M



Matt, Rodrigo, Eddie &
Adrian 100 x 100 ✓
in an amazing time!!!



WMAY Masters 100 x
100 Participants



Laura, Nancy &
Kathleen
100 x 100 ✓



WMAY Masters
Coaches
Karen & Beth



Rita, Fran & Eliana

The Delaware River is Full of Virtual Swimmers!!



The first ever interactive Delaware River Virtual Swim began on March 1 with a tremendous response! A **whopping 137** swimmers are taking on the challenge of swimming the Delaware River as it flows for 330 miles from Hancock NY, through Pennsylvania, New Jersey, and Delaware into the Delaware Bay that empties into the Atlantic Ocean. Sixteen swimmers are tackling this solo, 18 swimmers are on 3-person relays and 104 swimmers formed 4-person relays.

With this tracking technology, provided by ReSport, you can see where you are on the river at any time. You'll also be able to see where other swimmers are if you choose. This event runs through July and since it is a rolling registration event, any 2024 registered NJ Masters swimmer can sign up along the way. After registering you will receive a personalized link that allows you to log your miles. Below you'll see members of all the solo swimmers and relays. This is a fun fitness event with the competitive spirit felt by some!

There's custom swag and a monthly raffle for a swim-related gift card! Congratulations to Jennifer Giesber who won the March raffle-- a \$25 gift certificate to Finals Swimwear. 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 .

Thanks to Mary Breslin from the Shad Run relay for pointing out that the [Lambertville ShadFest](#) will be held on 4/20-21. Check it out!

Solo Swimmers

Dana Duncan
Ann Espinoza
Julie Schoenlank
Kimberly Plewa
Suzanne Kruep
Jessica Lituchy
Ali Headley
Ileana Balcu
Jennifer Giesber
Karen Grill
Peter Langham
Miren Libano
Kathy Godfrey
Eileen Rath
Jim Ryan
Adrian Sabovici

Three Person Relay

Comets

Beth Maloney
Bill Maloney
Michael Recchia

DE Dippers
Curtis Miller
Karen Pufendorf
Marie Vellucci

Relay Sweet Jam

Jane Ikeda
Anne Laurita
Mary Laurita

Rutgers Rec

Gerri Callahan
Ken Niemi
Jens Volker

Lane B

Howard Konicov
Diederik Lohman
Jean Rutter

The Octopus

Paul Kiell
Joy Tsuzuki
Dieter Wunderlich

4 Person Relays

1	130 for Pasta & Wine	Kristen Guth Fernando Najera Kelly Papa Megan Tompkins
2	215 Rocks!	Vassiliki Karantza Doree Kesselbrenner Laurie Maher Peter Zhang
3	Chlorine Crew	Laura DeVito Christine Kelly Lee Pressler James Sullivan
4	Descending 1 to 4	David Lane George Matyasfalvi Mohamed Nouser David O'Dougherty
5	Elena's Electric Slide	Marie Fortin Pauline Gyllenhammer Ellie Soisson Kelly Young
6	Flipper	Grace Engels Carolyn Fischer Jen Keeling Kim Patchett
7	Free Flowing Foursome	Hilary Dudley Sandy Gogerty Susan Howley Michelle Ray
8	JACSCY Squad	Megan Bull Richard Clew Brian Glenn Bill Sullivan



9	Lane 10 Turtles	Patrice Cummings Marie Hisamoto Lauren Overeem Minnie Zhang
10	Lane 2	Cate Carley Karen Charen Judy Lee Sandra Seddon
11	Lane 5	Kareen Bacinski Leandro Bianchini Kathleen Ochab Kari VanderVeen
12	Lane One Lightnings	Kam Amirzafari Hope Boczon Alina Fidziukiewicz Susan Lockhart
13	Morgan's Marauders	Pearly Besman Jim Flannery Adele Morgan Amy Xiang
14	Nauti Naiads	Lan Ge Marybeth Jacob Sally Kleeman Sharon London
15	OGBWL2	Christopher Levin Deirdre O'Mara Gerald O'Mara Lynda Przedpelski
16	RBAY	Atsushi Hamanaka Elliott Lehrer Frank Norek Mark Weinstein



17	SCYM Streamliners	Kathryn Cummings Anne Murphy Ashley Pertsemliadis Ellen Ryan
18	Shad Run	Mary Breslin Carolyn Jordano Suzanne Klein Susan Olesky
19	SHY LANE ONE	Rebecca Baumrin Carrie Foster Danielle Nasto Sari Sajo
20	Slow and Steady	Mark LaFollette Paulius Mikalainis Lorna Morehead Stephen Neville
21	Team Three Quarters	John Cassimatis Natalia Gonzalez John O'Brien Steve Soisson
22	The Bagel Crew	Dave DeSimone Doug Grierson Pippa Michaels Angelica Oliveira
23	The Outside Lane	Joe Capuano Matt Donovan Jose Faria Jeff Jotz
24	The Scarlet Friar Husky Seahawks	Tom Burkardt Matt Frazier Jake McCarthy Bill Sjovall
25	Thresher Sharks	Dan Chao Ken Ellis Bill Kosakowski
26	Tre Uomini E Una Rana	Karin Schreur Robert Curry Paola Morchio Ed Tsuzuki Scott Yeomans

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workout Library?*

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Next Fastlane

deadline

June 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