

FASTLANE

NJ LMSC Newsletter

May/June 2026



Details to follow!

NJ LMSC VOLUNTEERS

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Jane Ikeda

Special Projects

Susan Kirk,

Chris McGiffin, Bill Reichle

To contact any of the volunteers
click here

[NJ LMSC Board Volunteers](#)

WHAT'S HAPPENING

USMS Go The Distance 2026 All 2026 USMS swimmers are eligible to enter this free event! [More information](#) GTD

2026 USMS Fitness Series held throughout the year. [Event information](#).

Save the date — September 12 **Last Chance Summer Swim** at the Orange Ave 50 meter pool in Cranford, NJ
Save the date — October 4 **Annual Awards Banquet** ... keep an eye out for more info

Ray's Notebook 2026 Open Water Swims (NJ/NY/PA)
<https://raysnotebook.info/ows/schedules/Middle%20Atlantic.html>

Check the [Calendar of Swimming Events | U.S. Masters Swimming](#) for additional events!

Support Team email:
events@usmastersswimming.org



July Birthdays!

**Jesus Abreu
Sergi Aliaga
John Archibald
Julie Arslanoglu
Kareen Bacinski
Stephen Beck
Danielle Bellucci
Luca Beverini
Nick Bloomer
Ted Bohlman
Jesenia Brown
Tom Burkardt
Louis Cappelli
Adam Carroll
Keith Cataldo
Kevin Chiella
Lorna Cialdella-Morehead
Joy Ciardullo
Charles Ciarfello
Lisa Ciccone
Alexi Corey
Mark Corl
Hilary Crall
Maria DeLucia
Alicia Demmerle
Capri Djatiasmoro
Wes Donnelly
Alina Fidziukiewicz
Michael Freedberg
Robert Freund
Tom Giannone
Jane Gleason
Sandra Gogerty
Eric Goidel
Mark Haftkowycz
Rachel Halbo
Michael Halfacre
Erin Hasinoff
Machteld Hillen
Jeffrey Horn
Jahi Joiner
Christine Kamph
Maureen Koziol
Suzanne Kruep
Billy Kupferman
Anne Laurita
Kathrine Leach**

**Michael Leddy
Elliott Lehrer
Birgit Liehmann
Diego Lopez
Nancy Ludwig
K Lundy
Kathy Lynch
Anna Mahoney
Jeanmarie Mallin
Barbara Mcgregor
Andrea McGruther
Drew Mitzak
Carley Moseley
Pal Muniratnam
Stephanie Mygas
Hao Nguyen
Louis Orgera
Bulent Ozbas
Megan Pappalardo
Nicole Pisano
Beth Poore
Jeffrey Preischel
Maria Rawley
Katie Ricker-Pedley
Nina Rosado
James Ryan
Danielle s
Harry Schiller
David Schore
Carolyn Seiter
Jacob Shapiro
Jose Sison
Dave Slowinski
Norman Sorkin
Thomas Sullivan
Debra Trachtenberg
joe voigtsberger
Igor Voloshin
Linda Weber
Qiang Zheng**



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



August Birthdays!

Laura Agresta
John Ahearn
Gulnaz Aksu
Kam Amirzafari
Jin Armstrong
Adam Arnold
Emily Bakosi
Daniel Baytin
Richard Benson
Gregory Benz
William Blumentals
Tiffany Brennan
Tara Bryant
Elizabeth Burton
Sally Butler
Maria Campese
Patricia Canning
Mary Carley
Tiger Cass
Jeff Chuang
Peter Cirignano
Timothy Clewell
Kathleen Cooney
John Corredor
Patrice Cummings
Joe Davidoff
Arthur Deffaa
Jennifer DiLorenzo
Cosme Dos Santos Jr
Benn Doyle
Dennis Driscoll
Dan Drury
Eric Estrada
Brian Fallon
Denis Filipovic
Christopher Flood
Marie Fortin
Donald Free
Mauricio Fuentes
Michael Gadaleta
Daniel Galarza
Richard Gilbert
Douglas Grierson
Polly Harrison
Miles Hersey
Naomi Hillel
William Hulse
Kathleen Hurley
William Hurst
David Juchniewicz

Christine Kelly
Doree Kesselbrenner
Thomas Koellhoffer
Joseph Koplik
Jennifer Korten
Kathleen Kubis
David Lane
Peter Langham
Ellen Lederman
Rob Lewis
David Lockhart
Sharon London
Alexandra Loop
Orlando Loor
Sebastian Martinez
Margaret Martonosi
Patricia McKinley
Debbie Meola
Pippa Michaels
Jelani Millard
Mark Miller
Riham Mohamed
Luis Moyett
Ravi Nonavenakere
Hugh O'Donnell
David O'Dougherty
Samantha Peck
Elaine Poleshuck
Marcia Postallian
Eileen Rath
Svitlana Riggins
spencer rinearson
Joseph Ritter
Shawn Rose
Sarah Sangree
Robert Schott
Sandra Seddon
Kate Stillman
Kai Tann
Lara Tobias Tarsh
Christine Tringale
Peter Turek
Laura Tyson
Allison Vallario
Brian Walsh
Henry Welsch
Lisa Wilkes
Jack Zakim





Paul Kiell is First Man to Swim in the 95-99 Age Group

Congratulations to the following swimmers who set new SCY records at the SCYM Last Chance Meet at the Somerset Hills YMCA in Basking Ridge, NJ on May 16-17, 2026. Women 25-29: Megan Bull (27) - 100 IM 1:01.07; Women 50-54: Michele Cleveland (53) - 25 free 12.77, 25 back 15.90, 25 fly 13.52; Sanna Greenberg (50) - 25 breast 15.94, 50 breast 34.87, 200 breast 2:49.77; Women 60-64: Kathy Lynch (60) - 25 fly 15.91; Women 65-69: Deborah Cipriano (69) - 25 breast 19.13; Meredith Lyndon (69) - 25 fly 26.30; Women 70-74: Nancy Steadman Martin (71) - 25 free 15.27, 25 back 18.08, 25 breast 20.59, 100 breast 1:36.29, 50 fly 39.03 (with these 5 swims, Nancy now holds every SCY record in the women's 70-74 age group!); Men 25-29: Philip Goeckel (27) - 25 free 10.29, Men 45-49: Paulius Mikalainis (45) - 25 free 10.88, 25 fly 11.80; Men 50-54: Christopher Townsend (53) - 25 back 14.88; Men 60-64: Jose Faria (60) - 25 free 11.79, 25 back 13.63, 200 back 2:21.70, 400 IM 5:03.73; Men 70-74: Bill Imken (72) - 25 breast 17.72, Ken Niemi (71) - 25 fly 14.56; Men 75-79: David Allred (75) - 25 free 14.94; and last but certainly not least - Paul Kiell (95) who is the first man in the NJ LMSC to swim in the 95-99 age group - 50 free 1:24.23, 100 free 2:55.72, 25 back 44.39. Paul is one of 4 men in the nation actively competing in the 95-99 age group!

Jose Faria Sets 200 IM SCM Record

Congratulations to Jose Faria (60) for setting a new record in the men's 60-64 age group in the 200 meter IM at the Aquapalooza VI SCM Meet at Lehman College in the Bronx, NY on May 2, 2026.

Nancy Steadman Martin Sets 1650 Record at USMS Spring Nationals

Congratulations to Nancy Steadman Martin (71) for setting a new record in the women's 70-74 age group in the 1650 yard freestyle at the USMS Spring Nationals at the Greensboro Aquatic Center in Greensboro, NC on April 30, 2026. Nancy swam a 21:11.29 on her way to a gold medal. Nancy also placed first in the 500 and 1000 free, and the 400 IM.

Sanna Greenberg Sets 100 Breast SCY Record

Congratulations to Sanna Greenberg (50) for setting a new record of 1:19.63 in the women's 50-54 age group in the 100 yard breaststroke at the 2026 Metro Championships at the Nassau Aquatic Center in East Meadow, NY on April 12, 2026.

Susan Hardin Sets New SCY Records

Congratulations to Susan Hardin (47) for setting two new records in the women's 45-49 age group in the 500 free (5:35.12) and the 400 IM (5:03.46) at the 2026 New England LMSC SCY Championships at Harvard University in Boston on March 14-22, 2026.



Thanks Jerry O'Mara for sending in this Janet Evans long course workout!

Janet Evans long course IM Set (Modified) (2,600 m)

200 – Free

4 x 100 IM

16 x 50 – 25 fly/25 free, 25 back/25 free, 25 breast/25 free, 50 free – 4 times

4 x 150 – middle 50 stroke

4 x 100 – free desc 1 – 4

200 - IM

**Click below to learn more
about Janet Evans!**

[Janet Evans International Swimming Hall of Fame \(ISHOF\)](#)



Third Delaware River Virtual Swim Winding Down

The third and likely the last Delaware River Virtual Swim ends on June 15th. This very popular 330-mile swim, which began on January 15th, drew 143 swimmers from New Jersey and 52 from Delaware for a total of 195 participants. And of those, 126 were women and 69 were men. Don't worry – we will offer more virtual swims, just in different waterways.

Ed Tsuzuki graciously compiled some preliminary statistics as of May 29. There were 27 solo swimmers, eight 3-person relays, 13 4-person relays and in a new category this year, 19 5-person relays.

NJ Club Breakdown:

SCYM	105
JACM	15
UC07	9
RMT	7
WMYM	2
GSM	2
RBAY	2
MAY	1

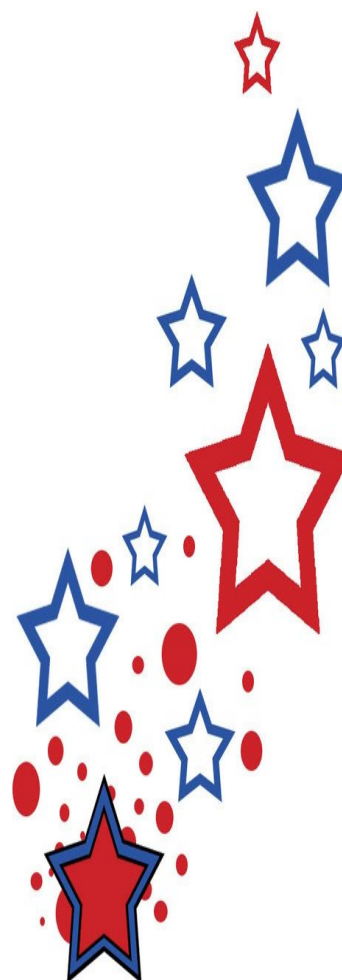
Finishers as of 5/29:

Solo

Eddie Filipovic - NJ - 5/14/26

3-Person Relays

1. Lil Monsters - DV - 3/21/26 (1st in 25+ age group)
2. Moore Loops, Sara - NJ - 3/24/26 (2nd in 25+ age group)
3. Ge-NJ-ME Relay - NJ - 5/8/26 (1st in 45+ age group)
4. Rutgers Rec - NJ - 5/29/26 (1st in 55+ age group)

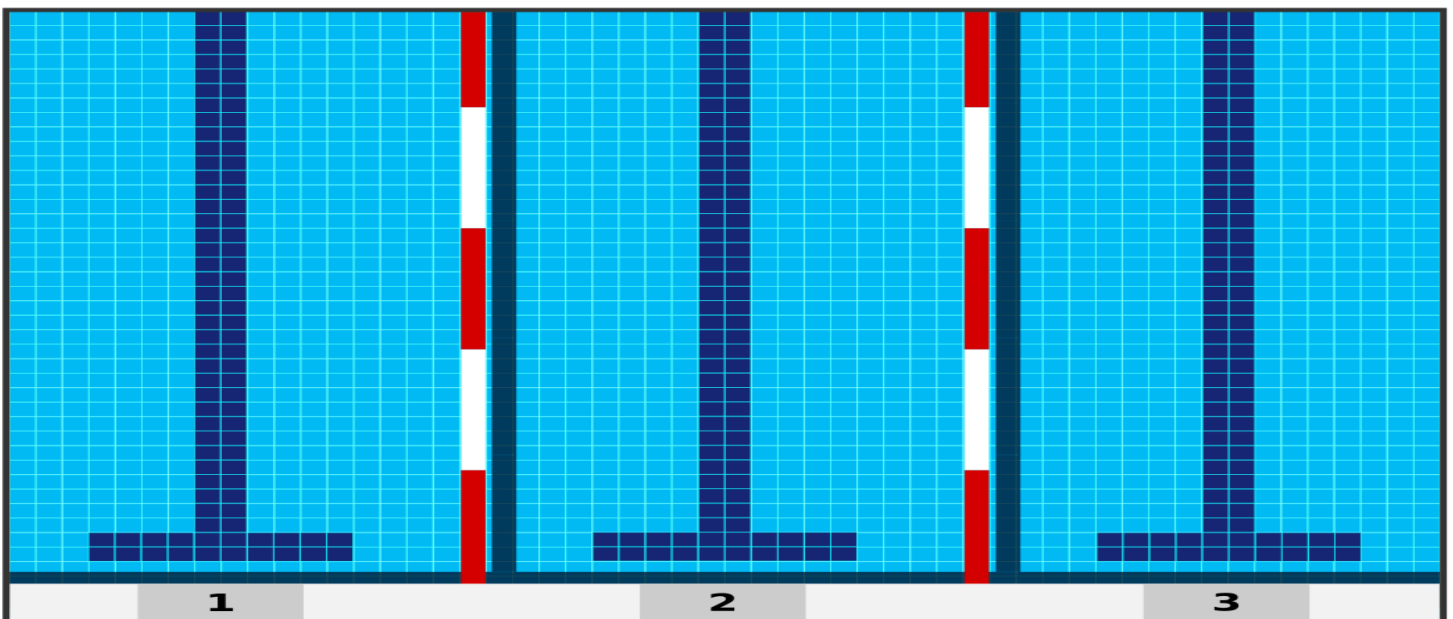
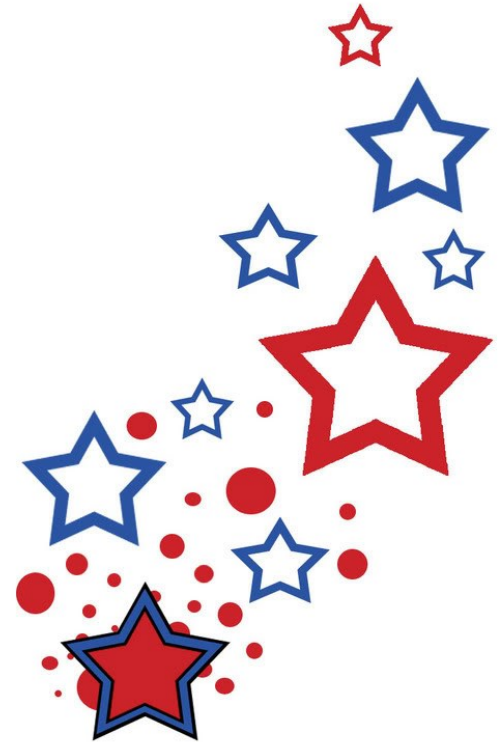


4-Person Relays

1. The Pool Doctors and the Swim Princesses - DV - 3/9/26 (1st in 25+ age group). **1st team to finish overall!**
2. Wave Breakers - NJ - 4/9/26 (2nd in 25+ age group)
3. No Limits - NJ - 4/24/26 (1st in 55+ age group)
4. Bottom Dredgers - DV - 5/3/26 (2nd in 55+ age group)
5. Shad Chat - NJ - 5/6/26 (3rd in 55+ age group)
6. MapSo Sea Monkeys - NJ - 5/22/26 (1st in 45+ age group)

5-Person Relays

1. End Lane Swimmers - NJ - 4/11/26 (1st in 35+ age group)
2. Lane Legends - NJ - 4/14/26 (1st in 25+ age group)
3. The Scofers - NJ - 4/17/26 (1st in 55+ age group)
4. Outside Smoke - NJ - 4/26/26 (2nd in 35+ age group)
5. River Otters - NJ - 4/30/26 (3rd in 25+ age group)
6. Jersey Girls - NJ - 5/4/26 (1st in 45+ age group)
7. Generational Currents - NJ - 5/6/26 (1st in 18+ age group)





FOR THE LAST CHANCE SUMMER SWIM

No one wants to think about the end of the summer when it has just launched... but you should save this date.

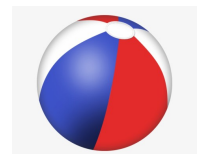
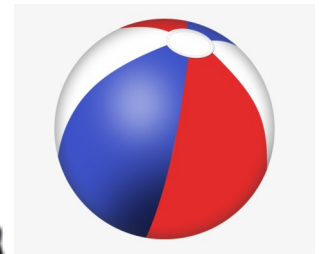
We will hold the 5,000 meter Last Chance Summer Swim on September 12 at the Orange Ave 50 meter pool in Cranford, NJ.

The swim's timeframe will be 8:30-11 am with an 8:15 check in and 8:45 start. We'll offer the sign-up form later in the summer. Stay tuned.



This Library is always open!

[Swim Workout Library | U.S. Masters Swimming](#)



GENERATION Z

GENERATION Z

Scholarship reminder!

The NJ LMSC Gen Z scholarship for registered 18 - 24 age group USMS members continues!

This program will offer a 50% reimbursement to scholarship applicants that respond to a simple feedback survey they will receive 90 days after submitting their scholarship application.

Swimmer data submitted will be verified with USMS member records to confirm scholarship qualification. Please reach out to Ed Tsuzuki (edtsuzuki@gmail.com) or Chris McGiffin (cmcgiff@gmail.com) if you have any questions.

Scholarship steps:

- ◆ **Join USMS** (Existing 18-24 age group USMS members go to Step 2)
- ◆ **Submit your application for scholarship here**
- ◆ **Respond to a simple 90-day follow-up survey***
- ◆ **Get reimbursed 50% of your USMS membership cost!**

***Required: You will receive a survey from NJ LMSC 90 days from your scholarship application date. Once we receive your survey response, we will mail you a reimbursement check.**



Fastlane deadline

August 1!



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

