

2011
NJ MASTERS SWIMMING
Continuous Membership
Recognition Award Recipients

20 Years

Arthur Deffaa, Paul Kiell, William Ruthrauff,
Lawrence Seidman, Isaac Siskind

15 Years

Nickolas Demas, Andrew Maggion, Curtis
(Wm) Miller, Regina Papini, David Schmitt,
Karen Shearly

10 Years

Gerri Callahan, Michael Ciolino, Cedric Druce,
Janet Estenes, Darek Hahn, Sally Kleeman,
Mario Lepore, Philip Sherratt, Julie Soltys
(Porro), Jens Volker

5 Years

Ann Allen (Mancuso), Maribeth Bowen, Denise
Carlson, Peter Christopher, Lorna Cialdella-
Morehead, Austin Clayton, Louisa Clayton,
Richard Clew, Christopher Esnes, James
Esposito, Julio Figueroa, Frank Fitzgerald,
Donald Free, Stanley Fromhold, Jane Gardner,
Lew Gillett, Stephen Glassman, Paul Grassie,
Gregory Greene, William Haas, Brenda
Hershberger, Jenny Higgins, Sara Johnston,
David Juchniewicz, Kevin Lynott, Erika Maresca,
Lyndsay McMeen (St Onge), Douglas Miller,
Cande Olsen, Chris Remetz, Martin Rothfelder,
Jean Rutter, James Ryan, Lisa Spiller, Clarence
Tomsen, Joy Tsuzuki, Lauren Twombly-Seavy,
Jackie Whitty, Ilse Wolfe

NEW JERSEY LMSC PRESENTS
2012 ANNUAL AWARDS BANQUET

Buffet Dinner | Photo Slide Show | Door Prizes | Cash Bar

Saturday, May 12, 2012

6:00pm - 10:00pm

Ed & Mary's Hall

555 Penn Street | Perth Amboy, NJ

Featured Speaker



PAUL KIELL, a psychiatrist living in Far Hills, NJ returned to swimming in 1991, at age 61, after running injuries sidelined him. Since then Paul has achieved numerous Top Ten times, and was awarded All-American status in 2010 in the 80-84 3000 Yard Postal. In 2011 Paul swam the Manhattan Island Relays at age 80, and continues to actively participate in many open water events and USMS pool meets. Celebrating his 20 continuous years of USMS

membership, Paul will also speak to our group on what swimming has meant to his mind, body and spirit. A frequent author, some of Paul's work includes *Exercise and the Mind: The Possibilities for Mind-Body-Spirit Unity*, *American Miler: The Life and Times of Glenn Cunningham*, *Exercise and Great Minds: God Never Made His Work for Man to Mend*, and *Keep your Heart Running*.

Join us for a pre-dinner workout at the Raritan Bay Area YMCA from 4:00pm until 5:30pm - 365 New Brunswick Ave., Perth Amboy, NJ.

For further information please contact Bridgette Hobart-Janecko at bhobart@ptcllc.com or Lynn Ascione at lynnascione@optonline.net

Cost: Award Recipient Complimentary | Members/Guests \$20 if paid by 3/31/12, \$25 after 3/31/12, \$35 at door

NAME _____ NUMBER ATTENDING: _____ USMS MEMBER _____ GUESTS _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ USMS NUMBER: _____

PHONE _____ EMAIL _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

NAME _____

DATE: _____

Make checks payable to the NJ LMSC. Mail completed form to: Lynn Ascione 35 Joshua Drive, Ramsey, NJ 07446

Directions to the Ed & Mary's Hall 555 Penn Street., Perth Amboy, NJ 08861

From New Jersey Turnpike to Exit 10 - Take Route 440 North to Amboy Ave. exit. At exit ramp be sure to bear left at traffic light. It may appear that you are going back onto Route 440, but you are not. Go through the traffic light, then bear right to avoid the Route 440 on-ramp. Merge right at top of ramp and make a right onto Amboy Ave. at 1st traffic light, (Texaco Gas Station). Travel past 1 traffic light (Hall Ave.) count 3 blocks on your left and make a left onto Sutton St. Travel 3 blocks to Penn St. and ED & MARY'S HALL will be on your left.

From Route 287 South (440 North) - Take Route 287 South. Continue on Route 440 North (Highway designation change, no exits) to Amboy Ave. exit. At exit ramp be sure to bear left at traffic light. It may appear that you are going back onto Route 440, but you are not. Go through the traffic light, then bear right to avoid the Route 440 on-ramp. Merge right at top of ramp and make a right onto Amboy Ave. at 1st traffic light, (Texaco Gas Station). Travel past 1 traffic light (Hall Ave.) count 3 blocks on your left and make a left onto Sutton St. Travel 3 blocks to Penn St. and ED & MARY'S HALL will be on your left.

From Garden State Parkway South, Exit 129 - Take Exit to New Brunswick Ave. Make left onto New Brunswick Ave. Travel past 3 traffic lights (about 1.5 miles). Make a left onto Washington St. (1 street after 3 light) Count 4 blocks and make a left onto Penn St. Travel 4 blocks to Sutton St and ED & MARY'S HALL will be on your left.

From Garden State Parkway North, Exit 127 - Take Route 440 to Amboy Ave. exit. On exit ramp be sure to bear left at the traffic light. It may appear that you are going back onto Route 440, but you are not. Go through the traffic light, then bear right to avoid the Route 440 on-ramp. Merge right at top of ramp and make right onto Amboy Ave. at 1st traffic light (Texaco Gas Station). Travel past the 1 traffic light (Hall Ave.), count 3 blocks on your left and make left onto Sutton St. Travel 3 blocks to Penn St. and ED & MARY'S HALL will be on your left.

From Route 9 North - Follow signs for Route 35 North until you reach the Sayerville circle. Go through the circle, follow signs for Route 35 North (there will be Amboy Cinemas on your left) . Pass the Victory Bridge and 2 traffic lights. At 3rd traffic light, make a right onto New Brunswick Ave. Go through 1 light on New Brunswick Ave. and make first left, onto Washington St (This turn is at about a 45 degree angle, it looks almost like a fork) Go through 1 light on Washington St. and make a left onto the 2nd street after the light. This will be Penn St. Pass 4 blocks and you will see us on your left-hand side on the corner of Sutton St. & Penn St.

From Route 9 South - When you pass Home Depot in Woodbridge on your right, follow signs and take an exit for Route 184 East. Travel past 2 traffic lights (about 1 mile) and make a left at the 3rd traffic light. Bear right to avoid the Route 440 on-ramp, and follow the signs for Amboy Ave. Merge right at top of ramp and make a right onto Amboy Ave. at the traffic light (Texaco Gas Station). Travel past the 1 traffic light (Hall Ave), count 3 blocks on your left and make a left onto Sutton St. Travel 3 blocks to Penn St. and ED & MARY'S HALL will be on your left.

Directions from Raritan Bay Area YMCA to Ed & Mary's Hall - Head southeast on Co Rd 616/New Brunswick Ave toward Amboy Ave. Take the 1st left onto Amboy Ave/Co Rd 653. Turn right onto Sutton Street and then take the 3rd left onto Penn St.

