

FASTLANE



NJ LMSC Newsletter

May/June 2024



NJ LMSC Annual Banquet

Sunday, October 27th (5-8pm)

at the Basking Ridge Country Club

Watch your email for more details!

NJ LMSC VOLUNTEERS

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Chris McGiffin

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Officials Chair

Marie Vellucci

Event Coordinator

Paola Morchio

Special Projects

Ester Kim, 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 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: **NJ Masters Delaware Virtual Swim**

- Participate solo or as a 3 or 4-person relay
- This event is FREE for all 2024 registered NJ Masters swimmers.
- 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.

Jun 20-24, 2024: USMS Spring Nationals, Indianapolis, IN. Event information [here](#) (Registration closes 5/28)

July 18-24, 2024: PanAm Masters Championships, Trinidad and Tobago. Event information [here](#) (Registration closes 5/15)

Aug. 21-25, 2024: USMS Summer Nationals, Mission Viejo, California. Event information [here](#) (Registration closes 7/29)

Oct. 18-20, 2024: USMS Coaches Clinic, Houston, Texas. Event information [here](#) (Registration closes 10/16 or when registration hits the 125 limit)

Ray's Notebook 2024 Open Water Swims (NJ/NY/PA)

Check the [USMS Calendar of Events](#) for additional events!

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

JULY

Jesus Abreu
Anthony Albanese
John Archibald
Thomas Atkinson
Karen Bacinski
Nick Bloomer
Ted Bohlman
Jerry Borrelli
Jesenia Brown
Michael Burghoffer
Tom Burkardt
Louis Cappelli
Adam Carroll
Keith Cataldo
Karen Charen
Kevin Chiella
Lorna Cialdella-Morehead
Joy Ciardullo
Charles Ciarfello
Harrison Clewell
Mark Corl
Hilary Crall
Alicia Demmerle
Christopher DeSantis
Laurie Ditommaso
Wes Donnelly
Christine Esposito
Alina Fidziukiewicz
michael freedberg
Robert Freund
Layna Furuhata
Jane Gleason
Sandra Gogerty
Eric Goidel
Laura Graham
Jason Griggs
Mark Haftkowycz
Michael Halfacre
Erin Hasinoff
Thomas Hauck
Mike Heinz
Machteld Hillen
Joseph Jaffe
Baback Kalantari
Maureen Koziol
Suzanne Kruep

Anne Laurita
Michael Leddy
Elliott Lehrer
Diego Lopez
Jeanmarie Mallin
Barbara Mcgregor
Andrea McGruther
Richard McKern
Michelle Morales
Pal Muniratnam
Julia Murphy
Stephanie Mygas
Hao Nguyen
Louis Orgera
Beth Poore
Elaine Power
Jeffrey Preischel
Maria Rawley
David Ribbans
Nina Rosado
James Ryan
David Schore
Shane Schwarz
Jose Sison
Norman Sorkin
Barbara Stanley
Nancy Steadman Martin
Meghan Thompson
Debra Trachtenberg
Linda Weber
Qiang Zheng





AUGUST

Laura Agresta
John Ahearn
Gulnaz Aksu
Carol Ann Albrektsen
Kam Amirzafari
Richard Benson
Jorge Blum
Tiffany Brennan
Elizabeth Burton
Sally Butler
Maria Campese
Mary Carley
Dave Carvajal
Timothy Clewell
Kathleen Cooney
Patrice Cummings
Charles Daniel
Joe Davidoff
Arthur Deffaa
Patrick Dierker
Benn Doyle
Dennis Driscoll
Dan Drury
Brian Fallon
Daniel Flanzig
Christopher Flood
Marie Fortin
Donald Free
Daniel Galarza
Nicholas Gattuso
Richard Gilbert
Eileen Goodman
Douglas Grierson
Polly Harrison
Sarah Hatzenbuhler
Naomi Hillel
William Hulse
Kathleen Hurley
Sally Jack
Brendan January
Javier Jas
Miki Jensen
David Juchniewicz
Katie Kanofyeva
Vasileios Kantas
Christine Kelly
Doree Kesselbrenner

Jessica Kevins
Peter Knapp
Joseph Koplik
Michaela Kornberg
Kevin LaCour
David Lane
Peter Langham
Ellen Lederman
David Lockhart
Sharon London
Orlando Loor
Lynn Magnusson
Margaret Martonosi
Robert McKeehan
Debbie Meola
Randall Meyer
Pippa Michaels
Mark Miller
Luis Moyett
Ravi Nonavenakere
Gerry Oakes
David O'Dougherty
Kristen O'Mara
Robert Parker
Elaine Poleshuck
Marcia Postallian
Eileen Rath
Dana Reynolds
Marliese Rittenhouse
Joseph Ritter
Sarah Sangree
Dorothy Schilling
Robert Schott
Sandra Seddon
Faith Springsteen
Peter Turek
Laura Tyson
Sam Vaia
Brian Walsh
Henry Welsch
Dylan White
Lisa Wilkes

Dipping Into the Delaware River Virtual Swim



Photo credit American Rivers

A brand-new NJ Masters virtual swim, begun in March, has certainly turned into an all-around stellar event. One hundred thirty-seven swimmers signed up for this free virtual event which started in Hancock, NY flowing for 330 miles through Pennsylvania, New Jersey, and Delaware into the Delaware Bay. Given the choice of swimming solo, or on three- or four-person relays, 16 swimmers are tackling this solo, 18 swimmers are on 3-person relays and 104 swimmers formed 4-person relays.

The swim event ends on July 31 and several people have already completed the 330 miles! Jim Ryan finished his solo swim on June 4, often swimming double workouts, averaging 12,000 yards daily. Relay Sweet JAM consisting of Jane Ikeda, Ann Laurita and Mary Laurita completed their journey followed by Rutgers Rec made up of Gerri Callahan, Ken Niemi and Jens Volker. For the 4-person relays, Tre Uomini E Una Rana, of Robert Curry, Paola Morchio, Ed Tsuzuki, Scott Yeomans finished first on April 24. Three other 4-person relays have also finished: OGBWL2 Christopher Levin, Deirdre O'Mara, Gerald O'Mara, Lynda Przedpelski; JACSCY Squad Megan Bull, Richard Clew, Brian Glenn, Bill Sullivan; and The Outside Lane Joe Capuano, Matt Donovan, Jose Faria, Jeff Jotz (not necessarily in the order finished).

A truly inspirational achievement was set by the 3-person relay of Joy Tsuzuki (94 years old), Paul Kiell (93) and Dieter Wunderlich (86), cleverly named “Octo Plus”. This trio reached New Jersey from the start of the swim in Hancock, NY, logging close to 134,000 yards and still going strong!!!

There’s custom swag and a monthly raffle for a swim-related gift card! Congratulations to Kim Amirzafari who won the April raffle-- a \$25 gift certificate to Swim Outlet and to Mohamed Nouser who won the May raffle – a \$25 gift certificate to Keifer Aquatics/ The Lifeguard Store. This event is FREE for all 2024 registered NJ Masters swimmers. And for each participant, the NJ LMSC will donate \$5 to the Delaware River-Keeper Network, a nonprofit group that strives to protect the waters of the Delaware River.

If you have questions or would like to join the event, feel free to contact

Linda Brown-Kuhn at lindabk11@gmail.com.





Congratulations to Nancy Steadman Martin, 69 and Deborah Cipriano, 67 for setting new NJLMSC SCY records in the Women's 65-69 age group at the YMCA Masters National Championship Meet at the newly renovated International Swimming Hall of Fame pool in Fort Lauderdale, FL on May 9-12, 2024. Nancy set new standards in the 100 back (1:16.21), 200 back (2:43.53), 100 IM (1:17.74), and the 400 IM (5:47.79). Nancy finished with 11 gold and 2 bronze medals! Deborah established a new record in the 50 breast (43.10). Deborah was awarded 1 gold, 6 silver, and 4 bronze medals. Congratulations also to Paola Morchio, 47 who received 1 gold, and 2 silver medals and Michelle Davidson, 53 with 1 gold, 3 silver, and 2 bronze medals.



We would love to share your favorite workout! Here is one from Jerry O'Mara!

Outdoor – Long Course Meters Set

22x50 free – the key is to pick an interval you are not sure you can make for the first 7. And then hang on from there.

7x50 on :40

3x50 on 1:10

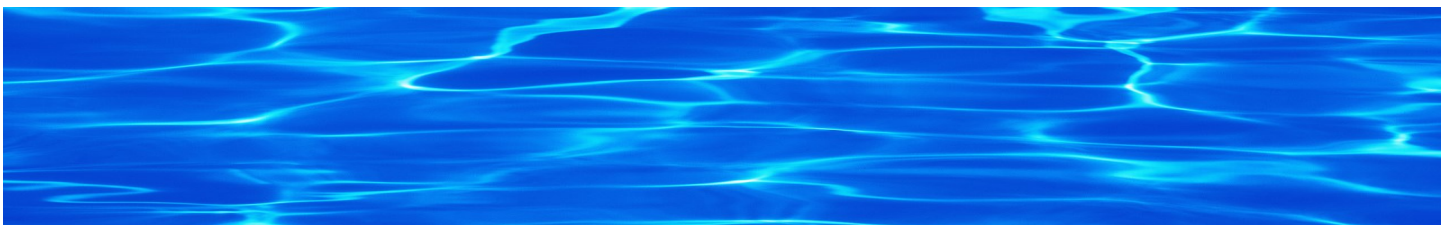
5x50 on :40

2x50 on 1:10

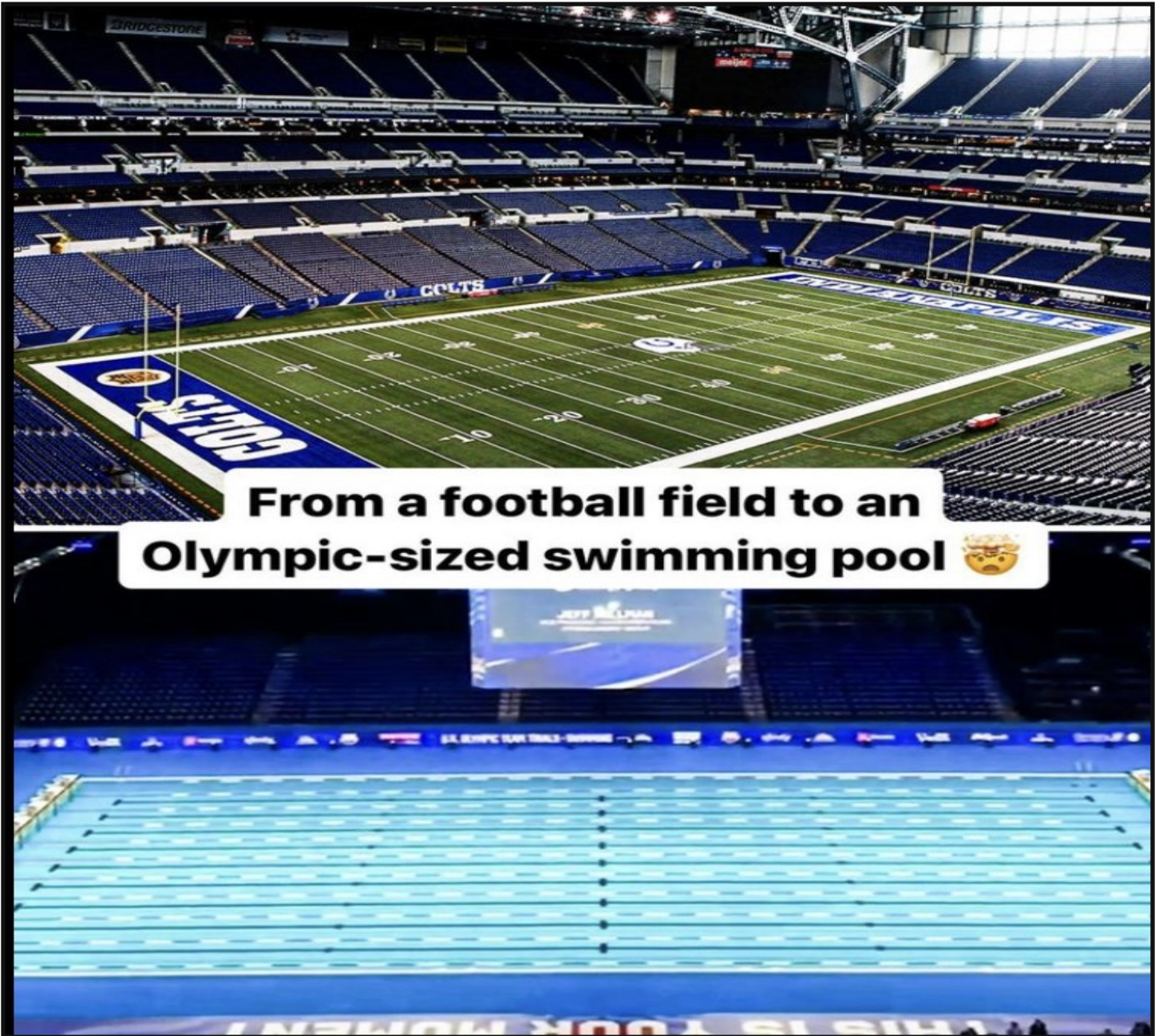
3x50 on :40

1x50 on 1:10

1x50 on :40



From Football field to US Olympic Trials Swimming Pool at Lucas Oil Stadium



For more info about the trials go to usaswimming.org

Attention female swimmers 40-60...

Old Dominion University Research Survey

Attention: Female runners, cyclists, swimmers, and triathletes ages 40 – 60

Researchers from Old Dominion University are inviting you to participate in an anonymous, online research survey about the effects of menopausal symptoms on training and performance in 40 – 60-year-old female endurance athletes. They are gathering information from women to understand how menopausal symptoms may affect participation and performance in physical activity. This research study is supported by Old Dominion University. This survey was specifically designed for female recreational and trained endurance athletes. The survey will take approximately 15 – 20 minutes to complete. Survey closes August 31, 2024.

About the study: The goal of this research study is to understand how menopausal symptoms may be affecting training and performance in female recreational and trained endurance athletes. Our long-term goal as researchers is to improve female participation and performance in physical activity, and this survey will inform future research, create awareness of barriers that women may face, and improve intervention strategies to address these barriers.

If you are interested in participating, please click the link below, or copy and paste the URL into your web browser: https://odu.co1.qualtrics.com/jfe/form/SV_3Pgt12IZB3IW8m

Thank you in advance for your participation! Please feel free to contact us if you have any questions.

Heather Hamilton, DPT, PhD

hmconch@odu.edu

Old Dominion University, School of Rehabilitation Sciences

Natalie Yarish, PhD

nyarish@odu.edu

Old Dominion University, School of Community & Environmental Health



Register today!



**If you haven't already,
don't forget to**

Click  [renew](#)

your membership!



don't
forget!

Next Fastlane
deadline
August 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