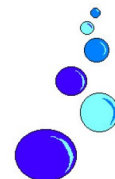


You're Invited!



2024 NJ Masters Swimming Annual Awards Banquet

Please join us as we celebrate 2023's USMS NJ Masters Swimming Continuous Membership Award Recipients

Location: **Basking Ridge Country Club**, 185 Madisonville Rd., Basking Ridge, NJ 07920

Date: **Sunday October 27, 2024, 5pm-8pm**

Cost: **Award Recipients Complimentary, 2023 Registered Coach \$15, Member/Guests \$25 (if you register by October 15)**

Standard Rate: Member/Guests \$40 (If you register after October 15)

[Click here to register](#)

NJ LMSC VOLUNTEERS

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Vice Chair

Chris McGiffin

Secretary

Chris McGiffin

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Laura Smith

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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

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

- ◆ **October 18-20: USMS Coaches Clinic**, Houston, Texas. Event information [here](#) (Registration closes 10/16 or when registration hits the 125 limit)
- ◆ **October 27th (5-8pm): NJ LMSC Annual Banquet** at the Basking Ridge Country Club.
- ◆ **Dec. 8: 8th Annual Somerset County YMCA SCM Pentathlon (and 25s!)**, Bridgewater YMCA. Event information is TBD
- ◆ **January 5, 2025 -- ANNUAL 50 x 50's**, 1:30 to 4pm at Bridgewater Y, 601 Garretson Road, Bridgewater 08807. **Save the date, sign up info to come.**

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

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

Support Team email:

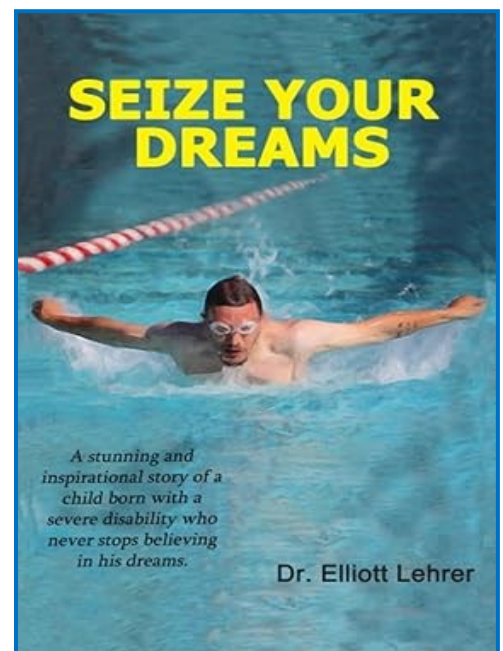
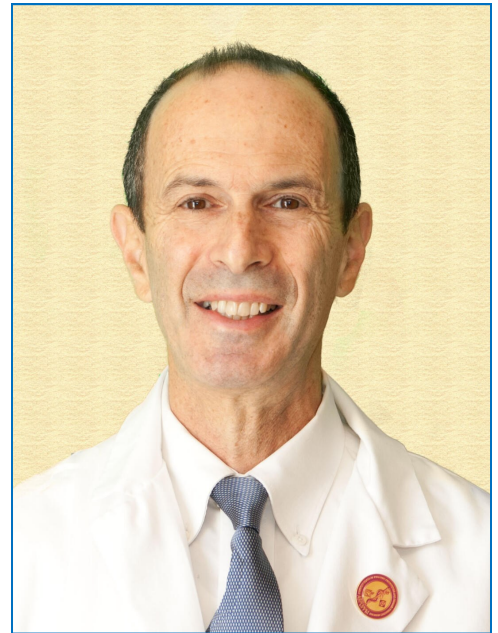
events@usmastersswimming.org

Meet our Annual Awards Banquet Guest Speaker Dr. Elliott Lehrer

Dr. Elliott Lehrer, a podiatrist with a private practice in Monroe, NJ, has been a dedicated member of NJ Masters Swimming for many years with multiple NJ State Records and multiple National USMS Top Ten records.

Swimming has had a profound impact on Dr. Lehrer and his family, offering support in overcoming significant personal challenges and helping them address seemingly insurmountable obstacles.

Dr. Lehrer is also the author of *Seize Your Dreams*, a book about his son Michael, who was born with a rare neurological disorder. This book follows Micheal and his family's struggles and how they cope with problems through continuous persistence and love!



SWIM

Thanks Dr. Elliott Lehrer for sharing your favorite workout!

From Dr. Lehrer "I swim four times a week. Once a week with Raritan Bay Masters. I love my teammates. They are an awesome group and a big part of my life. As far as my solo swim workouts, I try to vary them. This is my favorite go-to swimming workout when I swim on my own. I like the IM so this workout gives me all I want for all the strokes in one workout. I really concentrate on turns in the 1000 warmup. When I am within 6 weeks or so of a meet I add speed drills."

1000 freestyle warmup

- ◆ 200 kicks
- ◆ 100 backstroke with fins
- ◆ 100 backstroke without fins
- ◆ 25 breaststroke kicks 25 breaststroke swim

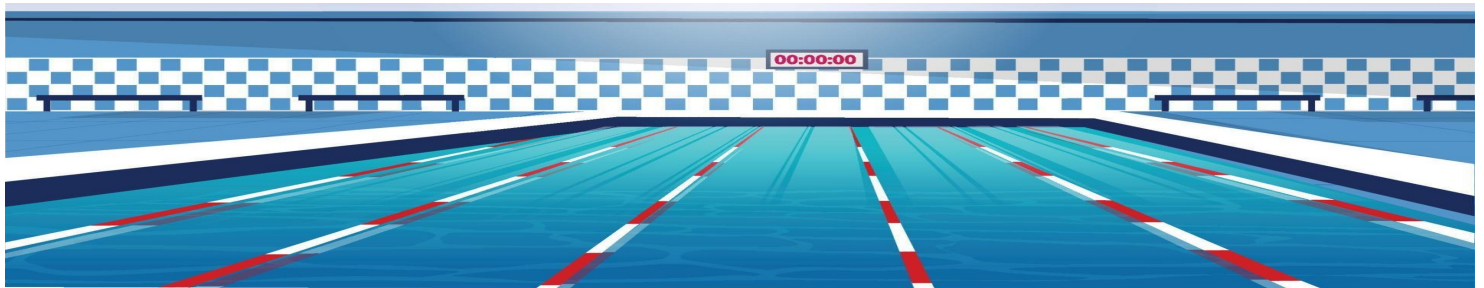
Repeat breaststroke kick swim (25/25)

- ◆ 100 butterfly drills
- ◆ 200 IM

50 cool down

- ◆ 300 pull with hand paddles and pull buoy

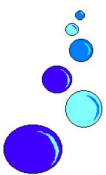
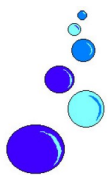
50 cool down



Are you a NJ LMSC Annual Continuous Member Award Recipient?



2023				
5 year members (2019-2023)				
Kevin Akinskas	Philip Ankel	Kenneth Baker	Nick Bloomer	Joe Breitenstein
Steven Chestler	Anne Choudhry	Amy Curry	Joseph Dettmore	Mark Dow
Bill Eickelberg	Bruce Ellsworth	Ann Espinoza	Alina Fidziukiewicz	Deborah Fonteix
Sean Hardick	Kevin LaCour	Anne Laurita	Miren Libano	Morgan MacKay
Lynn Magnusson	Randall Meyer	Stephanie Moore	John Newitt	Kathleen Ochab
Kelly Papa	Rita Patel	Rodrigo Rojas	Chad Safran	Karin Schreur
Thomas Scott	Ricardo Sigaran	Lori Strauss	Hope Swarts	Christopher Townsend
Christopher Trigg	Laura Tyson	Kari VanderVeen	Michael Wainfeld	Mark Weinstein
Danny Weiss	Qiang Zheng			
10 year members (2014-2023)				
Paul Anderson	Ann Dandurand	Theresa Dumont	Ken Fitch	Suzanne Foy
Gregory Geissman	Mary Hager	Marybeth Jacob	Carol Jordano	Kristin Krauss
Christian Kroyer	Barbara McGregor	Jelani Millard	Adele Morgan	Anne Murphy
James O'Day	Spencer Sullivan	Peter Turek		
15 year members (2009-2023)				
Elizabeth Burton	Kevin Chiella	Lisa Ciccone	Ronald Epstein	Catherine Maloney Falicon
Carol Martyniuk	Susan Olesky	John Sabatino	James Sullivan	Leslie Trott
Marie Vellucci				
20 year members (2004-2023)				
Tiffany Brennan (Sawin)	Dan Chamby	Joe Donohue	Brian Fagan	David Feldman
Rosanne Lemongello	Ann Monaghan	Kimberly Plewa	Linda Twining	
25 year members (1999-2023)				
Michael Leddy	Rick Schluter			
30 year members (1994-2023)				
Edward Goracy	Jeffrey Jotz	Toms Royal	Ed Tsuzuki	
35 year members (1989-2023)				
Bob Hopkins	Susan Kirk			



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

November Birthdays!

Donna Adamoli	Kimberly Kallansrude
Jennifer Adams	Yishai Kaufman
David Allred	Caitlin Kevins
Alison Arakelian	Suzanne Klein
Kendi Bailey	Holly Koxsel
Jennifer Bauman	Nicholas Krassy
Leandro Bianchini	Beth Landau
Philip Binaco	Bryan Leal
Ann Bischofberger	Steven Levenson
Virginia Bonilla	Steven Levine
Mary Breslin	Mary Li
Andy Bria	Matthew Lindsey
Richard Brown	Jill Loveland
Piper Burrows	Alyssa Macones
Alyssa Byrnes	Daniele Merlis
Frances Caggiano-Swenson	Karen Nichols
Brooke Casey	Bob Nissen
Alyssa Colasurdo	Mohamed Nouser
Sean Crowley	Jonathan Olesky
Philip DeRita	Sean Perry
Don Denny	Michael Read
Lyne Desormeaux	Michael Recchia
Eric Dirvin	Larry Reines
Jean Dugan	Robert Rieger
Edward Dunne	Deirdre Riely
Bruce Ellsworth	Barbara Rosenbaum
Thomas Flynn	John Sabatino
Lucien Frary	Hetal Sampat
Lori Freeland-Morris	Nihar Sanghvi
Cintra Fricke	Louise Senato
Jude Galayda	Matthew Shen
Liam Gallagher	Jeffrey Sinclair
Thomas Giacino	Eli Tepperberg
Diane Goldsmith	Andrew Trochanowski
Cathleen Goldstein	Leslie Trott
Alessandro Graziano	Robert Votruba
Stan Hansen	Elizabeth Weber
Renee Harris	Adam Weiss
David Hauck	
Tricia Hiller	
John Hulsart	
Robert Huminski	
Richard Infield	



December Birthdays!

**Kevin Akinskas
Elizabeth Bromley
Sue Charatan
Jessica Chavez
Christopher Cipolla
Anne Clewell
Ann Dandurand
Robert Dealy
Charlie Dunne
Hesham Elhamahmy
Jonathan Fabietti
Brian Fagan
Nick Farr
Lisa Felderman
David Feldman
Naomi Feldman
Robert Fetter
Christine Gallo
Sarah Gill
Ethan Greenfield
Suh Gruppuso
Kristen Guth
Bonnie Guth
Katarina Holm-DiDio
John Hunt
Patrick Jacques
Carol Jordano
Holly Kaufman
Chris Kay
Hwayoung Kim
Shelley Krause
Michael Lehrer
Ivanna Lema
Oren Livne
Samuel Ludlow
Lawrence Maraldo
Carol Martyniuk
Myra Muhammad
Olivia Myszkowski
David Padilla**

**Valeriya Paratsa
Toni Parker
Ashley Pertsemlidis
Lee Pressler
John Przedpelski
Amy Rappaport
James Rawley
Joshua Raymond
edward Reed
Mark Register Jr
Rachele Renzulli
Andrew Robinson
Donna Rosenberg
Reda Saidi
Rick Schluter
Karin Schreur
Shelley Schubach
Eric Schutzer
Reese Sheppard
Aliza Sherman
Anne Silverman
Stephen Soisson
Elena Soisson
Suzanne Stites
Allison Strohson
Spencer Sullivan
Ed Tsuzuki
Kyle Van Sadars
Hernan Vespa
Richard Wallace
Andrew Wallace
Christopher Welgos
Richard Wismer
James Wood
Nicholas Wurtz
Kelly Young
Brenda Ziegler**



Congratulations to the following NJLMSC swimmers who set new NJLMSC long course meters records at the USMS Summer National Championships in Mission Viejo, CA on August 22-25, 2024. **Special congratulations** to Nancy Steadman-Martin, 70 who swam faster than the USMS National and World Aquatics World record in the 400 IM in the women's 70-74 age group with a 6:38.63!

Women 45-49: Sanna Greenberg, 48 - 50 breaststroke 37.31;
Women 70-74: Nancy Steadman-Martin, 70 - 400 free 5:37.77, 1500 free 21:34.20, 200 backstroke 3:07.85, 200 butterfly 3:19.77, 200 IM 3:08.52, 400 IM 6:38.63; Men 70-74: James Rawley, 71 - 100 free 1:10.29, 100 butterfly 1:20.21

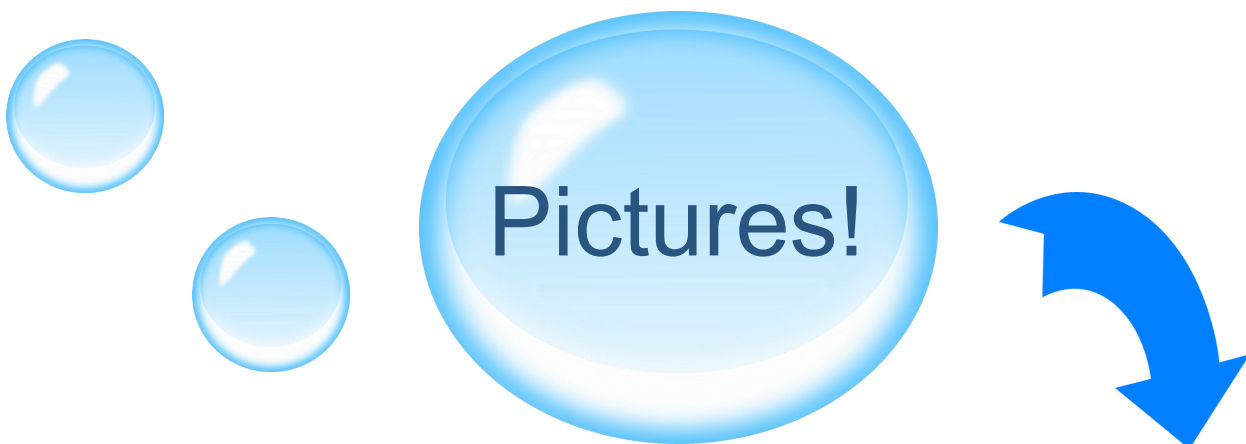
Congratulations to Stephen Husch, 28 for setting a new NJLMSC LCM record in the men's 25-29 50 breast with a time of 29.13 which he swam at the "Summer Shorts Sprint Meet" at The St. James Pool House in Springfield, VA on July 21, 2024.

Last Chance 5K Swim



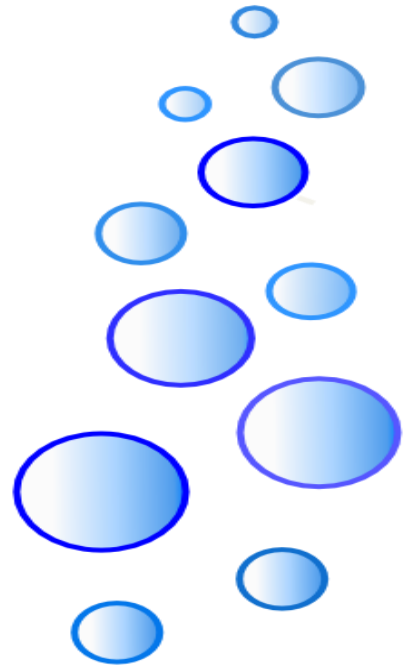
On Saturday, September 7, a typical NJ day that brought lots of different weather (except snow), 42 swimmers gathered for the Last Chance 5K Swim. The event was held at the 6-lane long course New Providence Community Pool in water around 70 degrees. The swim was a free member benefit.

A BIG thanks to Bill Reichle and Jerry O'Mara for their help. Gratitude also to the swimmers who helped move the lanes around before and after the event. And thanks to Cate Carley for finding two great lifeguards.

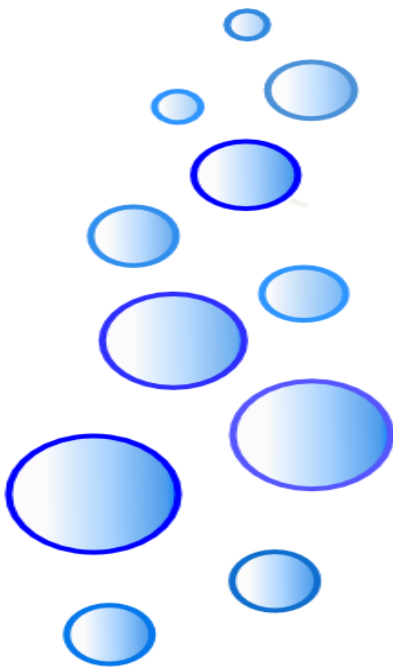




**Wes Donnelly, Chris Levin,
Liam Gallagher, Albie
Ashbrook, Bill Sullivan**



**Keith Christoffers, Arland Macasieb,
Jose Faria, George Matyasfalvi, Joe
Capuano, Kathleen Ochab**





**Kari
VanderVeen,
Phil Sherratt,
Dave
Feldman,
Stephen
Neville, Mark
LaFollette,
Jen Bauman**

**Reda Saidi, Heidi
Remak Ziff, Laura
Tyson, Donna Adamoli**



MARK YOUR CALENDAR!

... Sunday January 5, 2025 for the annual popular 50 X 50's swim.

We're changing venues and will swim from 1:30 to 4pm at the Bridgewater YMCA on 601 Garretson Road in Bridgewater.

This pool is 25 meters long and we will have 10 lanes. Stay tuned for sign up info!



Register today!



**You can always renew!
your membership!
Click [renew](#)**



Next Fastlane deadline

December 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