

# THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

MAY/JUNE  
2005

[www.dvmasters.org](http://www.dvmasters.org)

## THE CHAIRMAN'S MESSAGE: STEVE KELLY



### WHAT'S INSIDE?

- 2 YOUR EDITOR SPEAKS!
- 3 NEWS FROM USMS
- 4 SPORTS MEDICINE:  
MINIMALLY INVASIVE KNEE  
REPLACEMENT SURGERY
- 5 NCAA RECRUITING
- 7 COACHES SEASON REPORT
- 8 OPEN WATER EVENT  
SCHEDULE
- 11 ADVICE FOR FIRST TIME  
OPEN WATER SWIMMERS!
- 12 COACHES CORNER
- 13 TOP TEN SCM FOR 2004
- 15 USMS 2005 LONG DISTANCE  
AND OPEN WATER  
CHAMPIONSHIP EVENTS
- 16 USMS POSTAL MEETS with  
RESULTS FOR 2005
- 17 USMS SCY NATIONALS
- 19 FABULOUS FREESTYLE  
CLINIC AT UMLY
- 20 TRIATHLETE'S CORNER
- 21 ZONES CHAMPIONS
- 22 JEANNE AND JOHN  
MERRYMAN LCM MEMORIAL MEET  
DETAILS
- 23 XI FINA WORLD MASTERS  
SWIMMING CHAMPIONSHIPS
- 24 UPCOMING EVENTS

### Greetings Everyone!

The SCY season has come to a close now that the recent USMS SCY National Championship Meet has ended. It has been quite a season in all venues for some of our swimmers. Congratulations to our All Americans, our National champions, our Top Ten finishers and our record-setters. Their hard work and dedication paid off. Let's also recognize those swimmers who show their hard work and dedication by having a passion to remain fit through swimming.

Some great things have happened in the Delaware Valley (DV) region lately. I want to give a special thanks to Linda VanOcker and Kevin Berkoff for setting up stroke improvement clinics for our swimmers. According to Linda and Kevin, the clinics were a success. Two recent local pool events, one sponsored by the Burlington County College (BCC) and the other sponsored by the FINS Aquatic Club, were very well attended. All of the Event Directors, Linda, Kevin, Cheryl Eddins (BCC) and Jason Klugman (FINS), thank you for their support.

The next few months are packed with events. The Open Water season is upon us. Check out the Lane Line for a long list of scheduled events. The USMS Long Distance Postal Championship has begun and you have until September 30th to test your meddle. The Upper Main Line YMCA is hosting a LCM meet to honor the memory of Jeanne and John Merryman, two very special people who had quite an impact on Masters swimming in the DV region over the years. The Keystone State Games are in York this year with the Masters Swim Meet held on July 30th.

The Results page on our web site has been rearranged and it includes a link to the recently re-designed All American listings on the USMS web site. I have completed compiling the SCY Relay records. I included the names of the swimmers in most of the records. Some records only list the team name but not the swimmers' names. So I ask for your help. If anyone knows the names of the swimmers in the relays that have none listed, contact me and send me the information. Check your archives for swim results, particularly in the years 1993 and 1997 when most of the records in question occurred.

Some committee positions remain open. I will ask the current committee members for nominations for Vice-Chairman and Treasurer. Everyone in the DV LMSC has a voice and if you want to nominate anyone for those two positions, please let me know. One of my goals is to increase membership. Thus, I am extremely interested in appointing a Marketing rep in the very near future. This person will have a vital role in developing a proactive action plan to increase membership. Volunteers please step forward.

### DON'T FORGET:

**JEANNE AND JOHN MERRYMAN MEMORIAL LCM MEET AT  
UMLY**

**SUNDAY, JUNE 19, 2005 8:00 AM**

**ENTRIES MUST BE RECEIVED BY MONDAY, JUNE 6.**

**SEE PAGE 22 AND THE WEBSITE FOR DETAILS.**

WELCOME to the Spring Edition of the Lane Line. As you can see, there is a mini-focus on Open Water Swimming in this Edition. There are fewer pool meets in the summer months, but their place is filled with lots of open water swims, mostly at the Jersey Shore.

Several summers ago while training at Villanova I asked Maureen Kilgariff what her plans were for a weekend and she replied "The Yates Swim." Curious as always, I asked her what that was. She explained that it was an open water swim at the North End of Atlantic City. "YEECH! (That is probably just what I said.) All that brown, yicky, salty water with things swimming in? You race in THAT?"

"Yup. (She probably replied). It's fun too."

Well it took a few more years, but now my most favorite events are OPEN WATER SWIMS. My first one was the Ocean City Biathlon with Kathleen James, Melanie Cosgrove- James mom, doing the running part. I remember "swimming to Spain" on several occasions during the race and having the lifeguards on surf boards pointing me back in the correct direction! For a while I had my own personal guide guard I was swimming so off course! There were a couple hundred people and every one was having a great time!

Since that fateful day, I have been an avid Open Water Swimmer. I've completed events in New Jersey, Hawaii, Lake Michigan and my favorite -- the Great Chesapeake Bay Bridge Swim. I try and do about 10-12 each summer.

Open Water Swims other DVM's have done include Gatorman (San Diego), Escape from Alcatraz (SF), Maui Channel (Relay and solo), and Waikiki Rough Water (HI).

Most of these swims are fundraisers: Swim for the Dolphins (Marine Mammal Stranding Center), Plunge for Patients (Johns Hopkins Cancer Research), Rainbow Channel Swim (Alzheimer's Disease Research), and local swim team scholarships.

I think the thing I like the most is that each event is different each year. Sometimes, the water is warm, sometimes it is cooler; sometimes there are "things" in the water, sometimes it is clear; sometimes the current carries you along, sometimes you fight it the entire time; sometimes you can see where you are going, sometimes your navigation is way off! Nothing is ever the same -- EXCEPT -- the swimmers who do these swims -- we have a blast! Conversations after swims revolve around the currents, the temperatures, the "things", finding the buoy markers, getting in and out of the waves. Prizes are awarded but the fun is clearly in the uniqueness of each swim. Anywhere from 100 to 600 swimmers may be competing in one race!

Delia Perez has compiled the OPEN WATER SCHEDULE for SUMMER 2005 (page 8). Take a look at it and find a good excuse to go to the Shore and Swim. Find a buddy to carpool (Gas is still a bit cheaper in Jersey...) and come on down and give it a try. Make friends with Open Water Swimmers and ask one to be your "mentor" for your first swim. Check out the list of advice from the experts on page 11. You'll have a blast!

## DELAWARE VALLEY MASTERS OFFICERS:

(EMAIL ADDRESSES ARE AVAILABLE ON THE WEBSITE.)

CHAIRMAN: STEVE KELLY  
VICE CHAIRMAN:  
TREASURER: STEVE KELLY  
SECRETARY: VIBEKE SWANSON

### COMMITTEE CHAIRS:

COACHES: DICK JACKSON  
FITNESS:  
LONG DISTANCE/OPEN WATER: DELIA PEREZ  
MARKETING:

NEWSLETTER EDITOR: JUDY MICHEL  
OFFICIALS: STEPHANIE WALSH-BEILMAN  
PUBLIC RELATIONS:  
REGISTRAR: ART MAYER  
SAFETY:  
SANCTIONS: PATRICK LEE LOY  
SOCIAL:  
TOP TEN RECORDER: JIM ROBLES  
WEB MASTER: PETER WOHLSEN

**NEWS FROM USMS:**  
 If you like statistics,  
 here are some interesting ones:



Excerpts from Streamlines ... from the National Office - USMS Mid Year Reports:

As of mid-April, we have booked 31,733 members with registration dates through April, or 75.5% of the 2004 year-end total of 42,044 (net of transfers). As always, it is hard to tell because of varying transmittal times, but it seems like we are running a little ahead of this time last year. **With the help of some wishful thinking, we could begin to imagine reaching 43,000 this year.**

Birthdays	Women	Men	2005	Women	Men
1900-1919	45	61	106	42.5%	57.5%
1920-1929	236	384	620	38.1%	61.9%
1930-1939	541	939	1480	36.6%	63.4%
1940-1949	1308	2573	3881	33.7%	66.3%
1950-1959	3582	5036	8618	41.6%	58.4%
1960-1969	4269	5099	9368	45.6%	54.4%
1970-1979	3232	2722	5954	54.3%	45.7%
1980-1986	1078	628	1706	63.2%	36.8%
<b>2005 YTD</b>	<b>14291</b>	<b>17442</b>	<b>31733</b>	<b>45.0%</b>	<b>55.0%</b>
2004 Total	19405	22639	42044	46.1%	53.9%
2003 Total	19499	22908	42407	46.0%	54.0%

For those who are interested in the amount of competition within their age group, this is how the numbers break down for 2005 year to date (YTD):

(Age calculated as of 12/31/2005)

Year-end	Women	Men	Total	Women	Men
Age					
85+	50	81	131	38.2%	61.8%
80+	102	168	270	37.8%	62.2%
75+	168	274	442	38.0%	62.0%
70+	235	409	644	36.5%	63.5%
65+	340	588	928	36.6%	63.4%
60+	529	1064	1593	33.2%	66.8%
55+	920	1754	2674	34.4%	65.6%
50+	1688	2357	4045	41.7%	58.3%
45+	2145	2921	5066	42.3%	57.7%
40+	2349	2760	5109	46.0%	54.0%
35+	1826	2121	3947	46.3%	53.7%
30+	1592	1462	3054	52.1%	47.9%
25+	1531	1026	2557	59.9%	40.1%
18+	816	457	1273	64.1%	35.9%

**PAY YOUR 2005 DUES. LET'S HELP USMS GET TO THEIR GOAL OF 43,000 MEMBERS!**

**81% of USMS membership has access to e-mail, up from 76% in May of 2004.**

## INSIDE ORTHOPEDICS

## Minimally Invasive Total Knee Replacement: New Procedure Enhances Recovery

By Robert P. Good, MD and Joseph V. Vernace, MD

Orthopedic surgeons at Bryn Mawr Hospital are using a new total knee replacement procedure which typically results in a quicker and less painful recovery. Advances in surgical technique and instrumentation have made it possible to replace the knee joint with a shorter incision and with much less damage to the quadriceps (thigh) muscle and tendons, easing the recovery process for patients.

Total knee joint replacements successfully relieve pain and restore mobility for thousands of people every year whose lives have been severely limited by degenerative diseases such as osteoarthritis, rheumatoid arthritis or old injuries which cause the cartilage in the knee to wear away.

Both the traditional and new, minimally invasive knee replacement resurface the joint with metal and plastic components and restore normal joint alignment. The



Robert P. Good, MD  
Chief of Orthopedics  
Bryn Mawr Hospital



Joseph V. Vernace, MD  
Orthopedic Surgeon  
Bryn Mawr Hospital

real advance in the new procedure is the way the knee is accessed. In the traditional procedure, the quadriceps tendon is cut deeply on the front of the knee and the knee cap is flipped upside down to expose the joint surfaces.

In the minimally invasive procedure a smaller incision is made, typically 10 to 12 centimeters, rather than the 20 cm. required for traditional knee replacement. Using newly engineered instruments, a small cut in the quadriceps muscle is made off-center, and the knee cap slides over to expose the joint, minimizing disturbance to the mechanism that extends the knee.

As a result, people who undergo the minimally invasive procedure tend to experience a quicker recovery, regain motion and strength more rapidly and have less pain. Because

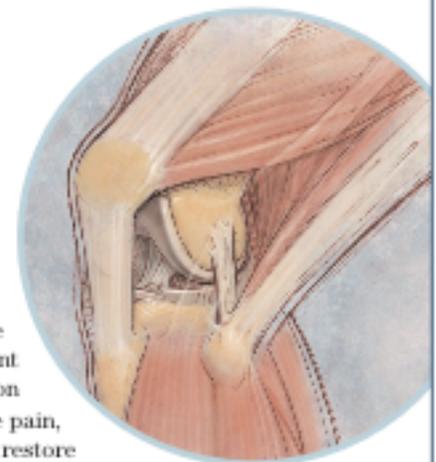
the actual resurfacing of the knee is the same in both procedures, the replacements are expected to last

just as long. Currently, 95% last 10 years, and 85-90% last 20 years.

Most people who are candidates for a knee replacement can benefit from the new procedure. Those who have had multiple knee surgeries, scarring, or severe deformity, may not be candidates for the less invasive approach. The goal of knee replacement is not the tiniest incision possible, it is to relieve pain, correct deformity, and restore function. If this can be done with a smaller incision, so much the better.

Minimally invasive total knee replacement is helping many patients get back to normal activity levels at a faster rate than those who have traditional knee replacement surgery. Many patients experience an easier return home following this new procedure – usually after three days; accelerated progress from crutches or a walker to a cane – a week or two more quickly; and, reduced need for pain medication. This all adds up to significant improvements in recovery.

The orthopedic surgeons of Bryn Mawr Hospital perform more than 3,100 orthopedic procedures each year. To schedule an appointment with a Bryn Mawr Hospital Orthopedic specialist, or for more information about the Total Joint Replacement Program at Bryn Mawr Hospital, call 1-866-CALL-MLH.



Main Line Health

Orthopedic Center  
Bryn Mawr Hospital

The medical staff surgeons of the Bryn Mawr Hospital Orthopedic Center perform more than 3,100 procedures annually. To find a Bryn Mawr Hospital Orthopedic surgeon, call 1-866-CALL-MLH, or visit us online at [www.mainlinehealth.org](http://www.mainlinehealth.org).

Membership on the medical staff of Main Line Hospitals does not constitute an employment or agency relationship.



# NCAA RECRUITING...

In the last issue, we introduced the concept of the PRA (potential recruited athlete), a student whose has begun ninth grade. Here is a look at what academic requirements are expected of our PRA:

A PRA must be academically certified by the NCAA Clearinghouse in order to enroll. This certification is normally done after the junior year of high school. The NCAA Clearinghouse site ([http://www.ncaaclearinghouse.net/ncaa/NCAA/general/index\\_general.html](http://www.ncaaclearinghouse.net/ncaa/NCAA/general/index_general.html))

the guidelines are clearly spelled out. Each school must submit a list of its high school courses to the NCAA for approval. On this web site, you can find your school and see the list of NCAA approved courses. These requirements are for Division I and II colleges and universities only.

For high school graduating classes of 2006-2007, 14 core courses are required. For those graduating in 2008, 16 core courses are required. The 16 core course distribution is also clearly spelled out:

- 4 English
- 3 Mathematics (beginning with Algebra I)
- 2 Science (1 with lab)
- 2 Social Studies
- 1 additional from English, Math or Science
- 4 others (Religion, Philosophy, Foreign Languages)

SAT and ACT scores are also required. In Division II, students must have a 2.00 average (GPA) in core courses ONLY and 820 SAT score (combined Math and Verbal -- no Writing).

For Division I, there is a sliding scale of GPA and SAT score:

GPA (Max is 4.0*)	SAT (Max is 1600)
>3.5 (A- to A)	420
3.3 (B+)	500
3.0 (B)	620
2.7 (B-)	730
2.3 (C+)	900
2.0 (C)	1010

(\*For some schools, this can be higher than 4.0 due to AP coursework credit. However, the NCAA does not honor this in its calculations.)

After this information has been filed in the NCAA offices, a university or college may request a report on an athlete it is interested in recruiting.

Here are some definitions and rules which will help you to understand the world of NCAA recruiting:

**A potential recruited athlete becomes a "recruited prospective student athlete (RPSA)" once one of the following occurs:**

- A) the authorized college representative provides the RPSA with an official visit;
- B) the authorized college arranges an in person, off campus encounter with the RPSA, the RPSA's parent(s), relative(s) or legal guardian(s);
- C) the authorized college initiates more than one telephone contact (for the purpose of recruitment) with the RPSA, the RPSA's parent(s), relative(s) or legal guardian(s).

A **recruiting contact** is a face-to-face encounter between the authorized college representative and the RPSA, the RPSA's parent(s), relative(s) or legal guardian(s) during which a dialogue other than a "greeting" occurs. In addition, any prearranged encounter or one on the RPSA's site of competition is considered a contact even if no conversation occurs.

A **recruiting evaluation** is an off campus activity to assess the academic or athletic abilities of a prospect, with or without contact. These are limited in number.

**Official visits** are those funded in whole or in part by the college or university. RPSA are limited to five (5)

total official visits and only one (1) visit per school. The visit must not last more than 48 hours and the RPSA and parents may receive meals, lodging and three free tickets to athletics events.

A RPSA may also make **unofficial visits**. These are paid for by the RPSA and there is no limit to the number of visits.

I sat down with Dina Dormer, Assistant Swimming Coach at Villanova University, to get her perspective on the in's and out's of NCAA recruiting as it applies to swimming. She brought the 2004-2005 NCAA Division I Manual to our meeting. The book is over one inch thick and uses quite technical and legalese language throughout in small print! Coaches who are part of the athletic staff must take an annual exam based on the Manual to be eligible to recruit PRA's.

My initial questions concerned how swimmer student athletes and the universities "find" each other. There are many services such as the web site www.berecruited.com that aid in this process. When I got home, I took a look at the web site. It is quite an amazing web site and most of its services are free to both the students and the schools. I encourage you to have a look. Its primary focus is to make students aware of colleges they might like to attend and to make coaches aware that students are looking to attend. It is similar to a "match making" service. I found the articles of advice for the students to be clearly and carefully written and the recommendations appear to be solid. It is clearly stated that an academic match comes first in the process.

Swimming, like Track and Field, is an individual sport in which the clock (or measuring tape) does not lie. In team sports, a coach must evaluate not only the individual skills of the athlete but also look at the overall blend into a team style of play. It can be a more subjective exercise and thus a more difficult process.

Swimming does not have that issue. Significant meet results (zones, sectionals) are posted on the USA Swimming web site: USASwimming.org. Here, both coaches and athletes can see what times are being recorded in each event throughout the year. Qualifying times for "big meets" are listed as well as the top twenty times in the country for each age group in pool (SCY, SCM, LCM) events. To give you an idea of the amount of information available, I clicked on the current girls results for Top Twenty 2005 and the document is 74 pages long, beginning with the 10 and unders!



As noted in the earlier article, Swimming can offer 14.0 scholarships for the women and 9.0 for the men. It is the rare swimmer who earns a full scholarship. Instead, these equivalencies are divided among the swimmers. (In contrast, in men's football and basketball, each scholar-athlete receives a full scholarship.) Swimming student athletes can add to these partial moneys by earning need based (financial aid) or academic scholarships from the university -- in the same way that non athletes can qualify. A full scholarship covers room and board, tuition, and books. For some private universities, this is can be a \$38,000 value!

Most potential collegiate swimmers contact the universities of choice by letter, including a resume of their swimming achievements. There is also an on-line questionnaire on the university's web site that students can fill out. Letters tend to arrive at a steady pace throughout the year. If the PRA is a sophomore, the university can send a reply with thanks and a message that they are not permitted to correspond until September 1 of the PRA's Junior Year. (There is an NCAA form letter which can be used for this response.)

As was noted in the earlier article, a university can begin to send selected documents to PRA's as of September 1 of the junior year. In March of the junior year, the university may make one phone call to a PRA. If the call goes through, but the recruit is not home (brother or answering machine), it counts as the one call! In April there can be one contact on the high school campus. Then the university must wait until July 1 at which time athletic staff (not current student athletes) can make one phone call a week.

Coaches are permitted to observe PRA's at club program meets and senior meets (USS); there can be no contact during the meet, but they can send a letter

later. If it is a **recruiting contact** visit at the meet, the PRA must be a senior and the last heat of the entire competition must be over for legal contact to occur.

So what does a university look for when recruiting swimmer student athletes? To begin with, the academic standards for acceptance into many universities are far greater than the NCAA sliding scale allows. The first priority then is, can the PRA succeed as an academic student at the university? High school students provide their academic records to the NCAA Clearinghouse. It is the PRA's responsibility to be sure that their academic information is accurate and up to date. Universities use this site to check on the academic qualifications of PRA's.

Once it is clear that either a PRA or university are interested in each other, the process continues. During the Junior year, the university typically replies to prospective letters and student resumes with a letter of response and an information packet.

When seeking future team members, coaches are looking for swimmers who will continue to develop and get faster throughout their college years. Looking at progressions throughout high school can give a good indication of this potential. Coaches are also seeking to round out their teams, looking for swimmers highly skilled in certain events. The team goals are to do well in the conference championships both as a team and as individuals. The ultimate goal of exceptional swimmers is to qualify for NCAA Championships. Qualifying times for NCAA are very difficult to achieve as NCAA Championships are designed for the nation's elite college swimmers.

For most potential swimmers, the recruiting process accelerates after July 1 after the junior year of high school. The **official visit** is reserved for those students who seem to have a genuine interest in a University and its swimming program. Since the college funds these visits, they are reserved for high caliber recruits. During the official visit, which can last only 48 hours, a current swimmer will act as a host and escort the candidate around campus and help the recruit "get a feel" for the university. The recruit can watch practice and meet with the team as well as experience the social life on campus.

If the university and the recruit agree that there is a "good fit", there are two times during the Senior Year when s/he can sign a National Letter of Intent (NLI). For swimmers, there is a week in November for "early signing" and from mid-April to August 1 for "late signing". The NLI is a one year agreement by the recruit to attend the university and by the university to provide scholarship assistance. It is a binding document.

By early May, most coaches/universities have a good idea of the swimmers who will be on the team in September. The competitive season lasts for 144 consecutive days, ending on the last day of NCAA Championships, so most practices begin right after Labor Day!

## Coaches Report by Dick Jackson, PAFC Coach

As we finish the end of the indoor season thing seemed to go well with the swim meet schedule in the Philadelphia region. There were one or two meets per month and a combination of short course meters and yards -- good for a little variety. The meets were well run and attendance was good with what appeared to be new and different teams that brought some good competition. Dropping the age limit to 18 should continue to bring in new faces to our sport.

If there is a month where there are no meets schedule, swimmers and coaches can use this time to have fun in their own pools. This could be a short practice one night followed by a visit to the nearest pizza place. It could also include having time trials with another team followed by refreshments.

It is up to the coach to keep team members informed and on track as to what is going on. In masters, to plan at least seven months ahead is sufficient.

Remember: Failing to plan, is planning to fail.

Good luck to all; have fun and swim fast.

# OPEN WATER EVENT SCHEDULE 2005

PAGE 8 of 24

DELIA GRACE PEREZ (856-251-0902) E-mail: [dgperez@erols.com](mailto:dgperez@erols.com)

As of: 20th May 2005

**NATIONAL CHAMPIONSHIPS ARE LISTED IN GREEN. CONTACT WEBSITES OR E-MAILS OR LOG ONTO [WWW.DVMASTERS.ORG](http://WWW.DVMASTERS.ORG) FOR FULLER DETAILS OF THESE SWIMS. TO SEE EVENTS IN OTHER PARTS OF THE US. GO TO <http://www.usms.org/comp/ldcalendar.php>**

- June 4th **Potomac River 7.5 Mi Swim** - Point Lookout State Park, MD Cheryl Wagner, 3103 Hawthorne Dr NE, Washington, DC 20017-1040, (Sat.) 202-387-2361(h), 202-478-0948 (fax), [cherylw@crosslink.net](mailto:cherylw@crosslink.net); or [www.crosslink.net/~cherylw/pr2003i.htm](http://www.crosslink.net/~cherylw/pr2003i.htm)
- June 12th **4.4 Mile CHESAPEAKE BAY SWIM** and **1 Mile Bay Challenge Swim** <http://www.lin-mark.com>
- June 12th **Jack King 1-Mile Ocean Swim** - Virginia Beach, VA Suzanne Giersch (757-518-9824); [suzgiersch@earthlink.net](mailto:suzgiersch@earthlink.net). (757-692-4271) [kharkins@nsn.cmar.navy.mil](mailto:kharkins@nsn.cmar.navy.mil); [www.vaswim.org](http://www.vaswim.org); Sanctioned by VA LMSC
- June 15th - **2nd Beach Ocean Swims** - Middletown, RI; Michael Garr, 109 Enterprise Terrace, Kingston, RI 02881 (401-783-7902)  
Oct. 15th or cell (401-741-7193), [Michael.Garr@navy.mil](mailto:Michael.Garr@navy.mil). These are frequent ocean swims for fun and fitness. We meet at the main lifeguard chair at 4:30PM. They are weather dependent; water temp is usually in the 70s when we swim, even in June and October! All abilities welcome.
- June 18th **13th Annual Swim for Life - 1, 2, 3, 4, 5 Mi Swims** - Chestertown, MD (Rolph's Wharf) and registration starts at 7 a.m (Sat.) Dawson Nash, DCAC, 4514 Connecticut Ave NW, Washington, DC 20008 (202-686-2150) or e-mail: [swimmerdn4321@aol.com](mailto:swimmerdn4321@aol.com)
- June 19th **1 Mile Open Water Swim - Virginia Beach Ocean Swim** - (Father's Day) Betsy Durrant, 211 66th Street, (Sun.) Virginia Beach, VA 23451. Call (757) 422-6811 for info. E-mail: [durrantb@aol.com](mailto:durrantb@aol.com)) Boardwalk arts festival also.
- June 24th **1 Mile Bay Swim**, Kennedy Park, Somers Point, NJ; 6:30 pm start, Advance & Day of Race Registration; Karen Pratz, Ocean City (Fri.) Aquatic & Fitness Center, Attn.: Bay Swim, P.O. BOX 570, 18th & Simpson St, Ocean City, NJ 06226 (609-398-6900).
- June 25th - **Against the Tide 1 Mile Swim** - Hopkinton State Park, Hopkinton, MA. MBCC (800-649-MBCC) Benefits the Massachusetts (Sat.) Breast Cancer Coalition. Each participant will raise a minimum of \$150 in contributions. Website at: [www.mbcc.org/swim](http://www.mbcc.org/swim)
- June 25th **Madison Mile** - Madison, Connecticut. Contact Dave Parcels, 17 Yankee Glen Drive, Madison, Connecticut, 06443 Call (203-606-4529). (Sat.) E-mail: [dave@force5sports.com](mailto:dave@force5sports.com) or [www.force5sports.com](http://www.force5sports.com). Sanctioned by Connecticut LMSC with Pre-entry and Deck-entry.
- June 26th **(3-Mile or 1-Mile Ocean Race), 10th Annual Plunge For the Patients**, Wildwood, NJ. **8 am Start Both Races.** Registration at (Sun.) North Side of Mariners Landing Pier. Registration 6am to 7:30am (closes at 7:30am). Beyond the Breakers & Back Novice swim starts at 10:30am (register 6am to 10:15am). Contact: Viki Anders by E-Mail: [andervi@jhmi.edu](mailto:andervi@jhmi.edu) Web site: [www.p:ungeforpatients.org](http://www.p:ungeforpatients.org) Call (410) 502-5395. ([www.lmsports.com](http://www.lmsports.com)). Sat. **June 25th** "land-lubbers" 5K or 10K runs. Run and swim Biathlon gifts.
- June 26th **1 Mile & 2 Mile Lehigh River Swim**, Allentown, PA; Contact James Platt, P.O. Box 3304, Allentown, PA 18106: [jhp35@hotmail.com](mailto:jhp35@hotmail.com) or Mike Seip, [seip@enter.net](mailto:seip@enter.net), or the Emmaus Aquatic Club at [emaswim@rcn.com](mailto:emaswim@rcn.com). Swim with the current, and transportation to the start.
- July 2nd **Bradley Beach Ocean Swim**, Bradley Beach, NJ 9:30 a.m. 1 mile. Contact: [bbguard1@msn.com](mailto:bbguard1@msn.com); 732-776-2999 <http://www.raceforum.com/> (Select race from list.)
- July 2nd **1.3 Mile or a 5 K Bridge to Bridge Bay Race**, with the race starting at the Atlantic City High School Crew House at Fairmont Avenue in Atlantic City, NJ. Contact Sid & Kara K. Cassidy 311 Montpelier Avenue, Egg Harbor Township, New Jersey 08234. E-mail: [sacassidy@comcast.net](mailto:sacassidy@comcast.net) or call (609-653-0939). Web site: [www.acacswim.com](http://www.acacswim.com) **4 & 6:30 p.m. Start!!**
- July 9th **Asbury Ocean Mile, Asbury Park, NJ** - Onsite Registration starts at 4:45 p.m. - race starts at 6:15 p.m. Pre-registration cost is \$15 a (Sat.) nd onsite registration costs \$20. Pete or Jo Nagle (732-449-3215) or e-mail at: [elsa@bytheshore.com](mailto:elsa@bytheshore.com)
- July 10th - **Fran Schnarr Memorial 5K Championships** - Huntington Bay, Huntington, NY Bea Hartigan, 27 Huntington Rd, Huntington, NY 11743; (Sun.) (631-271-3349); e-mail [bea10k@yahoo.com](mailto:bea10k@yahoo.com). Meg McConnell (631-427-4019) USMS & USA Swimming sanctioned; [www.metroswim.org](http://www.metroswim.org); Sanctioned by MR LMSC #065-06; Entry Deadline 7/2/2005
- July 16th **Betsy Owens Memorial 2-Mile Cable Swim (2005 USMS 2-Mile Cable Championships) - Mirror Lake,** (Sat.) **Lake Placid, NY** website at [www.adms.org/LP\\_Swim/Lake\\_Placid\\_Entry\\_2005.pdf](http://www.adms.org/LP_Swim/Lake_Placid_Entry_2005.pdf) Sanctioned by AD LMSC

- July 16th - **Eastern States 2-Mile Cable Swim** - Charlottesville, VA (Open Water). Contact Dave Holland (804-752-3104) [dholland@rmc.edu](mailto:dholland@rmc.edu). Website: [www.pvmasters.org/entry/vmst0705.pdf](http://www.pvmasters.org/entry/vmst0705.pdf). Sanctioned by VA LMSC.
- July 16th **7th Annual Spring Lake Ocean Mile**, Spring Lake, NJ. 8 a.m. start. Fee \$15.00. Registration day of from 6:45 and 7:45 a.m. web site: [www.raceform.com](http://www.raceform.com).
- July 16th **1 Mile Ocean Swim, 8th Annual Swim For the Dolphins**, Wildwood Crest, NJ. Sponsored by the Brigantine Marine Mammal Stranded Center & Wildwood Crest Beach Patrol - Dave Hirsch: (609-465-5590). 6 PM Start at Rambler Rd. & the Beach. Contact L & M Computer Sports, 89 Park Drive, Berlin, NJ 08009. Wetsuits are permitted and usage encouraged. Team Awards ([www.lmsports.com](http://www.lmsports.com))
- July 16th **2.4 Mile Race for the River** (Hudson River Swim). World Financial Center to Chelsea Piers. (See July 9th Manhattan Swim) (E-mail: [www.nycswim.org](http://www.nycswim.org)).
- July 16th **0.5 Mile Cove to Cove Swim**, New York City, NY. (E-mail: [www.nycswim.org](http://www.nycswim.org)).
- July 17th - **Greenwich Point One Mile Swim** - Greenwich, CT (Open Water). Contact Jon Harnett, 10 Sachem Rd, (Sun.) Greenwich, CT 06830 (203-869-8714) e-mail at: [jharnett@bondednj.com](mailto:jharnett@bondednj.com) ; [www.gscevents.org](http://www.gscevents.org). Entry Deadline 7/12/2005
- July 30th **1 Mile OCBP Ocean Swim - Ocean City**, NJ (34th Street) - L & M Computer Sports, 89 Park Drive, Berlin, NJ 08009 (609) 767-1337 (Sat.) ([www.LMSPORTS.com](http://www.LMSPORTS.com)). Contact Darren Hickman, (609) 926-9191 - (continued...)E-mail: [darrenhickman@hotmail.com](mailto:darrenhickman@hotmail.com). The 26th Annual Masters Ocean Swim starts at 6:30 p.m. - register at 34th Street Ocean City Beach Patrol headquarters (609-525-9200).
- July 30th **2005 USMS 1-Mile Open Water National Championships - Elk Lake, Bend, OR** website at [www.usms.org/longdist/ldnats05/1mientry.pdf](http://www.usms.org/longdist/ldnats05/1mientry.pdf). Sanctioned by OR LMSC.
- July 30th **Save the Bay -- Narragansett Bay Swim**, Newport, RI 1.7 miles 9:30 start \$200 sponsorship required. [www.savebay.org/swim/index05.asp](http://www.savebay.org/swim/index05.asp)
- July 31st **1 Mile Park to Park Swim, New York City, NY** [www.nycswim.org](http://www.nycswim.org)
- August 6th **8th Annual YMCA Lake Champlain Shore-to-Shore Swim**, Burlington, VT. Start on the New York side of the lake at Willsboro Point. (Sat.) 8 miles swim in water temperature of 69-72 degrees. Starts at 9 a.m. and finishes at Blodgnet Beach (private beach) in Burlington, VT. Swimmers may wear wetsuits and each swimmer needs a chase boat. The entry fee is \$250 or else raise a minimum of \$250 in pledges for the event. Contact: Tad Hale at the Greater Burlington YMCA (802-862-9622) or e-mail [thale@gbymca.org](mailto:thale@gbymca.org)
- August 6th **2.6 Mile Bay Swim**, Somers Point, NJ. Contact: Polly Caffery, PO Box 850, Pomona, NJ 08240. (Sat.) Call (609-404-1591). **WET SUITS ARE ALLOWED!** Early race start time at **8:00 a.m.** - based on tides. Check in at Somers Point in Kennedy Park. [Pollyphish@aol.com](mailto:Pollyphish@aol.com) or <http://thieler.com/Rainbow>
- August 6th **31st Annual Andrew B Manning Ocean One Mile Swim**, Sea Bright, NJ 6 p.m. [sandyhookers@comcast.net](mailto:sandyhookers@comcast.net) (732-842-4317)
- August 7th **2005 USMS 5-Mi Open Water National Championships - La Jolla Bay, San Diego, CA :** (Sun.) website:[www.usms.org/longdist/ldnats05/5mientry.pdf](http://www.usms.org/longdist/ldnats05/5mientry.pdf). Sanctioned by SLMSC
- August 13th **22.5 Mile Around the Island Marathon Ocean/Bay Swim**, in Atlantic City, NJ. This race starts at 8 a.m. from Gardner's Basin (Sat.) in Brigantine, NJ. For the amateur relay teams of 3 to 6 person teams, contact race director, Michael Geigerich, (<http://acswim.org/>) or call (609-926-0714) (cell #609-204-2873) at 139 Blackman Road, Egg Harbor Township 08234 to enter your relay team.
- August 13th **Mid Summer 1.5 Mile Swim and Breakfast** Seaside Park, NJ Janet Sellitto [jsellitto@ocymca.org](mailto:jsellitto@ocymca.org); 732-341-9622 x 2214 [www.ocymca.org](http://www.ocymca.org) (Click on special events) Swim starts at 8 am.
- August 13th - **Island Beach Two Mile Swim** - Greenwich, CT (Open Water). Contact Jon Harnett, 10 Sachem Rd, Greenwich, CT 06830 (203-869-8714). E-mail: [jharnett@bondednj.com](mailto:jharnett@bondednj.com). Website at: [www.gscevents.org](http://www.gscevents.org). Sanctioned by CT LMSC ;entry Deadline 8/8/2005
- August 20th **1 Mile Inlet Swim (YATES)** - Captain Francis Bennett, Atlantic City Beach Patrol, Public Safety Bldg, 2715 Atlantic Ave, Suite 420, (Sat.) Atlantic City, NJ 08401. **6:45 PM START.** Call (609-347-5466) or [www.ACswim.org](http://www.ACswim.org) Check in at Gardners Basin, North end of Atlantic City and go to the bay side (located at 800 N. New Hampshire Ave)(next to Flying Cloud Restaurant).
- August 20th **Little Red Lighthouse 5 Mile Swim, New York City, NY** [www.nycswim.org](http://www.nycswim.org)

- August 20th **Against the Tide 1 Mile Swim** - Nickerson State Park, Flax Pond, Brewster, MA phone#(800-649-MBCC) and Benefits the Massachusetts Breast Cancer Coalition. Each participant will raise a minimum of \$150 in Contributions. Website at: [www.mbcc.org/swim](http://www.mbcc.org/swim)
- August 21st **Ray Licata Long Branch Ocean Mile Swim**. Long Branch, NJ 8 am start (732-222-2932)  
(Sun.)
- August 21st **2004 ACAC Bay Classic** held in Atlantic City, NJ. Events start at 12 noon at the Atlantic City Crew House and include sanctioned races for age groups as follows: 0 & under - 800 meter; 12 & under - 1500 meter (1.5K); 14 & under - 3000 meter (3K) and 15 & over 3000 meter (3K). Swimmers must be current members in USAswimming to participate in the age group races. In addition, there will also be an open division 3K that will be available to all comers. Contact: Sid & Kara Cassidy, 311 Montpelier Avenue, Egg Harbor Township, NJ 08234. E-mail: [sacassidy@comcast.net](mailto:sacassidy@comcast.net) or [www.acacswim.com](http://www.acacswim.com) or call (609-653-0939) registration (\$20 pre-registration received by 8/18/2004 or \$25 race day fee).
- August 27th **1 & 2 Mile - Gilbert Lake State Park, Oneonta, New York**. Sanctioned by the Adirondack Masters and USMS membership is (Sat.) required with onsite one-day membership available at registration. Warm-up begins at 9:30 a.m. and the races start at 10 a.m. The lake will have buoy markers laid out for the 1-mile course. Contact race director, Verna Engstrom-Heg (607-829-8785) or e-mail : [bobverna@wpe.com](mailto:bobverna@wpe.com)
- August 28th **10th Annual One Mile Ocean Swim at Manasquan Beach**, NJ. 8 a.m. start 732-681-4094 or (Sun.) <http://www.raceforum.com/> (Select race from list.)
- August 28th **1 Mile Bay Swim, Brigantine Bayfest Swim**, Brigantine Elks Lodge, PO Box 44, Brigantine, NJ 08203. Call (609) 266-9826. 6:00 PM start. Located at 3rd & Bay Shore Drive. In water start and finish;
- Sept. 3rd **1.5 Mile AC Pageant Ocean Swim**, Norm Draper, Atlantic City Beach Patrol, Public Safety Building, 2715 Atlantic Ave, Suite 420, (Sat.) Atlantic City, NJ 08041. **9:45 AM Start** in front of the Showboat Casino on the Boardwalk. Contact (609- 347-5466) or Fax: (609-347-5211). Web site: [www.ACswim.org](http://www.ACswim.org)
- Sept. 10th - 2005 USMS 2.5K Open Water National Championships - Lake Michigan, Chicago, IL;**  
(Sat) website: [www.usms.org/longdist/ldnats05/2.5kentry.pdf](http://www.usms.org/longdist/ldnats05/2.5kentry.pdf). Sanctioned by MI LMSC
- Sept. 10th - **Provincetown Harbor Swim for Life** - Provincetown, MA Jay Critchley, Swim for Life, PO Box 819, Provincetown, MA 02657 (508-487-1930) e-mail at: [thecompact@comcast.net](mailto:thecompact@comcast.net). The high-energy fundraiser for AIDS, Women's Health and Youth on the tip of Cape Cod was founded in 1988; Celebration of Life Concert and Mermaid Brunch included. Website at: [www.swim4life.org](http://www.swim4life.org). Sanctioned by NE LMSC. Deck entries only.
- Sept 17th **1 & 2 Mile Bay Swim - September Splash**, Wildwood Crest, NJ, Sunset Lake, Paul Ave & the Bay at the **Bay View Inn**. 2 Mile Race (Sat.) starts at 9 a.m. and the 1 Mile Race starts at (approximately) 11 .m. Wet Suits Permitted. Food Festival, Music and Multi-block Craft Show. Contact: call (609) 729-3038 - L & M Computer Sports ([www.LMSPORTS.com](http://www.LMSPORTS.com)) 89 Park Drive, Berlin, NJ 08009
- Sept 24th **9th Annual Sunfest Open Water Swim 5K, 3K, 1K Ocean Swims**, Ocean City, MD: Call (301-934-3675); 9/20 Cutoff for entries. Team Awards, Noon Start, Race Dir. Ken Zuiderhof. Part of the Sun Festival. [www.sunfestswimming.org](http://www.sunfestswimming.org)
- Oct. 22nd 2005 USMS 10K National Open Water Championships - Gulf of Mexico, Ft. Meyers, FL**  
(Sat) website: [www.usms.org/longdist/ldnats05/10kentry.pdf](http://www.usms.org/longdist/ldnats05/10kentry.pdf)
- Oct. 23rd **St. Croix 5 Mi Coral Reef Swim** - St. Croix, U.S.V.I. Contact Randy Nutt, PO Box 9448, Coral Springs, (Sun) FL 33075. Call (305-753-5337) or (800-356-5132) or [info@randynutt.com](mailto:info@randynutt.com); limited entries; [www.randynutt.com/aqua9.html](http://www.randynutt.com/aqua9.html); Entry Deadline: 9/30/2005. Entry available at: [www.swimrace.com](http://www.swimrace.com)
- Other Web Sites: [www.oceanswims.com/](http://www.oceanswims.com/) ; [www.nycswim.org](http://www.nycswim.org) ; [www.DVMasters.org/openWater](http://www.DVMasters.org/openWater) ; [www.openswim.co.za/](http://www.openswim.co.za/)
- GOING ON VACATION? FIND SWIMS AT: <http://www.usms.org/comp/ldcalendar.php>**
- A Note to USMS Members:**  
Not all events listed on this calendar are sanctioned by USMS, Inc. and are therefore not necessarily covered by insurance. Wherever possible, sanction/recognition information is included on the calendar. Swimmers are advised to check with meet directors to determine if an event is sanctioned. USMS Sanctioned events can be recognized by the following statement on the entry form: "Sanctioned by (LMSC name) for USMS, Inc. Sanction Number \_\_\_\_\_."

**These are organized alphabetically by last name -- so there is no real pattern to the advice!**

I remember my first OW swim - I saw the trophies and decided I wanted one. And I got one. It was easy after I had that goal.... (Martha Bent)

My advice would be to make sure you bring some type of sweats to wear at the end of the race. It gets cool waiting for the results. (Meg Douris)

Get in the water and warm up, especially if it is cold. You will have trouble catching your breath when you first start warming up in cold water, but then you will not have problems breathing during the race. Wear good goggles that don't fog up to make it easier to see the marker buoys/flags. (Tom Douris)

I tell all my first swim friends to "have fun". Don't race it. Just go out swim and enjoy the sites. I would recommend bilateral breathing. The other thing I recommend is having a pair of goggles just for open water swims. The chlorine leaves a film on the goggles making it difficult to see. Or just make sure the goggles are clean so they can see the flags. Dark goggles for the sunny days. (Linda Hoke)

Open water tip- the colder the water, the more important it is to get in to warm up. If possible try to get out of the water just a few minutes before the race starts. If you decide to skip getting in for warmup b/c it is too cold you risk getting the wind knocked out of you and hyperventilating at the start (not a pleasant way to start a race!). If you do hyperventilate and panic, roll over and do backstroke till you can resume normal breathing. (Laurie Hug)

I always am prepared with an extra pair of tinted goggles. Especially for early morning lake swims. Most of the time at least one direction is swimming directly into the sun. Most buoys are orange so between the orange buoys and the sun, the sighting is horrible. This also happens if it is an AM swim at the shore and swim north and the swimmer breathes primarily on the right. Other recommendation is to put goggles on first then swim cap. Keeps goggles from being kicked or knocked off at the start of the race. Oh, and start out slowly and breathe. (Robin Jefferis)

Don't open your eyes in the water. To ensure you are swimming in a straight line, breathe and lift your head straight up and swim like Tarzan for 4 about strokes till you spot the next buoy. I do this about every 30-40 strokes. (Deb Kurucz)

"Real swimmers don't use wet suits (except for training in the winter)" and "Elbows are hard for a reason." (Jack Martin)

Try a bay swim for a gentle introduction to open-water swimming. The Independence Day, Bridge-to-Bridge, Rainbow Channel Challenge, and September Splash swims are all easy on beginners. These are run well, the water temperature is usually comfortable, and there's no surf to contend with. When you're ready for a surf swim, try a North Jersey event, like the Bradley Beach, Asbury Park, Spring Lake, Midsummer, or Manasquan swims. These typically have fewer swimmers and a more relaxed atmosphere than the South Jersey surf swims. The South Jersey swims are the classics, full of energy and tradition, so give them a try once you're hooked: Plunge for the Patients, Swim for the Dolphins, Ocean City, Yates (inlet), and Pageant. But most of all, just pick an event, go for a swim, and have some fun at the shore. (Ray McKendall)

My best advice is .....after completing any open water swim always wipe your mouth and chin. Everyone spits more than a bit while racing. Remember.....although, I'm dating myself, "It's still always BETTER TO LOOK GOOD THAN TO BE GOOD". Cecilia Dougherty McCloskey

Put your goggles on first and then your cap. It will be very crowded around the first buoy, so take a wide path or be ready to be grabbed and shoved big time. Just relax, swim wide around the buoy and then you are set to go straight! The best time to pass people is on the straight-away. Sometimes you might feel like you are the only swimmer in the water -- but at the race to the finish lots of people appear! (Judy Michel)

The most important thing to accomplish in an ocean race is to catch a nice wave at the end. (Bob Pugh)

Use plenty of body glide to prevent chaffing. Work at establishing a breathing and stroke pattern as soon as you enter the water. (Mari Schaefer)

1) Get wet before the race starts, i.e. warm-up by swimming out and in thru the waves a couple of times to get a feel for the water and the shoreline. 2) Don't kill yourself getting to the first buoy, i.e. don't get caught up in the initial frenzy so much that you end up hyperventilating and messing up your stroke. 3) At the end of the race swim in to the shore as far as you possibly can, regardless if others are trying to run thru the water: remember, this is a swim, not a run. On the other hand, once you're out of the water, run like crazy up the sand until you're thru the chute - the race ain't over 'til they get your number. 4) Stay and enjoy the award ceremonies and festivities after the race; sometimes that's the most fun. Good Luck, and stay out of my age group! (Chris Schroeder)

1) Look up frequently to ensure that you are going in the right direction! When you are cruising along, even when you are swimming parallel to the shoreline, you somehow zig when you should have zagged, and you wind up going way off course, adding some extra yardage to the swim. 2) Find some great, upbeat songs that you know the words to, & sing the entire swim. (Lisa Semels)

One of my 1st experiences in open h2o was the bridge to bridge. I began the race in the front of the pack--BAD MOVE!!! Not only was I mowed over by the eager testosterone driven 20-somethings; but at one point I really thought I might drown. So many swimmers swam over me, I could not get up for air. Eventually I was the only one left at the start and began a very slow, careful race of backstroke as I struggled to get my breath the entire way. Needless to say, I have learned from this experience and have begun most of the subsequent races on the side--far to the side until the "pack" has passed. As the swim goes along, people space out and there is ample room to pass and finish AHEAD of the pack!!! (Kristina Shore)

Get in and warm up so water temp doesn't shock you. Check out things you can sight on. When you start the race, remember the mantra, "Breathe, don't kick". Relax and start out very slowly. (Ann Svenson)

1) If it's a morning swim, use dark goggles...evening swims, clear goggles. 2) Practice bilateral breathing. You never know which direction you'll be swimming (except Pageant swim). 3) DO NOT follow me. I'm infamous for overshooting the finish. (Pat Timmins)

Unlike a pool event, it is OK to pee in the water. (Anonymous)

# MAN: RUNNER BY NATURE – SWIMMER BY DESIGN

By Terry Laughlin

The cover story in the November 18 issue of the science journal, **NATURE**, entitled "Born to Run," considers the possibility that running may have played a central role in human evolution. The authors, Dr. Dennis M. Bramble of the University of Utah and Dr. Daniel E. Lieberman of Harvard, write that while walking upright set early human ancestors apart from their ape cousins, it may have been the ability to run long distances with a springy step over the African savanna that influenced the transition to today's human body form.

Endurance running is unique to humans among bi-peds and among all mammals other than dogs, horses and hyenas. Dr. Bramble a biology professor and a specialist in the biomechanics of animal locomotion, wrote that "running was instrumental in the origin of the modern human body form," and probably enabled human ancestors to hunt and scavenge for food over large distances.

Drs. Bramble and Lieberman note that early members of the Homo family had long, slender legs, shorter arms and a narrower ribcage and pelvis. A ligament attached to the base of the skull kept their heads steady as they ran. An extensive network of springy tendons along the back of their legs and feet, including the Achilles' tendon, served to store and release elastic energy during running. Then there's the gluteus maximus, the buttocks muscle. "Have you ever looked at an ape?" Dr. Bramble said. "They have no buns." Dr. Lieberman, a paleontologist, explained: "Your gluteus maximus stabilizes your trunk as you lean forward in a run. A run is like a controlled fall, and the buttocks help to control it."

The scientists theorize that those early ancestors who had some level of running ability must have improved their chances of survival and reproduction because their ability to run greater distances than other predators must have been an advantage in making a kill or scavenging the kills of their swifter rivals.

This article helps explain why thousands of land-based athletes can breeze through a 5-mile jog without breaking a sweat, but experience chest-heaving exhaustion after 50 yards of swimming. This experience convinces many that swimming is only for those who swam competitively as kids, and suspecting that the time and effort required to master may not be worth it. But mastering the "swim challenge" is decidedly worthwhile. While years of running have left huge numbers of Baby Boomers with creaky joints, swimming is ideal as a restorative, general fitness workout for virtually any aging athlete. And I've yet to meet a runner who could not learn to swim well enough to stay fit or tackle a triathlon. All they have to do is discard everything running has taught them, as soon as they enter the pool.

Anyone from occasional joggers to dedicated marathoners knows this fundamental truth: Increase your mileage or intensity and your running improves. But when they apply the same logic to swimming, most novices quickly achieve what a TI Workshop alum christened *terminal mediocrity*; after a few months, no amount of effort produces any further progress.

Here's why: The world records for the mile run and the 400-meter swim are virtually identical. If you were to run once around the track with Alan Webb, America's best miler, he'd beat you easily, but – even if you're purely a recreational jogger – by focusing on efficiency, you could probably match the *number of strides* he took to cover 400 meters. If, on the other hand, you tried to swim 100 meters with American record holder Klete Keller, not only would he beat you easily but the difference between his stroke count and yours would be staggering. Keller and other elite freestylers can easily swim 50 meters (in a 50-meter pool) in about 25 strokes (increasing to 31 or 32 while racing at top speed), while the average fitness swimmer would likely take 75 or more strokes to cover the same distance.

And that threefold difference in stroke efficiency is only half the story. Because of mankind's evolutionary history as "natural runners" we can achieve about 90% mechanical efficiency while running. This means that 90 of every 100 calories expended produce forward motion, while approximately 10 are lost to muscle heat, ground friction, wind resistance, etc. Because water is 900 times thicker than air and highly unstable as a medium for applying power, a world-class swimmer is only 9% mechanically efficient – which means the typical novice swimmer achieves energy efficiency of perhaps 3 percent. Thus, the path to swimming-improvement is not to make more energy available through training, it's to waste *less* energy by improving your stroke. If you can increase your mechanical efficiency even modestly – from, say, 3% to 4% – that will translate into a 33% improvement in your swimming capacity. No workout program can produce those kinds of results, but swimmers in TI Weekend Workshops routinely achieve that in a single weekend.

**Running is a sport; swimming is an art.**

What makes swimming different? As noted above, running is a natural activity, while swimming is a "natural struggle." The world's best swimmers move through the water with grace, economy and flow, while novices are awkward, clumsy and inefficient. You needn't lose any sleep if this describes you; observing thousands of students at TI workshops over the last 15 years confirms that it's a rare person who has the innate ability to swim fluently. But years of teaching experience has also confirmed that the rest of us can learn to swim well if we take the time to master swimming as an *art* before tackling it as a *sport*. When you focus on swimming more and more yards, you just deepen instinctive "struggling skills." Instead focus on swimming only distances and speeds where you can avoid struggle, then patiently expand your ability to do that for progressively greater distances or at marginally faster speeds. Here's a quick plan for learning to *move like water* in the pool:

- 1 Swim slowly. Racing the clock – or other swimmers – will only cause you to thrash and splash. Swimming slowly is the best way to begin developing habits of efficiency and economy. And while swimming slowly, practice the following:

- 2 Count strokes. Your best measure of efficiency is how many strokes you take getting across the pool. Set an initial target 10% lower than your norm. If you usually take 20 strokes per length (spl), make 18 your goal – using ease, not strain, to make it. After any length that exceeds your target, rest longer – try five or more deep slow breaths as a recovery interval – before starting again. Allow at least two to three hours of cumulative practice, over several 30-minute sessions, to adapt before reducing your spl further.

- 3 Swim Silently. Noise and splash are the clearest evidence of wasted energy. Anything you do that results in a quieter stroke will also increase your efficiency, lower your spl, and reduce fatigue.

- 4 Drill more. If you find yourself unable to reduce your spl to below 20 strokes per 25 yards, your stroke inefficiencies are so stubborn that every lap you do simply makes them more permanent better. The quickest way to build "e-fish-ent" movement patterns is to practice TI drills rather than conventional swimming. Try doing up to 80% of your laps in stroke drills for the next month or two and see how your stroke reacts.

Happy laps

This article appeared originally in Total Swim newsletter. To read more articles like this, visit [www.totalimmersion.net](http://www.totalimmersion.net).

# CONGRATULATIONS to these DV masters who achieved TOP TEN for SCM in 2004!

## Women 18-24

Place	Event	Name	Age	Club	Time
2	100 Free	Mollie Grover	23	UNAT	1:02.04
9	100 Free	Denise Morales	24	PAFC	1:04.89
4	200 Free	Mollie Grover	23	UNAT	2:18.95
5	200 Free	Denise Morales	24	PAFC	2:20.15
4	100 Back	Mollie Grover	23	UNAT	1:12.01
2	200 Back	Mollie Grover	23	UNAT	2:32.58
10	50 Breast	Jill Murphy	21	FINS	40.09
7	100 Breast	Valerie L Bodam	24	PWM	1:28.89
6	100 Fly	Emily Newman	22	BCAT	1:19.15
2	200 Fly	Emily Newman	22	BCAT	2:55.54
10	200 IM	Valerie L Bodam	24	PWM	2:52.63
5	400 IM	Kelli N Campbell	24	PWM	6:24.00

## Women 25-29

Place	Event	Name	Age	Club	Time
6	50 Free	Kelly Murphy	25	YBRC	29.38
5	100 Free	Kelly Murphy	25	YBRC	1:04.39
8	100 Free	Patricia Flynn	28	PAFC	1:04.63
6	200 Free	Patricia Flynn	28	PAFC	2:21.92
1	400 Free	S Bausher-Grybos	27	1776	4:47.97
5	400 Free	Patricia Flynn	28	PAFC	4:53.65
3	1500 Free	Alicia Markey	25	1776	19:20.52
8	50 Back	Alicia Markey	25	1776	34.98
9	50 Back	Kelly Murphy	25	YBRC	35.11
8	50 Breast	Kelly Murphy	25	YBRC	38.70
2	100 Breast	Chrissy M Miller	28	PWM	1:19.73
7	50 Fly	Alicia Markey	25	1776	31.87
2	100 Fly	Chrissy M Miller	28	PWM	1:07.24
4	100 Fly	S Bausher-Grybos	27	1776	1:10.01
2	200 Fly	S Bausher-Grybos	27	1776	2:32.56
9	100 IM	Alicia Markey	25	1776	1:14.83
1	200 IM	Chrissy M Miller	28	PWM	2:28.44
3	200 IM	S Bausher-Grybos	27	1776	2:34.90
1	400 IM	Chrissy M Miller	28	PWM	5:15.27
2	400 IM	S Bausher-Grybos	27	1776	5:17.46
5	400 IM	Patricia Flynn	28	PAFC	5:41.13

## Women 30-34

Place	Event	Name	Age	Club	Time
10	800 Free	Elke Hoffman	32	FINS	11:45.39

## Women 35-39

Place	Event	Name	Age	Club	Time
6	200 Free	Laurie Hug	39	1776	2:20.07
1	400 Free	Laurie Hug	39	1776	4:41.17
1	800 Free	Laurie Hug	39	1776	9:38.08
1	1500 Free	Laurie Hug	39	1776	18:09.67
3	200 Breast	Laurie Hug	39	1776	3:04.75
2	200 Fly	Laurie Hug	39	1776	2:35.89
2	400 IM	Laurie Hug	39	1776	5:28.06

## Women 40-44

Place	Event	Name	Age	Club	Time
5	50 Back	Vibeke Swanson	43	1776	33.44
2	100 Back	Vibeke Swanson	43	1776	1:09.93
2	200 Back	Vibeke Swanson	43	1776	2:32.53
3	200 IM	Vibeke Swanson	43	1776	2:36.30
2	400 IM	Vibeke Swanson	43	1776	5:20.13

## Women 45-49

Place	Event	Name	Age	Club	Time
9	200 Breast	Janice A Lukasik	46	PAFC	3:27.75

## Women 55-59

Place	Event	Name	Age	Club	Time
6	50 Free	Janet Jastremski	56	1776	35.98
7	100 Free	Chris Schroeder	55	1776	1:20.23
10	100 Free	Janet Jastremski	56	1776	1:21.02
7	50 Back	Chris Schroeder	55	1776	43.09
9	100 Fly	Janet Jastremski	56	1776	1:41.73
9	100 IM	Chris Schroeder	55	1776	1:33.61
9	200 IM	Chris Schroeder	55	1776	3:31.41

## Women 65-69

Place	Event	Name	Age	Club	Time
10	50 Back	Elizabeth Krupka	67	1776	54.62
9	100 Back	Elizabeth Krupka	67	1776	2:00.00
10	200 Back	Elizabeth Krupka	67	1776	4:18.96



Laurie Hug



Vikye Swanson



Chris Schroeder

**Women 70-74**

Place	Event	Name	Age	Club	Time
4	1500 Free	Janet Moeller	70	1776	32:27.18
9	200 Back	Rosemarie Froeder	74	1776	5:35.50
4	50 Breast	Janet H Moeller	70	1776	55.14
6	50 Breast	Joan B Waldbaum	73	1776	1:00.81
5	100 Breast	Joan Waldbaum	73	1776	2:13.82
4	200 Breast	Janet H Moeller	70	1776	4:36.45
5	200 Breast	Joan B Waldbaum	73	1776	4:51.98
7	50 Fly	Janet Moeller	70	1776	55.41
9	50 Fly	Joan Waldbaum	73	1776	1:03.66
3	100 Fly	Janet H Moeller	70	1776	2:12.40
2	200 Fly	Janet H Moeller	70	1776	5:13.07
8	100 IM	Janet Moeller	70	1776	2:01.75
10	100 IM	Joan Waldbaum	73	1776	2:11.12
6	200 IM	Janet Moeller	70	1776	4:32.41
3	400 IM	Janet H Moeller	70	1776	9:50.71

**Women 75-79**

Place	Event	Name	Age	Club	Time
10	100 Back	Marianna M Hagan	76	1776	2:13.81
6	100 Breast	Ruth W Aaron	75	1776	2:24.28
9	100 Breast	Marianna M Hagan	76	1776	2:27.79
5	200 Breast	Ruth W Aaron	75	1776	4:51.21
6	100 Fly	Marianna M Hagan	76	1776	2:31.26
9	100 IM	Marianna M Hagan	76	1776	2:21.38
5	200 IM	Ruth W Aaron	75	1776	4:50.49
6	400 IM	Marianna M Hagan	76	1776	11:19.02

**Women 80-84**

Place	Event	Name	Age	Club	Time
8	100 Free	Agnes E Zydinsky	82	1776	2:13.58
5	50 Back	Jeanne D Merryman	81	1776	58.09
6	100 Back	Jeanne D Merryman	81	1776	2:11.98
10	100 Back	Agnes E Zydinsky	82	1776	2:33.22
6	200 Back	Jeanne D Merryman	81	1776	4:47.83
10	100 Breast	Mary P Wixted	82	1776	3:43.80
7	200 Breast	Mary P Wixted	82	1776	7:16.69
2	100 IM	Jeanne D Merryman	81	1776	2:24.55
7	100 IM	Mary P Wixted	82	1776	3:23.13
5	200 IM	Mary P Wixted	82	1776	7:02.18

**Men 18-24**

Place	Event	Name	Age	Club	Time
2	50 Back	Eric A Mojock	24	PAFC	29.17
2	100 Back	Eric A Mojock	24	PAFC	1:03.31
7	100 Back	Jeff Gall	23	BCAT	1:07.09

**Men 25-29**

Place	Event	Name	Age	Club	Time
6	800 Free	Thomas Patterson	27	1776	10:34.41
10	1500 Free	Thomas Patterson	27	1776	20:12.44
4	50 Breast	Nicholas Mahler	27	YBRC	31.71
4	100 Breast	Nicholas Mahler	27	YBRC	1:09.52
4	200 Breast	Nicholas Mahler	27	YBRC	2:37.05
6	200 Fly	Thomas Patterson	27	1776	2:39.63

**Men 30-34**

Place	Event	Name	Age	Club	Time
8	200 Back	Alan O' Connor	31	PAFC	2:28.23
5	100 IM	Alan O' Connor	31	PAFC	1:04.61

**Men 40-44**

Place	Event	Name	Age	Club	Time
9	1500 Free	Steven R Fisher	42	UNAT	18:40.78
10	400 IM	Steven R Fisher	42	UNAT	5:36.59

**Men 45-49**

Place	Event	Name	Age	Club	Time
3	100 Free	Gregory L Oxley	46	1776	56.22
10	50 Back	Charles Kennedy	47	FINS	32.62
1	50 Breast	Gregory L Oxley	46	1776	32.08
1	100 Breast	Gregory L Oxley	46	1776	1:09.20
1	200 Breast	Gregory L Oxley	46	1776	2:35.47

**Men 50-54**

Place	Event	Name	Age	Club	Time
1	50 Free	Paul T Trevisan	53	1776	25.23
1	100 Free	Paul Trevisan	53	1776	55.88
7	800 Free	James Ryan	52	1776	9:54.02
9	1500 Free	James Ryan	52	1776	19:15.09
9	50 Fly	Paul Trevisan	53	1776	29.55

**Men 55-59**

Place	Event	Name	Age	Club	Time
7	200 Free	Jay Platt	57	PAFC	2:21.99
4	400 Free	Jay Platt	57	PAFC	5:00.52
5	800 Free	Jay Platt	57	PAFC	10:50.00
8	200 Back	Jay Platt	57	PAFC	2:57.01
7	400 IM	Jay R Platt	57	PAFC	6:16.10

**Men 65-69**

Place	Event	Name	Age	Club	Time
9	200 Fly	Edward C Morgan	65	1776	4:06.39

**Men 75-79**

Place	Event	Name	Age	Club	Time
2	50 Free	Hal C Begel	75	1776	34.11
1	100 Free	Hal C Begel	75	1776	1:17.35
2	50 Fly	Hal C Begel	75	1776	41.62

**SEND PHOTOS!**

**IF YOU EARN A TOP TEN RANKING IN SCY, SCM OR LCM, OR JUST HAVE FUN AT A MEET AND TAKE PHOTOS, SEND ME A .JPG VERSION AND I WILL TRY TO INCLUDE IT!**

**THIS IS JUST A BLANK SPACE, BEGGING TO BE FILLED WITH HAPPY FACES!**

**Men 80-84**

Place	Event	Name	Age	Club	Time
7	100 Back	Norman D Garsoe	81	1776	2:11.14
9	200 Back	Norman D Garsoe	81	1776	4:40.15
8	50 Breast	Norman D Garsoe	81	1776	1:01.48
5	100 Breast	Norman D Garsoe	81	1776	2:14.37
1	200 Breast	Norman D Garsoe	81	1776	4:48.15



Norm Garsoe

**RELAYS****Mixed 76-99 SCM (2004)**

Place	Event	Name	Time
1	200 Free	BIG CAT MASTERS Jeff Gall (23), Mike Kunkle (19), Emily Newman (22), Mollie Grover (23)	1:58.24

## USMS NATIONAL CHAMPIONSHIPS FOR LONG DISTANCE and OPEN WATER

USMS offers ten opportunities for success in Long Distance (five) or Open Water (5) Swimmers. Here are the dates for the 2005 season, listed by type of swim.

**PLEASE SEE THE USMS WEB SITE (USMS.ORG) FOR SPECIFIC DETAILS FOR EACH RACE.**

**One mile (quarter-mile straight away or open water course)**

**USMS 1 Mile Open Water Championships**  
**July 30** Elk Lake, Bend, OR

**Postal 1 hour**

**USMS One Hour Postal Championships**  
**January 1-31 (Completed for 2005)**

**Quarter-mile straight away (2 miles)**

**USMS 2 Mile Cable Championships**  
**July 16** Mirror Lake, Lake Placid, NY

**Postal 5 and 10 kilometer (in a 50-meter pool)**

**USMS 5 and 10 Kilometer Postal Championships**  
**May 15-September 15**

**Open water (greater than 1 and less than or equal to 3 miles)**

**USMS 1-3 Mile Open Water Championships (2.5 km)**  
**September 10** Lake Michigan, Chicago, IL

**Postal 3000 and 6000 yard (in a 25-yard pool)**

**USMS 3000/6000 Yard Postal Championships**  
**September 15-November 15**

**Open water (greater than 3 and less than 6 miles)**

**USMS 3-6 Mile Open Water Championships (5 miles)**  
**August 7** La Jolla Bay, San Diego, CA

**Please check out the article on page 16 which explains just what a Postal meet is and gives the results for the Postal 1 Hour swim for 2005, held in January.**

**Open water (greater than or equal to 6 miles)**

**USMS 6+ Mile Open Water Championships (10 km)**  
**October 22** Gulf of Mexico, Ft. Meyers, FL

# USMS POSTAL NATIONAL CHAMPIONSHIPS

In addition to pool and open water National Championships, USMS also sponsors Postal Championships. These events can be completed in your home pool and results are snail mailed (that's the POSTAL part...) to the sponsoring organization (usually a local masters swim team). Swimmers have a month (or more) to do the event so they are "self scheduled". The results are carefully tabulated and the winners are posted on the USMS web site (USMS.org) National Champions are "crowned".

There are five Postal Championships:

**USMS One Hour Postal:** This was held from January 1-31, 2005. Swimmers hop in the water and swim for 60 minutes. Total yardage is recorded. Swimmers may compete as individuals or as part of a women's, men's or mixed (2 men/2 women) relay of three person per team. Team results are also tabulated. Nineteen DVM'rs competed in this event this year and their results are posted on page 16.

**USMS 5 and 10 Kilometer Postal:** May 15 - Sept. 15. These events must be swum in a 50 meter pool. Splits are recorded and your total time to complete the distance is sent to the sponsoring club. Individual and relays events are contested.

**USMS 3000/6000 Yard Postal:** September 15 - November 15. These events must be swum in a 25 yard or 50 yard pool. Splits are recorded and your total time is sent to the sponsoring club. Again, individual and relay results are tabulated.

The beauty of these events is that they are "self scheduled". The best way to complete them is grab a bunch of friends and half swim while the other half record splits (Splits are REQUIRED!) and then you swap roles. Then (maybe) you all go out to EAT!

Postals are also a great fundraiser. The 2005 One Hour Postal netted \$13,624 for the YMCA Indy SwimFit LMSC. There is a strict bidding process and the bids are handed out one year in advance by the Long Distance Committee at the USMS National Convention in September.

## CONGRATULATIONS TO THESE DVM SWIMMERS WHO COMPLETED THE JANUARY 2005 USMS ONE HOUR POSTAL SWIM!

January 2005 was the 29th Annual USMS One Hour Postal Meet. It was hosted by YMCA Indy Swimfit.

There were 2102 entrants who swam a total of 7, 812, 889 yards -- that is over 4, 439 miles!

CONGRATULATIONS TO our own Laurie Hug (1776) who set the National Record for the 35-39 Age Group with 5415 yards. She also swam the greatest distance of any female swimmer.

### WOMEN RELAY:

#### 25+ Women

1. 1776 Colonials	15165	(YDS)
Ana Leonard	28	4615
Laurie Hug	39	5415
Vibeke Swanson	43	5135

#### 75+ Women

2. 1776 Colonials	6435	(YDS)
Ruth Aaron	75	2850
Marianna Hagan	76	1935
Mary Wixted	80	1650

**MEN RELAY**

## 35+ Men

9. 1776 Colonials	14245 (YDS)
David Williamson	40 4080
Jamie Hemmerle	49 5165
James Ryan	52 5000

**MIXED RELAY**

## 35+ Mixed

1. 1776 Colonials	20715 (YDS)
Laurie Hug	39 5415
Vibeke Swanson	43 5135
Jamie Hemmerle	49 5165
James Ryan	52 5000

**WOMEN INDIVIDUAL**

## 18-24 Women

30 Stefanie Marczuk	18 4175
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## 25-29 Women

18. Ana P Leonard	28 4615
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## 35-39 Women

1. Laurie Hug	39 5415 *NR
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## 40-44 Women

2. Vibeke Swanson	43 5135
83. Merrill J. Hilf	44 3665
114. Carolyn A Placke	40 3230

## 45-49 Women

55. Meg Douris	45 3835
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## 50-54 Women

65. Pamela Paparone	51 3225
82. Patricia A Timmins	50 3090

## 65-70 Women

34. Francine Y Clobes	66 1950
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## 70-74 Women

16. Lois Olsen	72 2150
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## 75-79 Women

3. Ruth W Aaron	75 2850
17. Marianna Hagan	76 1935

## 80-84 Women

9. Mary P Wixted	82 1550
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**MEN INDIVIDUAL**

## 40-44 Men

90. David Williamson	40 4080
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## 45-49 Men

5. Jamie Hemmerle	49 5165
36. Craig R Watkins	45 4400

## 50-59 Men

4. James Ryan	52 5000
9. Jack R Martin	53 4695
30. George T horan	50 4350
118. Gerald Auman	52 3220

## 60-64 Men

65. Nicholas L Petchel	63 2625
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## 65-69 Men

16. Tim Plummer	68 3490
32. David D Gladfelter	68 2950

## 2005 USMS SCY NATIONALS FORT LAUDERDALE MAY 19-22, 2005

A very small contingent of Delaware Valley masters swimmers made their way to Fort Lauderdale to swim in the SCY Nationals in May. Colonials 1776 had 7 women and 2 men. Despite their small size, they finished pretty well: Women 18th of 99 teams; Men 61st of 124; Combined 30th of 146. Big Cat Masters from Penn State was represented by two female swimmers and finished 44th for women and 71st overall. A great showing for just two people!

The total number of registered swimmers was 1620. Warren Fisher (49) remarked (often) that he had never seen so many swimmers in his age group before. He had 140 competitors in the 44-49 age group. He was correct -- it was the largest age group for the men. The Women's 40-45 age group (Vikye and Laurie) was their largest at 108 swimmers.

In the uppermost age groups there were two 90 year olds - one man and one woman; in the 85-89 ages, there were 6 men and 3 women and in the 80-84 age group, there were 8 women and 15 men. A brief look through the age group lists seemed to indicate that the majority of the swimmers in each age group were in the first year or two of their new age group.

Overall, USMS men set 26 New National records and the women set 19 records. There were 8 record setting relays. Complete results are on the USMS web site: <http://www.usms.org>. You can search in a variety of ways to find times, swimmers, etc. The meet was very well run and finished in the early afternoon. The weather cooperated too -- not too warm and not too sunny! Results were available on the web in *real time*. Vikye got out of the pool after warming down from her 200 BA win to hear her cell phone ringing. It was a friend in Philly offering congratulations!

**SEVERAL DELAWARE VALLEY SWIMMERS WERE CROWNED NATIONAL CHAMPIONS:**

- Dave Harrison (67) 200 FR, 1650 FR
- Vikye Swanson (43) 200 BA, 400 IM
- Laurie Hug (40) 500 FR, 1000 FR, 1650 FR
- Mollie Grover (24) 100 FR, 200 BA

**Individual results include:**

- Dave Harrison 50 FR (7), 100 FR (4), 200 FR (1), 500 FR (3), 1650 FR (1)
- Warren Fisher 50 FR (25), 50 BA (16), 50 BR (26), 100 BA (14), 100 IM (30)
- Mike Matz (43) 50 BA (15), 100 BA (21), 50 FL (34)
- Michelle Pizzo 500 FR (9), 1000 FR (2), 100 IM (25), 400 IM (4)
- Mollie Grover 100 FR (1), 200 FR (2), 100 BA (3), 200 BA (1)
- Fran McDermid 50 FR (4), 100 FR (3), 200 FR (5), 50 BA (8), 50 FL (4), 200 IM (6)
- Judy Michel 100 FR(14), 200 FR (13), 500 FR (14), 1000 FR (8), 1650 (8), 50 BR (10)
- Joan Greulick-Byron 50 FR (7), 50 FL (6), 100 IM (7)
- Melinda Wolff 50 FR (7), 50 BR (10), 200 BR (6)
- Steph Walsh-Beilman 50 FL (3), 100 FL (5), 200 IM (3), 100 BR (4), 200 BR (3), 200 BA (4)
- Vikye Swanson 50 BA (3), 100 BA (2), 200 BA (1), 100 IM (2), 200 IM (2), 400 IM (1)
- Laurie Hug 500 FR (1), 1000 FR (1), 1650 FR (1), 200 BA (3), 100 FL (7), 200 IM (3)

**Relays:**

- Women's 35+ 200 FR (10) Vikye, Joan, Steph, Melinda
- Women's 35+ 200 MED (13) Vikye, Melinda, Steph, Joan
- Mixed 35+ 200 MED (17) Vikye, Dave, Warren, Joan



Michelle



Steph



Warren and Dave



Vikye flies!



The Ladies after Dinner!

The counting and cheering crew (^) for Judy's 500 swim -->



Vikye meets the Lane Line -- again!



Vikye, Melinda, Steph, Joan



Laurie, Dave, Judy, Vikye, Steph

# FABULOUS FREESTYLE CLINIC, presented by KARLYN PIPES-NEILSON 2004 WORLD MASTERS SWIMMER OF THE YEAR

On April 11, 2005, at the Upper Main Line YMCA, located in Berwyn, PA, thirty participants of all swimming levels, along with a few swim coaches, joined the 2004 World's Masters swimmer of the year, Karlyn Pipes-Neilsen, and husband, Eric, for a "Fabulous Freestyle Clinic". Karlyn also holds 49 FINA Masters World records and over 90 USMS National records spanning three age groups.

The first portion of the clinic consisted of anxious eyes and ears watching and listening to ways to make a tugboat into a torpedo. We, myself included, practiced streamlining while on deck, learned about efficiency and the wide entry "early catch" freestyle. We all accepted and welcomed change.

Divided up into appropriate groups in 6 lanes, according to swim experience levels, we began our new journey into the pool. The evolution of change had begun. We laughed. We struggled. We tried over and over. We laughed some more.

Things began to "click" for most of us. Over 90 minutes later of doing numerous 50 yard freestyle intervals, with Karlyn's and Eric's watchful eyes and helpful advice, many of us were victorious. The last 50 yard interval consisted of swimming the way we used to swim prior to the new approach. In my opinion, it felt plain 'ol yucky!

Today, as a swimmer, (as of only ~4 years ago), and a lifeguard at the Upper Main Line YMCA, I see many of the "fabulous" swimmers returning to the pool. We talk about what they learned at the clinic and their new swimming goals. I watch them swim and it is enlightening to see the positive change in their attitude and their improved freestyle stroke as a result of the "Fabulous Freestyle Clinic".

Thank you, Karlyn and Eric, for making a difference one stroke at a time.

May all your laps be happy,  
-Linda VanOcker



<-- AND ^ PHOTOS: B. HUNGERFORD

# THE TRIATHLETE'S CORNER: PRE RACE PREPARATION

BY LAURIE HUG

OK, so you have committed to your first major race. Congratulations! You should be training in all three sports on a regular basis now and anxiously awaiting race day. If you are a month or so out from the race you should already be starting to think about your pre-race preparations.

## One Month Before the Race

As an example, let's say you are doing the City of Philadelphia Triathlon being held at the end of June. This is a first time race, so nobody has any race experience on the course. In the weeks/months leading up to this race (i.e., NOW) it would be beneficial to check out the course. Print out the race maps and try to do a training ride on the bike course if possible. You will want to check out any hills, tricky turns and sections of rough road. Try training on the run course imagining it is race day, deciding how you intend to feel at certain points and where you will try to kick in for a strong finish. It is likely that you may not be able to test out the swim course but you can take a look at where the swim is supposed to start and end. This should help mentally prepare you for what to expect come race morning.

If you can train in similar conditions as are expected on race day this will help your body be prepared. If it can be hot and muggy, try working out at the hottest part of the day. If there is a good chance of rain, it is a good idea to try training outside on a rainy day. Be sure you know how to change a flat tire if the bike course is on rough roads. Anything you can do to mimic race conditions in training should pay off come race day.

## Race Week

During the week leading up to the big race you should be tapering. This is not the time to try to make up all of your missed training sessions. It is better to be a bit under-trained than over-trained. Continue doing the same number of training sessions but make them shorter and be sure to include some harder race pace efforts with sufficient recovery between efforts. Two days before the race you may want to take a rest day where you do not train at all.

If heat will be an issue, be sure to hydrate properly in the days leading up to the race with water and/or sports drink.

## Day Before

Larger races often require that you check in the day before the race whereas smaller local races usually do not require this. If it is a local race you may want to do a short swim, bike and/or run in the morning to just loosen up, then take the rest of the day easy. Larger triathlons often have a race expo and require you to rack your bike the day before the race. Check out the expo and pick up some bargain goodies but be careful about spending too much time on your feet. After checking in it is a good idea to drive the bike course if you have not had a chance to check it out previously. Before racking the bike it is a good idea to cycle the run course at an easy pace just to loosen up the legs while viewing the course. There should be no hard efforts the day before the race. It can be easy to get suckered into riding harder than you should when you see others out there testing the course. Be sure to save your energy for race day! When finished with the ride, check your tire pressure to see if it needs to be topped off.



Don't forget to hydrate through out the day. If you sweat a lot and suffer in the heat, it can help to eat salty foods the day before the race. Be sure not to overeat. Carbo-loading is fine but 3 plates of pasta and 5 rolls is probably a bit excessive, and you may end up regretting it on race day.

## Night Before

It is handy to have a checklist of items you will need to bring to the race. Some people laminate this and keep it with their race gear.

Items that could appear on this list are:

- Goggles (2 pairs) & cap (though you almost always receive a race cap)
- Wet suit, if applicable, and cooking spray or Body Glide for quicker removal
- Swim suit/ race uniform if you don't plan on wearing it race morning
- Running shoes and socks
- Race number belt (unless you plan on pinning the number on your outfit)
- Helmet/glasses/bike shoes (and bike if it isn't racked the night before)
- Water bottles (I like to fill them halfway - one with water & one with sports drink - put them in the freezer then top them off with cold water on race morning)
- Sunscreen and visor/hat
- Towel
- Sports gels / bars
- Miscellaneous bike stuff - spare tubes, pump, duct tape, tire levers, bar end plugs, spare wheels (anything you may need for unexpected problems on race morning)

In addition to packing the items on the list, it is a good idea to lay out what you plan to wear to the race (e.g., race uniform, warm-up clothes) and double check your alarm before hitting the sack.

**Race Morning**

Expect to have butterflies in your stomach at some point on race morning. You should interpret this as being ready to race and excited, not nervous. The physiological response is the same when you are nervous as when you are excited so decide that you are excited about racing!

Try to eat something easily digestible such as a bagel or sports bar and some sports drink. The race distance will determine how much you need and when. For longer races you will want to eat a bit more and earlier, whereas for a sprint race you may be able to just have something light an hour or so before the race.

If you have left your water bottles in the freezer or refrigerator take them out and either put them on your bike or in a small cooler that you will bring to the race.

Put a wad of toilet paper in a pocket in case the race facilities run out.

Once at the race site, check in (if you didn't have to do so the day before), get body marked then proceed to the transition area to set up. Rack your bike. Place down your towel, put the race belt on it and place your running shoes on top of the race number. Check your tire pressure again. Place your helmet on your handlebars or on your towel and put your glasses in the helmet. Put a sports gel/bar next to your shoes in case you want it for the run. You may also want to tape a gel packet or two on the top tube of your bike.

Next do a brief warm-up. If you are allowed, take the bike out for a spin. Ride an easy mile or so, then do a few short pick ups at race pace and then ride easy back to transition and re-rack your bike. Follow this with a short run, starting out easy for a few minutes then once again, do a few short pick ups at race pace before jogging back. Stretch a bit (this can be combined with standing in the porta-potty line). Finish up with a brief swim warm-up if possible. As with the bike and run, you should start out easy to loosen up, perhaps doing a few drills, like one arm swimming, then do a few pick ups. If possible, swim to the final turn buoy and then spot the line you will want to swim into shore. See if there is some sort of large item you can use as a guide, such as a tree or flag. Swim in and then run to your bike, noting the shortest path. For large races it can be easy to get lost in the maze of bikes!

Right before the race, try to position yourself properly for the swim. If you are top swimmer with open water experience, make your way to the front so you can sprint at the start and try to get open water. If you are not as confident and are worried about being pummeled head towards the back and to the side to minimize physical contact. Once you have assumed your position, take a few deep breaths, wish everyone luck and get ready to have a great race!

The unexpected can and does happen but if you follow a structured pre-race plan you can minimize the chances of race day problems and, hopefully, be prepared for whatever is thrown your way on race day.

## COLONIES ZONE SCY CHAMPIONSHIPS

Colonies Zone SCY Championships were held at George Mason University in Fairfax, VA April 22-24. They were sponsored by the Potomac Valley LMSC. The DV region had over 50 members from 6 different teams attend the event. Most impressive were the swims turned in by Chris Perry and Alicia Markey. Chris blazed through his events shattering some DV records along the way. Alicia had a very ambitious schedule and swam over 2000 yards in the two days. She earned 1st place finishes in most of her events even though she had very little rest. The teams were 1776, Yellow Breeches, Big Cat, Schuylkill Valley Masters (SVM), Jersey Wahoo (JWM), Pennypack (PAFC) and a few people who were "unattached". For full results go to <http://www.usms.org/comp/resultsnet.php>

### COLONIES ZONES CHAMPIONS:

**Women:** Mollie Grover (24) 100 BA, 200 BA  
Alicia Markey (25) 200 FR, 500 FR, 100 FL, 200 IM, 400 IM  
Kelly Murphy (26) 50 BA, 200 BA, 200 IM, 400 IM  
Kristen Vlaun (32) 200 FR, 1000 FR, 400 IM  
Janet Bright (49) 50 FR, 200 BR, 100 IM

**Men:** Rich Fesler (23) 1650 FR  
Shawn Markey (27) 50 FR, 100 IM  
Michael Fortmann (28) 50 BA

Chris Otmani (28) 100 BA  
Chris Perry (31) 50 FR, 100 FR, 200 FR, 50 FL, 100 IM, 200 IM  
Herb Merkert (40) 50 BR, 200 BR  
Warren Fisher (48) 50 FR, 50 BA  
Robert Kannegieser (47) 100 BA, 100 IM, 400 IM  
Paul Trevisan (53) 50 FR, 100 FR  
Jack Martin (53) 500 FR, 1650 FR  
Tom Richwine (52) 1000 FR  
David Harrison (67) 50 FR, 100 FR, 200 FR, 500 FR, 1000 FR

### RELAYS:

25+ 400 W FR Shannon Duff, Tara McClimon, Erica Flickinger, Alicia Markey  
25+ 200 W W MED Shannon Duff, Tara McClimon, Alicia Markey, Erica Flickinger  
25+ 200 M FR Herb Merkert, Michael Gambale, Les Szekely, Micheal Fortman  
25+ 400 M FR Chris Otmani, Greg Roth, Les Szekely, Micheal Fortman  
25+ 200 M MED Chris Otmani, Shawn Markey, Scott Dallamura, Greg Roth  
25+ 400 M MED Chris Otmani, Shawn Markey, Scott Dallamura, Paul Trevisan  
35+ 400 M FR Paul Trevisan, Keith Wiley, Warren Fisher, Jack Martin  
45+ 200 M FR Paul Trevisan, Jack Martin, Steve Kelly, Ward Schultz  
25+ 200 MX FR Paul Trevisan, Janet Bright, Alicia Markey, Shawn Markey  
25+ 200 MX MED Kirsten Kenyon, Nicholas Mahler, Brian Burns, Kelly Murphy  
25+ 400 MX MED Kirsten Kenyon, Nicholas Mahler, Brian Burns, Kelly Murphy

CAVEAT: I had to search through the results by hand (actually finger tip), so if I missed your name as a winner, please contact me and I will publish it in the next Lane Line. (JM)

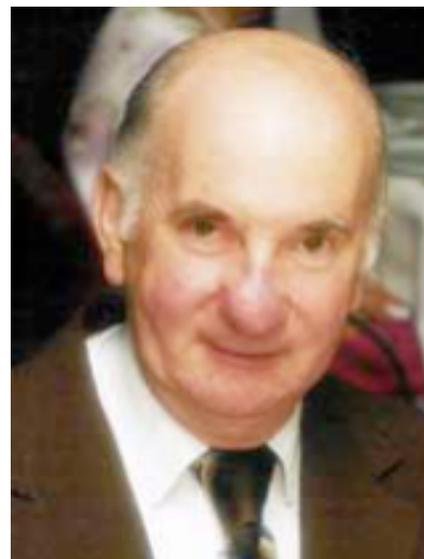
## 2005 JEANNE AND JOHN MERRYMAN LCM MEMORIAL SWIM MEET

Sponsored by the Upper Main Line YMCA and Delaware Valley Masters  
Recognized by USMS #085-R006

### Welcome to the 2005 Jeanne and John Merryman LCM Memorial Swim Meet.

Jeanne Merryman passed away in July 2004, at the age of 81, two weeks after winning 7 first place medals at the Pennsylvania Senior Games, which qualified Jeanne for the National Senior Games. She was a former AAU (Amateur Athletic Union) and USMS (United States Masters Swimming) National champion and record holder. Jeanne has been a Masters swimmer and coach, since 1973, winning thousands of medals along the way.

Her husband, John, who passed away in 1997, was very active in swimming and running meets. This meet is being held in honor of both for their years of volunteering their time and effort to perpetuate Masters swimming in our community.



**Date and time: Sunday, June 19, 2005**  
**Warm up at 8 am; 8:30 am start for 400 Free.**

The second event will not start prior to 9:30 am.

Location: Upper Main Line YMCA, 1416 Berwyn-Paoli Road, Berwyn, PA 19312(610) 647-YMCA (9622);

Meet Director: Linda VanOcker; e-mail: [ScubaVan@comcast.net](mailto:ScubaVan@comcast.net)

# Welcome to XI FINA World Masters Championships

The XI FINA World Masters Championships are coming to Northern California, United States August 4 - 11, 2006. This is the first time the Championships are coming to the Americas since 1996.

The championships will be held at the Avery Aquatic Center, Stanford University, California. It is just a short 40 minute ride from San Francisco, everyone's favorite city. California is one of the world's great tourist destinations with San Francisco and its magnificent Golden Gate, and Bay.

Nearby are the Sonoma and Napa Valleys, where some of the world's best grapes are grown for fine wines. Yosemite National Park is 200 KM to the east. Monterey and the great aquarium make a great day trip.

The Avery Aquatic Center on the Stanford Campus has great swimming facilities. There are two fast 50 meter pools, the Maas Diving Tank and the Avery Competition pool where water polo finals and Synchronized swimming will take place.

Welcome to the XI FINA World Masters Championships, We hope to see you in Stanford, California in August 2006.

michael w. moore  
michael@2006FINAMasters.org

## Avery Aquatic Center

Stanford's Avery Aquatic Center is the largest competitive swimming facility in the nation, and one of the fastest and finest facilities in the World. The newly renovated facility has four pools (Belardi, Baker, Avery and Maas) and over 8.3 million liters of water. The Avery Aquatic Center is home to Stanford University's men's and women's swimming and diving, men's and women's water polo, and synchronized swimming teams.

## OFFICIAL WEB SITE:

<http://www.2006finamasters.org> is now up. Information on the web site includes:

- \* Dates and Schedule of the XI FINA World Masters Championships
- \* The meet qualification times
- \* Hotel availability and on-line booking



# UPCOMING EVENTS:

## USMS 2005 LONG COURSE NATIONALS:

AUGUST 11-15, 2005

Marguerite Aquatic Center Mission Viejo, CA

[Mission Viejo Nadadores Masters](#) welcomes you to beautiful Mission Viejo. Situated in southern Orange County midway between Los Angeles and San Diego and just eight miles from the Pacific Ocean and many scenic beaches. Enjoy your stay and plan to see the many attractions that Orange County offers.

Entry forms are available on line at [usms.org](http://usms.org) and in [USMS SWIMMER](#) magazine. Entry deadline is postmark by July 2 or on-line by midnight July 9, 2005.

## PENNSYLVANIA SENIOR GAMES -- 25TH ANNIVERSARY

JULY 13-17, 2005.

Shippensburg University

Limited to PA residents 50 years of age or older as of December 31, 2005.

This is a multisport event and you may enter as many events as your schedule will allow! Some of the sports include: track and field, badminton, archery, bowling, table tennis, volleyball, tennis, and SWIMMING -- all 50, 100, and 200 events plus the 500 free.

Entries are due June 24, 2005 or June 30 with a \$10.00 late fee.

For more information contact

PA SG Office at 1-570-823-3164 ext 7 (wkdays 3-6 PM)

website: [www.keystonegames.com/PASeniorGames.htm](http://www.keystonegames.com/PASeniorGames.htm)

## COLONIES ZONES LCM CHAMPIONSHIP MEET

AUGUST 28 and 28, 2005

George Mason University

Fairfax, VA

This is a new event for Colonies sponsored by [Potomac Valley LMSC](#). If you are not going out to California for Nationals, test yourself closer to home. Swim up to five events per day! Details are at [www.pvmasters.org](http://www.pvmasters.org)

## KEYSTONE STATE GAMES

JULY 26 - 31 (MASTERS SWIMMING JULY 30)

York, PA

Events are the same as for the Senior Games. Entries must be postmarked by July 14th. [www.keystonegames.com](http://www.keystonegames.com)



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ARDMORE, PA 19003