

THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

FALL 2006

www.dvmasters.org

YOUR EDITOR SPEAKS!

JUDY MICHEL (SWIMICHEL@MAC.COM)

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First of all many apologies for the lateness of this edition of the Lane Line. Normally, it is ready for the Web and e-mail distribution on November 1, but lots of legitimate reasons postponed it this year!

The Delaware Valley Masters officers met in November and discussed numerous ideas to involve more of our members. Since our Treasury is healthy, we are going back to xeroxing and mailing the Lane Line for the 2006-07 season. Although many notices were given as to a change to web and e-mail distribution, many members never got copies. Those of you who are on the e-mail list will continue to receive a color copy of the newsletter. New and archived copies are on the web, for the issues you might have missed.

As a contact person, I often hear of events and meets. I pass these pieces of information, often including meet entry forms, to the persons on my e-mail list. If you want to be on this e-mail list, please send your e-mail to me at the above address and I will keep you in the loop.

One of the valid criticisms of the Lane Line content is that it is heavy in articles and photos about Open Water Swimming and Colonial 1776 swimmers. I plead guilty! However, at the same time, I am asking you to send your information and articles to me for publication. Last year there were 150 DVM swimmers who were UNATTACHED -- they did not belong to a local DVM swim team/club. The only way to "find" the accomplishments of UNAT swimmers is to sort through the USMS online data base which does have DVM as a sorting category.

Postal meets, local meets, and even zones do not have this sorting capacity. I usually look through zone results by hand, looking for swimmers of our DVM registered swim teams. DVM has 6 registered clubs for 2007. If a person is UNAT, I have no way of knowing if they are DVM or not. In addition, many DVM'rs compete in the YMCA Nationals and there is also no way to identify them there, as they swim for different Y's. That said, the Y folks are usually pretty good about sending me the results for DVM swimmers. (Keep it up!) As you can tell, the Open Water group, although a small contingent of DVM members (about 15%) is an active group, hence the good coverage in the Lane Line.

So, the solution? If you have information and photos (digital ONLY) to share, YOU need to send them to me! If you have information, I can find room for it!

2007 REGISTRATION IS NOW DUE. THE FORM IS ON PAGE 23. Please try and renew before Dec 31, 2006. If you are swimming the One Hour Postal, you MUST REGISTER NOW. Our registrar is out of the country Jan 10-18 and might not be able to process your application in time!

THIS NEWSLETTER WAS ASSEMBLED ON A G4 MAC COMPUTER USING APPLEWORKS DRAWING PROGRAM. IT LOOKS THE BEST IF PRINTED USING A COLOR PRINTER.

DVM is investigating the possibility of hosting "mini-meets". These would include a smaller number of events and would be designed to last about 3 hours, most likely on a Sunday morning, ending at noon. We are finding that many swimmers with children have stopped competing because the full scale meets take too long. If you have an opinion on this idea and/or would like to host such a meet, contact me and I will send the message on to the Competition Committee.

If you look at the bottom of this page, you can see that there are a few positions open for DVM leadership. If you are interested in volunteering, please contact me.

And finally, be sure to check both the DVM and USMS web sites on a regular basis for new information. Almost all information is now distributed electronically.



COLONIALS T SHIRTS -->

Janet Moeller (-->) has found a supplier for a Colonials 1776 t-shirt. It will be a neat way to find each other at the bigger meets. They are Gildan Ultra Cotton (pre shrunk) and come in all sizes for \$7.95 each (\$8.95 for XXL). Janet is wearing a Medium and she says it "fits big." Contact her at JntHMllr@aol.com to place an order.

NCAA RECRUITING WARS: AN UPDATE

In the Winter and Spring 2005 issues of the Lane Line, I wrote about the recruiting practices and regulations for NCAA student athletes. One of the limitations placed on college representatives was the number and type of contacts permitted during various stages of the recruitment process. A coach may place only one phone call per week to a potential recruit, but the NCAA has no restrictions on letters or e-mails. In 2004, the NCAA ruled that text messaging (done on cell phones!) no longer counts as a phone call, but is considered "general correspondence" -- like letters and e-mails.

With the tremendous ubiquity and uptick in text messaging, many recruits report over 40 messages per day. One football recruit looking at Florida State received a text message from the Governor, Jeb Bush!

Peter Roby, the director of Northeastern University's Center for the Study of Sport in Society, believes that "Bombarding them with text messages violates the spriti of what [coaches] claims to be in favor of -- being less intrusive."

We shall see if and how the folks at NCAA Headquarters respond to this...

DELAWARE VALLEY MASTERS OFFICERS: (EMAIL ADDRESSES ARE AVAILABLE ON THE WEBSITE.)

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ANABOLIC STEROIDS: DO THEY IMPROVE PERFORMANCE IN THE ELDERLY?

BY TOM TULENKO

Tom is a top-ten swimmer, and works out with the VFM, Ambler, FINS and GA masters. In his day job he is a professor at Thomas Jefferson University School of Medicine.

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With aging, many of us face the change from being robust competitive athletes to declining performance has-beens. At the very least, the thought of taking performance enhancement drugs crosses most of our minds. After all, we wonder, is it really possible that someone in their 60's can swim under 50 seconds for the 100 free or under (way under!) 2:00 for the 200 free like Rich Abrahams? Or how about Graham Johnston, finishing the 1650 in 20:29 at the age of 70? Are they up to something shady?

A recent article in the New England Journal of Medicine (Vol.355(16);10/19/06, pp 1647-1659), arguably the world's most authoritative and prestigious medical journal, provides some unexpected results on just this question: the effects of testosterone or DHEA (testosterone precursor) supplements on "aging" in both male and female elderly subjects. In this study from the Mayo Clinic in Rochester, MN, the authors performed a 2-year, placebo-controlled, randomized, double-blind study involving 87 elderly men (over 60) with low levels of the sulfated form of DHEA and bioavailable testosterone and 57 elderly (over 60) women with low levels of sulfated DHEA.

Among the men, 29 received DHEA, 27 received testosterone, and 31 received placebo. Among women, 27 received DHEA and 30 received placebo. Men and women 18 - 31 serves as a reference for baseline values. Outcome measures included physical performance, body composition, bone mineral density, glucose tolerance, and quality of life. Surprisingly, they found no effect on any of these endpoints, even quality of life, which importantly include libido among numerous measures. Actually, they did find a small but statistically significant increase in bone marrow density. Although they did not look at competitive endpoints per-se, the lack of an effect on treadmill endurance, thigh muscle mass, strength and whole body maximal oxygen consumption argues strongly against any effect on athletic performance.

For a clinical trial, the number of subjects appears rather small, but this issue was addressed, and using confidence intervals they were able to conclude that a larger "n" (i.e., more subjects) would not have affected the results. Another question is the degree to which the study actually raised either testosterone or DHEA blood levels. Blood levels were raised to the high normal range measured in the young adults, ergo, they "replaced" the lost levels of these anabolic steroids, and this was without effect.

Importantly, this study did not administer "industrial" doses of steroids, of the kind often used for performance enhancement. This is widely considered to be dangerous and thus, also unethical. Other studies do demonstrate improvements in muscle mass, oxygen consumption, etc using supraphysiological ("pharmacological") doses of these steroids in young adults, however, this has never been examined in an elderly population.

In summary, the new data clearly indicates that restoring anabolic steroid levels to pre-over the hill normal levels doesn't seem to have much effect on anything. So, back to Rich Abrahams and Graham Johnston; I guess it looks like normal hormone replacement therapy in these aging athletes would not be expected to have helped them in any way with their breath-taking performances. Undoubtedly, they did this the old fashioned way: great training coupled to great genes.

The moral of the story is that if you want to dazzle the world with your athletic endurance, *first* choose your parents wisely and then train like crazy.

THE TRIATHLETE'S CORNER

BY LAURIE HUG

Laurie is the head masters coach at Germantown Academy. She has been racing triathlons since 1989, turned pro in 2004, and placed 10th at the 2004 US Olympic Triathlon Trials in Honolulu HI. She is also a consistent USMS All-American in distance events.



HOW TO MANAGE THE OFF SEASON

As each triathlon season comes to an end triathletes often find themselves at loose ends trying to figure out what to do next. Depending on how the season went, some may not feel ready for the good times to end while others may want to toss their bike, running shoes and goggles away to collect dust until the daffodils return.

Whether you fall in the former, the latter or somewhere inbetween it is important to take a post-season break. This break is much like sleeping after a busy day. Some people may need a long slumber, while others feel rejuvenated after little more than a long nap. The same is true of the post-season break.

Typically a triathlete should take somewhere between 2 weeks to several months as an off-season. It isn't truly "off" but a time to step back from the structured training and intensity. This can be a very difficult time for triathletes who often think more is better. Well most people wouldn't function at optimal levels on no sleep and the same is true for triathletes. Those who skip taking a break at the end of the season risk going into the next season feeling burned out or being injured before the season even starts.

The ideal off-season will allow the athlete to come back to serious structured training with a good base of general fitness while feeling mentally fresh and excited to start training for the upcoming season's big races.

There are a few approaches the athlete can take in the off-season:

-- For those who feel they are in top form, and want to take advantage of that fitness in the fall, it could be beneficial to continue racing in some duathlons, a marathon, cyclocross competitions or perhaps an upcoming masters meet. In this case, the athlete may want to take one to two easy weeks after their last triathlon then start training specifically for the chosen event. During this time the focus should be on completing key workouts to prepare for that event. Cross-training can be used as recovery. For instance, if someone is training for a marathon, s/he should be focusing on specific run workouts - most likely a long run on the weekend, a faster paced tempo run and/or track repeats and perhaps 2-3 other

Swimming and biking could be incorporated but as recovery workouts at low intensity. After the goal race has been completed, the athlete should consider taking another break for anywhere from a week up to a month or two, depending on when the first big race of the next season will be held.

-- For those who feel burned out from all the hard structured triathlon training it could be a good time to try a new sport. Mountain biking is a good choice as it is a fun way to get in a good workout with a side benefit of improved cycling skills. Hiking is another good option as it can provide the opportunity to spend some quality time with loved ones who aren't into the triathlon scene. Others may attempt rollerblading or rowing/erging or rock climbing or cross-country skiing or kick boxing or country line dancing or competitive hopscotch... I think you get the point. The idea is to do something that will help keep you aerobically fit and not just stop all physical activities when the season ends. And who knows, maybe you will discover some hidden talents. Swimming, biking and running can be included here as well, but they should be less structured and the emphasis should be more on maintaining general fitness.

--For those who feel like they need to improve in one of the three triathlon disciplines, this is the perfect time to focus on the weakest link. During the off-season weaker swimmers should consider attending a swim clinic, working out with a local masters group and maybe signing up for their first swim meet. For more seasoned triathletes who aren't from swimming backgrounds but are already in a masters group it is a good time to ask the coach to help you learn to do flip turns or butterfly. Those who find running is their weakness can spend more time working on their running skills and compete in a few 5k fun runs over the fall and winter. Those with cycling as their limiter should consider signing up for organized indoor cycling

workouts (either spin classes or coached sessions like at Cadence Cycling & Multisport where you bring your own bike and set it up on one of the Computrainer indoor cycling trainers). Those who need to work on their cycling skills may also try to ride on rollers over the winter as these sessions will help with balance and bike handling skills.

The off-season is also the time to start incorporating a strength and conditioning program if this has been neglected during the triathlon season. Pilates, yoga and Swiss ball exercises are great alternatives (or supplements) to traditional weight lifting. A strength and conditioning program should be considered regardless of which of the above off-season option(s) you may choose.

Regardless of your situation, the off-season should be a time to rejuvenate both body and mind, learn new skills and help prepare you to come back stronger than ever for next year. It is not a time to just sit around eating pizza, drinking beer and watching reality tv. Well at least not for more than a week or two...

USMS ONE HOUR POSTAL EVENT

The OHP takes place during January of each year. It is a simple concept. Jump in the pool and swim as far as you can in one hour. Record keeping is required. Someone must record each 50 yard split time.

USMS helps out by providing pace charts and split sheets for these events. (<http://www.usms.org/longdist/ldchamps.php>)



Last year 1981 swimmers representing 101 teams swam 7,349,025 yards. Using 1650 as the converter, that calculates out to 4453.95 miles! The clubs are placed into categories based upon the number of swimmers: Extra Large Clubs (last year 150-250 swimmers), Large Clubs (49-80 swimmers), Medium Clubs (22-36), and Small Clubs (1-18). In addition to individual competition, there are relays for all male (3M), all female (3F) and mixed (2M/2F). All relay members must belong to the same LMSC.

2007 is the 30th year of the OHP. It is being sponsored by the Florida Mavericks Swim Team. Entries are available on the USMS website: <http://www.usms.org/longdist/ldnats07/> and on the Mavericks site: http://www.maverickswim.org/2007_one_hour_postal_swim.html The folks on the Mavericks site give you helpful training hints!

Traditionally, Colonials 1776 has done very well in this event. Last year as a Medium Club, 28 swimmers swam 106,390 yards, good enough for 5th place. FINS and Pennypack competed in the Small Clubs division.

----->A SPECIAL NOTE TO DELAWARE VALLEY MASTERS SWIMMERS <----- WHO COMPLETE THE 2007 OHP..

The results are posted on the USMS web page as a .pdf document that runs about 26 pages, using 2 columns to report the results. With the exception of 1776 (strictly because it is the ONLY number), it is impossible for me to find all the individual results. (If there is a relay, I can go back and look up individual information.)

If you swim as an UNATTACHED DVMaster, it is IMPOSSIBLE to find you. An unattached swimmer can be from anywhere in the US. The OHP results do not require you to list your LMSC (DVM) on the entry, so the results are not searchable. **So, if you complete the OHP, please send me your name and age group (and a digital photo if you wish) and I will look for you in the results and see that you are recognized in the Lane Line!**

A TRIBUTE TO JIM ROBLES BY BRIAN CAHILL

On Sunday November 26th, 2006 we lost our dear friend, head coach and centerpiece of the Fins Aquatics Club. Jim Robles, age 40, succumbed to PML (Progressive multifocal leukoencephalopathy) after having been diagnosed with the disease in mid-October.

Jim was a civil engineer U of P grad, who had worked on the Civic Center reconstruction/deconstruction project. In 1988, he and a group of water polo players founded the Fins in order to field a team for the '90 Gay Games in Vancouver. Jim was instrumental in getting the polo players to improve their swimming, and to begin competitive swimming as well.



Fins Head Coach Jim Robles leads the Team Philadelphia brigade into the opening ceremonies at Soldier Field for the Chicago Gay Games 2006, proudly carrying the flag of Philadelphia.

In time, the water polo team gave way to a vibrant and competitive Masters swim team. Jim's involvement quickly grew to coaching the Fins, serving as the team rep. and Top 10 recorder for DV Masters, serving on various committees in IGLA (International Gay & Lesbian Aquatics), and serving as secretary of Team Philadelphia -- the organization of gay and lesbian sports team in Philadelphia.

Under Jim's coaching, numerous Fins have achieved Top Ten and All-American status. In 2005, the team won their first IGLA division title in Atlanta, which was a great source of pride for Jim. As well, this past August the Fins brought home over 50 medals from the Gay Games in Chicago. I owe my first Games medal to his tenacity, steadfastness, and yes, his bullying me into improving my stroke technique.

A native of Tucson, AZ, Jim turned his love of Country Western music into a second passion with enormous success. While competing on the UCWDC (United Country Western Dance Council) circuit, Jim won over 15 overall championships in their Pro-Am division. Not one to settle for being just a competitor, Jim also served as a coach, trainer and judge in the CW community.

On those few down times, Jim could be found camping with friends, and taking particular delight in hanging tacky string lights around the campsite. His impish grin and wicked sense of humor endeared him to so many, and his influence will surely be felt throughout our lifetimes.

Funeral Services will be held by his family in Tucson, AZ on December 9, 2006, 10am at SS Peter and Paul Church, 1946 E. Lee St., Tucson, AZ 85719, Ph: 520-327-6015. Entombment at Holy Hope Cemetery Tucson AZ.

In lieu of flowers, his mother has asked that donations be made in his name to MANNA P.O. Box 30181 Philadelphia, PA 19103 www.mannapa.org

If individuals would like to send condolence cards to his family, please email me directly for the mailing address: Brian_Cahill@Aon.com

A Memorial Celebration of Jim's life will be held on Sat. Dec. 30th, from 3-6pm at the William Way Community Center in Philadelphia. This is the date of Jim's birthday, and was suggested by his family and friends as an appropriate tribute to him. We invite everyone who knew Jim to attend. The William Way Community Center, 1315 Spruce St., Philadelphia, PA 19107 <http://www.waygay.org>

The 2006 World Ultraman Triathlon Championships were held over Thanksgiving weekend in Hawaii. This three day event which circles the Island of Hawaii features on Day One: a 6.2 mile (10 K) swim followed by a 90 mile bike ride with a vertical climb of 6000 feet; Day Two : a 171.4 mile bike with a vertical climb of 4,000 feet; and on Day Three: a double marathon run. Each day's event must be completed within a 12 hours.

The race has been held for 22 years and is limited to 35 athletes and 5 relay teams. For 2006, there were 29 individuals and 2 relays. Twenty three individuals completed the 2006 race.



Among them was 49 year old Colonials swimmer Jon Powell of Bryn Mawr who finished 19th overall. In the swim, Jon's time of 3:34.06 placed him 16th. He says that the swim was flat and wonderful until he hit a head wind for the last mile, which took him an hour! Jon then hopped on his bike for the 90 ride to the summit of the Kilauea Volcano. This stage took Jon 7:49:40 and he finished the first day in 26th place (of 27).

The second day 171.4 mile bike ride began with a long downhill from the volcano into Hilo and then two gruelingly long up hills around the north coastline. Jon finished his ride in 10:36:56 and climbed back up to 17th place overall (of 26).

The double marathon run on the final day took Jon 11:05.46 and he ran all but the last mile or so after huge foot blisters hampered his efforts.

Jon's final cumulative time was 33:06:28 and he finished in 19th place of 23 finishers.

Jon had some experience with Ironman races beginning in 2002 with Ironman Wisconsin. He had completed 4 full Ironmans and 5 Eagleman half Ironmans before deciding to tackle the Ultraman event. His training partner, Stuart Trager, who as the required support person, accompanied him throughout the Ultraman, had completed the race in 2004.

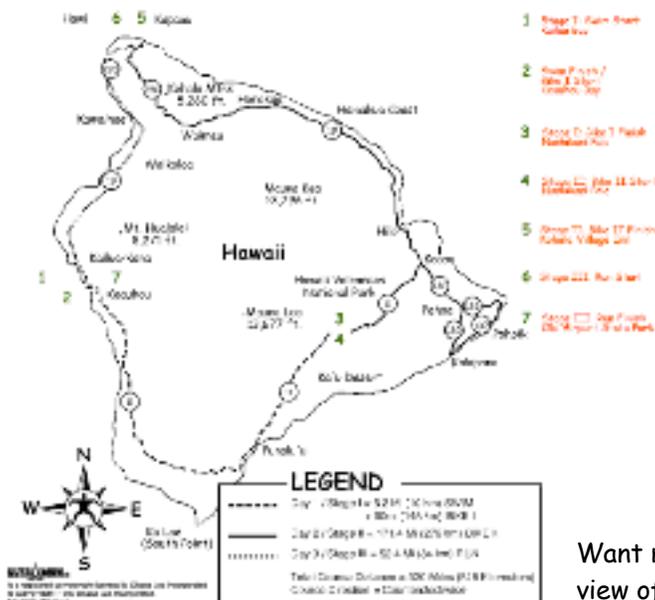


In the fall of 2005, Jon began to talk about this race to his lane mates at Villanova swim practices and was curious as to what it would take training wise and what a neat challenge it would be. (We all thought it was a CRAZY idea!) He decided

to enter in January 2006 and began his full time Ultra training (in addition to his full time job as a real estate developer) under a coach in July 2006.

Jon was thrilled with his performance in the race and says it was one of the most fun events he has participated in. "I had the perfect race, everything went according to plan with no surprises." He loved the challenge of training for the event and the satisfaction of completing it. He feels strongly that the mental aspect is the part that gets you through it.

His future goals include continuing to stay in shape, but he plans to take it easy for the next few months.



Want more info and a larger view of the map?



CONGRATULATIONS TO THE FOLLOWING DVM SWIMMERS WHO ACHIEVED TOP TEN STATUS FOR THE 2006 SCY SEASON

Place	Event	Name	Age	Club	Time		
						Women 18-24	
6	200 FR	Sara Cierski	24	1776	2:03.83		
						Women 25-29	
1	50 FR	SAMANTHA BAUSHER-GRYBOSKY	29	UNAT	24.00		
3	200 FR	Christine Sullivan	29	SVM	1:57.52		
4	500 FR	Christine Sullivan	29	SVM	5:18.20		
10	500 FR	Samantha Bausher -Grybosky	28	UNAT	5:27.39		
5	200 BA	Samantha Bausher -Grybosky	29	UNAT	2:18.58		
4	100 FL	Christine Sullivan	29	SVM	59.12		
7	100 FL	Alicia Markey	25	1776	59.88		
2	200 FL	Samantha Bausher -Grybosky	29	UNAT	2:11.86		
6	200 FL	Alicia Markey	25	1776	2:19.14		
3	200 IM	Christine Sullivan	29	SVM	2:11.66		
10	200 IM	Samantha Bausher -Grybosky	28	UNAT	2:17.19		
1	400 IM	CHRISTINE SULLIVAN	29	SVM	4:39.19		
4	400 IM	Samantha Bausher -Grybosky	29	UNAT	4:44.89		
						Women 35-39	
6	200 IM	Margaret N Richards	35	UNAT	2:21.89		
						Women 40-44	
9	200 FR	Laurie Hug	41	1776	2:01.45		
5	500 FR	Laurie Hug	41	1776	5:16.52		
9	500 FR	Vibeke Swanson	44	1776	5:26.05		
3	1000 FR	Laurie Hug	41	1776	10:47.21		
1	1650 FR	Laurie Hug	41	1776	17:52.04		
4	50 BA	Vibeke Swanson	44	1776	29.36		
4	100 BA	Vibeke Swanson	44	1776	1:02.49		
2	200 BA	Vibeke Swanson	44	1776	2:15.57		
7	200 FL	Laurie Hug	40	1776	2:19.89		
5	100 IM	Vibeke Swanson	44	1776	1:03.62		
2	200 IM	Vibeke Swanson	44	1776	2:14.44		
5	200 IM	Laurie Hug	41	1776	2:17.28		
2	400 IM	Vibeke Swanson	44	1776	4:45.27		
4	400 IM	Laurie Hug	41	1776	4:49.76		
						Women 50-54	
7	50 BR	Janet H Bright	50	1776	36.56		
9	50 BR	Melinda S Wolff	52	1776	36.81		
8	100 BR	Melinda S Wolff	52	1776	1:21.48		
3	200 BR	Janet H Bright	50	1776	2:50.37		
						Women 55-59	
3	100 BR	Stephanie Walsh Beilman	56	1776	1:28.99		
9	200 IM	Stephanie Walsh Beilman	56	1776	2:56.23		
						Women 70-74	
10	50 FR	Barbara Johnson	73	1776	39.85		
9	200 BA	Janet Moeller	71	1776	4:02.15		
3	50 BR	Janet Moeller	70	1776	49.35		
7	100 BR	Janet H Moeller	71	1776	1:52.58		
10	100 BR	Joan Waldbaum	74	1776	1:58.39		
8	200 BR	Janet H Moeller	71	1776	4:11.35		
8	50 FL	Janet Moeller	71	1776	51.66		
5	100 FL	Janet Moeller	70	1776	1:58.69		
2	200 FL	Janet H Moeller	71	1776	4:44.64		
8	100 IM	Janet Moeller	70	1776	1:48.45		
10	100 IM	Joan Waldbaum	74	1776	1:53.16		
5	200 IM	Janet H Moeller	71	1776	3:57.75		
10	200 IM	Joan Waldbaum	74	1776	4:31.08		
4	400 IM	Janet Moeller	71	1776	8:35.86		
						Women 75-79	
10	50 FR	Joan B Waldbaum	75	1776	42.63		
7	1650 FR	Ruth W Aaron	77	1776	35:02.11		
6	50 BR	Joan B Waldbaum	75	1776	53.77		
9	50 BR	Marianna M Hagan	77	1776	57.96		
6	100 BR	Joan B Waldbaum	75	1776	1:59.06		
8	100 BR	Ruth Aaron	76	1776	2:04.47		
7	200 BR	Ruth Aaron	76	1776	4:25.82		
9	200 BR	Joan B Waldbaum	75	1776	4:28.84		
5	50 Fly	Marianne Hagan	76	1776	53.06		
7	50 Fly	Joan B Waldbaum	75	1776	55.41		
6	100 Fly	Marianne Hagan	76	1776	2:04.39		
9	200 IM	Ruth Aaron	76	1776	4:25.84		
10	200 IM	Marianne Hagan	76	1776	4:27.39		
						Women 80-84	
10	200 BR	Mary Wixted	83	1776	8:25.69		
10	50 FL	Mary P Wixted	84	1776	1:38.18		
						Men 18-24	
9	500 FR	Pete J Murphy	24	1776	5:08.86		
2	1650 FR	Pete J Murphy	24	1776	18:02.67		
4	200 BA	Corey L Welch	23	FINS	2:01.26		
3	50 BR	Corey L Welch	23	FINS	26.22		
3	100 BR	Corey L Welch	23	FINS	57.31		
4	100 IM	Corey L Welch	23	FINS	53.63		
5	200 IM	Corey L Welch	23	FINS	1:57.06		
						Men 35-39	
3	50 FR	David Lawson	35	1776	21.22		
4	100 FR	David Lawson	35	1776	46.94		
3	50 BA	David Lawson	35	1776	25.17		
2	50 BR	Seth Van Neerden	37	DSTM	27.27		
1	100 BR	SETH VAN NEERDEN	37	DSTM	58.60		
9	200 BR	Seth Van Neerden	37	DSTM	2:19.77		
8	50 FL	David Lawson	35	1776	23.93		

Men 40-44

10	50 FR	Robert A Bonsall	42	1776	22.57
7	100 FR	Robert A Bonsall	42	1776	49.47
7	1650 FR	Scott D Brown	43	SVM	17:42.09
1	100 BR	HOWARD SEIDMAN	43	1776	58.49
10	200 FL	Scott D Brown	43	SVM	2:05.11

Men 50-54

3	50 FR	Paul Trevisan	54	1776	22.27
3	100 FR	Paul T Trevisan	54	1776	49.55
8	1650 FR	Jack R Martin	54	1776	18:50.48
7	50 BR	R Mark Schuman	50	1776	30.07
7	50 FL	R Mark Schuman	50	1776	25.38
7	100 IM	R Mark Schuman	50	1776	59.17

Men 65-69

5	100 FR	David P Harrison	68	1776	1:01.63
3	200 FR	David P Harrison	68	1776	2:13.99
4	500 FR	David P Harrison	68	1776	6:14.51
1	1000 FR	DAVID P HARRISON	68	1776	12:36.20
1	1650 FR	DAVID P HARRISON	68	1776	21:04.04

Men 75-79

10	500 FR	Hal Begel	76	1776	8:21.39
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Men 80-84

10	50 BA	Robert Kerper	82	UNAT	47.14
8	100 BA	Robert Kerper	82	UNAT	1:49.56

TOTAL IMMERSION MAGAZINE: FOCUS AND PACING ARE SYMBIOTIC BY LOU THARP

Editor's Note: TI Coach Lou Tharp is an assistant coach, for swimming, with the West Point Triathlon Club. This is a memo that Lou sent to the cadet members of the team days before their first race of the season, the Lake Havasu Triathlon in Havasu City, Arizona.

If you accept that you will lose focus, it is much easier to regain it, and you don't waste time being angry over losing focus...

The idea behind pacing is to allow your body and mind to deal with a triathlon in an organized and confident manner. It allows you to manage your body and your expectations. The concept of focus is tricky because there are really three parts to it:

- The first is what everyone thinks is focus - a single-minded concentration on the task at hand with the conscious and unconscious mind dedicated to the correct completion of a task.
- The second part is *losing focus*. Yes, the second part of focus is losing focus.
- The third part is beating yourself up over losing focus.

Being focused and losing focus is human. Beating yourself up over losing focus is learned behavior and can be unlearned on the way to becoming a champion. Thinking about fly fishing can help you understand how losing and regaining focus works. A fisherman casts his line into the river and almost immediately it begins floating downstream. To counteract this, a simple wrist flick brings the line back upstream. The key here is that the fisherman *expects* the line to go downstream, away from where it was originally cast. If you think of focus as the line being cast, and losing focus as

the line going downstream, you can look at regaining focus as a simple matter of bringing the line back upstream, without a lot of drama.

If you accept that you will lose focus, it is much easier to regain it, and you don't waste time being angry over losing focus...which, of course, keeps you *off-focus*. For overachievers like yourselves, it's all about managing your body and your expectations so you can deal with a triathlon in an organized and confident manner. Here are some possible focal points for your first race.

Strategy: Monitor your stroke for degradation, then fix it.

Why: If you are able to notice when your stroke is falling apart, you can focus on employing the fix quickly. While doing that you won't be vulnerable to anxiety. Common areas where stroke degrades and how to fix them:

- **PATIENT HAND BECOMES IMPATIENT.** If you are spearing your hand into the water and immediately taking a stroke, you are losing glide speed and power. Let the hand hang out for a second so you maximize the glide, and set up for an efficient catch and powerful stroke.
- **YOU START LOOKING WHERE YOU WANT TO GO.** Sounds like it's the right thing to do, but when you look forward, your head comes up and your hips fall. When your hips fall so does your speed because they increase resistance dramatically. Relax your neck muscles and look down.

- **YOUR PATIENT HAND IS TURNING UP OR SCULLING.** Before you start the power part of your stroke, your extended arm needs to be 30 to 45 degrees in relation to the surface and your hand needs to be pointing down. This allows you to get a maximum catch and a powerful stroke. Keep your fingers down from the time they enter the water.

- **YOUR ARMS CROSS THE CENTER LINE.** When your arms cross the center line, your ability to incorporate your hips and core body muscles into your stroke is compromised. You want to swim with body power, not arm power. Keep your hands outside the center line from entry to exit.

You're in a fun place right now. I've seen you do perfect laps followed by ones that are a little less than perfect. You're beginning to recognize the difference between how effective and wasteful swimming feels. You're also learning how to respond effectively when you feel degradation to maintain efficient, balanced swimming. With practice you'll be able to do that quickly and in a way that allows you to be kind to yourself - while your competition falls apart.

Enjoy the race.

HUNTSMAN WORLD SENIOR GAMES BY JANET MOELLER

Janet Moeller traveled to the Huntsman World Senior Games in St George, Utah this October. She earned 7 (of 7) gold medals and set the pool record for the 200 SCM fly (5:19.00). Her other events were the 50 and 100 Fly, 100 and 200 IM, 50 Free and 50 Breastroke. She won the Overall Champion Medal for the highest score in the 70-74 age group.

The HUNTSMAN WORLD SENIOR GAMES are a multisport event set in the beautiful city of St George Utah. If you want to combine a vacation with competition, this is the place for you. The motto of the games is "to foster worldwide friendship, peace and health." There are no qualifying requirements and tons of sports to choose from. This year, Senior Athletes from twenty seven countries competed.

FINA WORLDS RESULTS: COLONIALS 1776

1776 Colonials (ALPHABETICALLY)
NAME/EVENTS TIME PLACE

AARON, RUTH W	F77		
100 Breast	2:35.62	11	
200 Free	4:48.94	11	
200 IM	5:20.16	6	
200 Breast	5:22.86	8	
400 Free	9:20.94	9	
AMUNDSEN, JOSEPH S	M61		
100 Free	1:12.12	45	
50 Free	31.85	46	
AYLWARD, STEPHEN G	M45		
100 Breast	1:21.32	37	
50 Fly	30.66	54	
200 IM	2:47.36	55	
100 Fly	1:11.71	37	
200 Breast	2:59.32	21	



DAVE LAWSON (50 FL), HOWARD SEIDMAN (100 BR New meet record)



United States Masters Swimming
Swimming for Life

BONSALL, ROBERT A	M43
100 Free	58.20 32
50 Fly	27.91 19
50 Free	26.15 22
100 Fly	1:07.11 36
DALLAMURA, SCOTT J	M28
100 Free	1:00.33 69
200 Free	2:20.00 45
50 Fly	28.69 35
100 Fly	1:06.33 24
EISNER, STEVEN B	M54
100 Free	1:06.97 66
200 Free	2:42.74 53
FISHER, WARREN J	M50
100 Free	1:03.68 39
50 Free	28.92 45
50 Breast	37.93 38
100 Back	1:14.91 21
50 Back	33.18 18
HOOD, PATRICIA B	F51
100 Free	1:33.32 65
100 Breast	1:55.58 62
50 Free	40.60 73
KIRLIN, JACK	M68
800 Free	14:38.63 22
100 Free	1:29.42 36
200 Free	3:18.02 27
LARSON, JOHN S	M39
100 Breast	1:15.50 15
400 IM	5:28.44 25
200 IM	2:29.23 16



BOB BONSALL, PAUL TREVISAN (50 FREE), WARREN FISHER

LAWSON, DAVID D	M36
100 Free	54.35 5
50 FLY	25.92 1
50 Free	24.68 3
MARTIN, JACK R	M55
800 Free	9:58.62 4
100 Free	1:04.49 22
200 Free	2:17.35 5
200 Breast	3:10.83 13
400 Free	4:51.65 4
MCKENNA, MATTHEW	M34
200 Back	2:19.17 5
200 Free	2:08.12 16

MOELLER, JANET H	F72
400 IM	9:35.14 10
50 Fly	57.40 10
100 Fly	2:26.80 13
50 Breast	57.79 6
200 Fly	5:26.49 6
SEIDMAN, HOWARD J	M44
100 BREAST	1:08.21 1
TREVISAN, PAUL T	M55
100 Free	59.13 4
50 Fly	29.24 8
50 FREE	25.74 1

COLONIES ZONES LCM BY JOAN WALDBAUM

The Colonies Zone LCM meet was held August 26 and 27 at George Mason University in Fairfax, VA. Five Members of Colonies 1776 competed. The all over attendance was smaller than other years due to the World Fina games in Stanford. The meet was well run and the water temperature was perfect!!!!

Paul Trevisan set a USMS National and FINA world record in the 55-59 100 LC Meter Free with a time of 58.21. Katie Flickenger took 3 seconds and 3 thirds. Robert Jones took 2 firsts and second and Joan Waldbaum took 5 firsts and 1 second.



WORLD MACCABI GAMES BY JOAN WALDBAUM

Joan Waldbaum traveled to Sydney, Australia on June 27th as a member of the USA Maccabi team. The swimming events were held in the Olympic pool, a wonderful venue. Eleven countries competed in a variety of Athletic events. The Australians had the largest swim team followed by the Brazilians. Joan was the only masters swimmer for the US and the oldest female competitor. She got to swim in Ian Thorpe's lane or did he swim in her lane?

Joan came home with 4 gold medals for individual events and 1 silver for a relay. The next Maccabi Games are in Argentina and she has signed up for Tango lessons!

FINA WORLDS REPORT BY WARREN FISHER

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The 11th FINA Masters World Championships were held at the Avery Aquatic Center at Stanford University in Palo Alto, California with the Swimming events held August 4-10. The Stanford swimming facilities were first class, the meet was exceptionally run, and the weather was beautiful and rain free typically ranging from the high 70's to mid 80's during the day. Competition was held in two 10-lane, 50-meter pools and two 25-meter pools were available for warm-up. Several social events were held during the evenings including an Ice Cream & Trading social, a Taste of California Wine & Cusines social and a Texas Barbecue social. Tours throughout the San Francisco Bay area were also available for days that swimmers were not competing.

Over 7,200 competitors from 75 countries that competed in five aquatic events including Speed Swimming, Open Water Swimming, Synchronized Swimming, Water Polo and Diving. In the Speed Swimming, there were 5,500 swimmers who represented 1,161 teams throughout the world. There were 3,130 athletes representing the USA. Japan had the second largest number of competitors with 324 and Germany brought the third largest team with 237 swimmers. There were 100 or more competitors from Mexico, Brazil, France, Russia, Italy, Canada & Great Britain. Participants ranged from 25 to 95 years in age. A total of 143 new world records (including 37 relay) were set in the swimming events bettering the previous mark of 104 world records set at the 2004 FINA World Championships held in New Zealand.

The Colonials 1776 were represented by a small delegation of 16 swimmers who all had outstanding performances. Medals were awarded for 1st through 10th place. THREE OF OUR COLONIAL SWIMMERS BROUGHT HOME GOLD MEDALS INCLUDING DAVID LAWSON (36) IN THE 50 FLY (25.92), HOWARD



Many thanks to Warren Fisher for his YMCA and FINA reports-- and pictures!

SEIDMAN (44) IN THE 100 BREAST (1:08.21 WHICH ESTABLISHED A NEW MEET RECORD) AND PAUL TREVISAN (55) IN THE 50 FREE (25.74 WHICH ALSO SET A NEW MEET RECORD). Other medal winners were Ruth Aaron-77 (200 IM, 200 breast and 400 free), Jack Martin-55 (200 free, 400 free & 800 free), Matthew McKenna-34 (200 back) and Janet Moeller-72 (50 breast, 50 fly, 200 fly & 400 IM). In addition to their gold medals, David Lawson took home medals in the 50 & 100 free while Paul Trevisan also placed in the 100 free & 50 fly.

Janet Moeller adds: Ruth Aaron and I have returned from the world's filled with enthusiasm and hope that we can attend the next, in two years, in Australia. We met new friends from around the world, including a sweet older man from Russia, 85 yrs. old who took us to dinner in our Manzanita Hall dining room in his golf cart...needed because he had only one leg. We communicated like there was no language barrier. He was just one of our many new friends. We had a great time even though gold, silver, and bronze were elusive.

YMCA NATIONALS REPORT BY WARREN FISHER

The 2006 YMCA Masters National Championships were held on May 18-21 at the International Swimming Hall of Fame in Fort Lauderdale. As usual, the weather was sunny & pleasant with temps in the mid 80's. Fifty five YMCA teams travelled to south Florida. The Delaware Valley was represented by four swimmers: Dave Harrison of the Central Bucks Y, Joan Waldbaum of the Upper Main Line Y, Warren Fisher of the Spring Valley y and Alyson Chick of the West Shore Y. Dave Harrison swam very well, capturing four 1st places in the freestyle events while Joan Waldbaum took home three 1st places. The complete results are as follows:

DAVE HARRISON (68):
1,605 yd free: 1st 21:04/04
1,000 yd free: 1st 12:38.60
200 yd free: 1st 2:14.99
100 YD free: 1st 1:01.68

WARREN FISHER (50):
50 yd breast: 4th 32.54
50 yd back: 5th 28.97
100 yd back: 6th 1:04.02
100 yd IM: 7th 1:02.78
50 yd free: 6th 24.72
100 yd free: 5th 54.43

JOAN WALDBAUM (75):
50 yd breast: 1st 53.77
100 yd breast: 1st 1:59.06
200 yd breast 1st 4:28.84
100 yd IM: 3rd 1:59.60
50 yd fly: 2nd 55.42
50 yd free: 2nd 42.63

ALYSON CHICK (43):
100 yd back: 6th 1:14.26
200 yd back: 5th 2:43.20
50 yd free: 10th 28.86

A VERY SPECIAL OPEN WATER SWIM BY DELIA PEREZ

August 25th (Friday) and **Don Walsh** (just 60 years of age) who lives in Spring Lake, New Jersey, and works with the Navy SEALS as their swimming instructor became the first swimmer from New Jersey to swim around the Isle of Jersey. He decided to dedicate his swim around the Isle of Jersey as a fundraiser for the Naval Special Warfare Foundation and to honor the eleven SEALS who lost their lives in Afghanistan during Operation Red Wing in June 2005.

The Isle of Jersey is one of the Channel Islands located 110 miles south of London and 14 miles off the coast of France. The island is five miles wide and nine miles long and a mere 41.5 miles around. Don reported that the Monday morning before the swim gave him his first sample of the constant changing weather conditions - what started out to be a beautiful sunny day soon turned cloudy, the winds picked up and then came the rain. On Tuesday morning, Don decided to train indoors at Aqua Splash in St. Helier, that way his son, Sean, wouldn't be subjected to the changing weather on the beach.

Over the next few days, he trained in the pool and was welcomed by the locals and before long they were calling me "mate." His boat pilot, Charlie, kept an eye on the weather all week trying to find a window for Alice Harvey, a Jersey resident, and Don to attempt their solo swims around the island. Charlie kept telling them that Saturday looked like their best chance and that he would throw two boats in to allow Alice and Don to swim on the same day.

Thursday evening the phone rang and Charlie called to say, "we're going tomorrow and meet me at the dock at 5:00 am!!!" It was panic time for Don since he planning on staying at the apartment on Friday and resting, hydrating, and preparing his sports drinks and "stuff" for the swim on Saturday. His wife, Millie, and Sean helped him to prepare everything and run through his checklist to make sure that everything was packed for early Friday morning.

They met Don's friends Laura Lopez-Bonilla and Cliff Golding from Canterbury at 4:30 am and loaded up the rental car, Cliff was familiar with the island so he delivered Sean and Don to the dock to wait for the arrival of Charlie by boat. It was very dark at 4:30 in the morning and Don saw headlights at the top of the ramp, and it was Alice and her support crew arriving. They had time to chat and wish one another well before Charlie arrived on "Sea Swimmer" and his mate Mick arrived on "Channel Girl."



THE END OF SWIM PHOTO

L -->R: BACK ROW: Don Walsh, son Sean; FRONT ROW: Sally (President of Jersey Long Distance Swim Club, wife of Charlie), Millie (Don's wife), Laura (crew and former Channel Swimmer), Charlie, boat Captain)

Then Andy Jordi arrived and introduced himself - Andy would be his kayaker who would guide Don through the rocks. Shortly after their arrival, they loaded their boats up and said their goodbyes and headed through the still darkness across the harbor to Elizabeth Castle. As they motored our way out to the breakwater, Sean started to apply a generous dose of Lanolin under Don's arms so he didn't chaff during his swim. Charlie asked that he didn't put it anywhere else because it would foul the boat with Don getting on and off. Plus it would be impossible to help Don back onto the boat after his swim if he was covered with Vaseline and lanolin. Don was prepared to have Sean cover him with five pounds of this gooey mix not only to prevent chaffing but to also help keep him warm in the cold water, and now he had to swim without the extra protection. Once he started swimming, he didn't think about the cold 64-degree water. It wasn't until Don finished the swim and got back on the boat when it started to rain and the wind picked-up and the fog rolled in that he got cold. Sean came to his aid with a blanket and some warm tea - and that was just what Don needed.

According to Don, Charlie was dead-on with his forecast! The wind stopped and the sun came up to shine over calm seas. Don couldn't have asked for better conditions - he can't believe how lucky he was to get his swim in during the spring tide. The moment had arrived, all the planning and training over the past year was now to be put to the test.

Don touched the breakwater at Elizabeth Castle and said, "I'll be back!" Then he began his 41.5-Mile journey around the Isle of Jersey. The sun wasn't up yet but there was enough light to follow Sea Swimmer across the harbor and head out through the rocks on the southeast side of the island. That's where Andy took over the next two hours and guided him through the rocks because the water was too shallow for Sea Swimmer. Don has swum out the Manasquan Inlet in New Jersey a number of times, so he was comfortable swimming over rocks but nothing like the rocks in Jersey! The rocks jut up from the bottom so Andy had to be constantly vigilant in order to keep Don off a collision course. He did an outstanding job!

That was also the last time that he saw the ocean floor because by being 14 miles off the coast of France, they were in deep water. Sea Swimmer was able to slide inside the rocks every half hour for Don's feedings, but then returned to the safety of deeper waters while Andy set his course. When they cleared the rocks and rounded the southeast corner of the island, Andy waived good-bye and shouted "good luck!" Don had to take a moment and thank him for getting him through the rocks safely.

Now it was up to Sea Swimmer and his crew of Laura and Sean to get Don safely around the rest of the island. Don's good friends, Pat and his wife Betsy, flew over from Atlanta to escort Millie around the island by car. There are many vantage points to view the swim from land, and also enjoy some fine

dinning at the local restaurants. Pat was able to document Don's swim on film from each of these vantage points and he added this coverage to the filming done on the boat by Laura.

Don set his "feeding schedule" up with Sean before his swim. Don received Accel Gel and Accelerade Sports drink every half hour. He also took mouthwash at every feeding to prevent his lips and tongue from swelling due to being in the salt water all day - and it worked! Sean tied the three bottles to a 60- foot length of parachute cord and floated them back to Don from the boat. He rolled onto his back and took the bottles one-by-one, and tried to get them down as quickly as possible.

Although very necessary, stopping to feed every half hour adds to the overall time of your swim, so this is a skill that Don practiced during his training. Another thing to keep in mind is not to spend too much time talking. Don began listening to Charlie, Laura, and Sean rather than trying to talk - besides the message soon became obvious, "swim faster!" They maintained the feeding schedule throughout the day - it was important to get approximately 400 - 450 calories in each hour. That's what Don trained on over the past year and that's what Don knew he needed in order to keep going. He felt that he could have continued as long as necessary to complete his swim.

Don said, "Swimming around the Isle of Jersey is amazing, we just don't have anything like it in America. There is a breakwater at St Catherine's and it reaches out into the sea like a long arm. It provided Millie, Pat and Betsy with a great vantage point to see me swimming. I'll never forget what a beautiful sight it was swimming to Gorey Castle on the east coast of the island. The castle is enormous and stands on top of a cliff, so it's visible for miles both on the approach and after I swam by it, I could see it over my shoulder for hours. I don't think it was out of my view until after I rounded the corner on the northeast corner and headed along the north shore of the island. That's where Sea Swimmer took me off-shore to take advantage of the current."

The flow of water in the Channel is stronger on the French side due to the earth's rotation. Don said he "never had the feeling that he was moving fast because everything on the island is so large, and I was about two to three miles off-shore." With the sun shining and the absence of the winds, he had flat waters all the way until the west side of the island where the Channel and the Atlantic Ocean meet. The rules allow another swimmer to swim along side of you for an hour, but not to pace you. They decided before his swim that's where Laura would join him in the water.

Unfortunately, on the west side of the island it's like swimming in a washing machine - but misery loves company. Don was able to power through it and Laura is a Channel swimmer, so she was able to manage with it as well. Laura had to get out before they cleared Five-Mile beach, but Don said, "Having another swimmer in the water with you is very uplifting."

Don continued on his own, swimming through the "washing machine" phase of the swim and set his course for Corbierre Lighthouse where he made his final turn homeward towards Elizabeth Castle.

Corbierre Lighthouse is a magnificent sight, its pure white and stands high about the landscape like the space shuttle at NASA. They had to deal with some rocks off the lighthouse, but it was nothing like the ones on the southeast corner of the island. Once Don rounded the corner and headed back towards Elizabeth Castle, he knew that he would complete the swim. It didn't matter how long it took - Don was going to stay in the water until he touched that breakwater at Elizabeth Castle. His crew kept him entertained by making faces and splashing him during the day, so he returned the favor and did the same to them. His boat pilot said that he would have been impressed with a man half my age doing that swim in the same time. Charlie couldn't see much effort in my stroke while watching from the surface, so he figured that there must be a lot going on under water. Charlie said he, "never saw a man my age swim all day in cold water with such a silly grin on his face."

Don touched the breakwater at Elizabeth Castle and said, "I came back!" **He completed the swim in 11 hours and 3 minutes!** Don swam 37 strokes per minute all day long - his crew

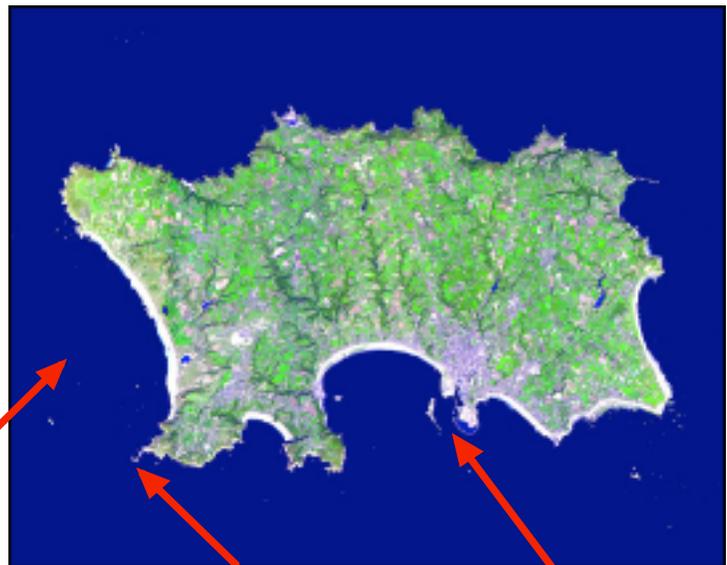
took averages and his stroke count never varied. When he entered St. Aubin's Bay, his crew told him to sprint the last mile-and-a-half in order to make it under 11 hours, but after 40 miles of swimming, Don didn't have much left for sprinting - so instead, he did give them a good show as he kept his stroke count up to 37 per minute.

If the swim had gone an hour longer, it would have been canceled because the wind, rain, and then fog closed out the visibility. Don was so lucky - they only got two swims off this summer, his and Alice's. Talk about luck, it was definitely with Don on this trip.

And now, Don is the first person from New Jersey to swim around the Isle of Jersey and he did it in the fewest number of strokes - just 37 strokes per minute and under 24,000 stokes for the day.

Don's name will now go into the Maritime Museum along with the other swimmers who have completed the round the Isle of Jersey Swim. More importantly, Don is pleased that he was able to raise over \$7,000.00 for the families that lost SEALs during Operation Red Wing in 2005. Don would like to return to the Isle of Jersey and do the swim again as a part of a relay team, and to spend some time with his new "mates" in the Jersey Long Distance Swim Club. He also thanks his family for their endless support during his training and swim. He also thanks all of his friends that helped him with training and providing those needed words of encouragement to help him realize his dream.

THE COURSE RUNS COUNTER-CLOCKWISE.



WASHING MACHINE CONDITIONS

CORBIERRE LIGHTHOUSE

START/END

OPEN WATER 2006 BY DELIA PEREZ

The 2006 Open Water Season was a somewhat disappointing swim season with unusually cold ocean temperatures that had swimmers shivering on shore and herds of jellyfish that swarmed around swimmers whenever the water warmed up a bit. The unfriendly west wind constantly pushed the warmer water out to sea and whenever the infrequent east wind arrived, it pushed the warmer ocean waters along with the jellyfish toward the shore and the swimmers. Swim conditions in the ocean were mostly uneventful, the races went off like clockwork, and the best August swims were “bunched” into the last weekend of the month rather than spread throughout the month of August. Experienced open-water Masters swimmers also sensed a shift in focus for these open water events. There is a growing trend to focus more on scheduling events to lure novice swim teams instead of the experienced Masters swimmers, whose dedicated participation and support established these same swims as an annual shore venue. The rationale seems to be marketing and scheduling the events to make more money on the “kid teams” and appealing to young pool swimmers rather than the experienced Masters swimmers. Here’s hoping the race directors don’t forget the “usual suspects” who supported these events throughout their growth years when these swims were just getting started.

The Outstanding Male Open Water Achievement Award goes to 54-year-old, **Jack Martin**, from Absecon, New Jersey. He is a consistent competitor in open water events, who swims in almost every open water event along the South Jersey shore and elsewhere. Jack is one of the “usual suspects” whose passion for open water swimming lures him into our seasonal South Jersey swims for a great time with his swimmer friends. This season, Jack competed in many of the open water events as well as the FINA World Masters. In the twice-rescheduled Pageant Swim, Jack swam the mile-and-a-half event in 22:27 minutes and earned 3rd in his age (50-59M) and 11th overall for the swim. Jack is a dedicated long-distance swimmer, who also trains year round for open water events. Warmest congratulations to Jack – he works hard and earned this recognition!



JACK MARTIN



MOLLY WILLIAMSON

The Outstanding Female Open Water Achievement Award goes to 50-year-old, **Molly Williamson**, from Wallingford, Pennsylvania. Molly clearly enjoys the sport and purposely strategizes with the more experienced swimmers to improve her swim. She has earned her place as a “usual suspect” with her increasing participation in open water events at the South Jersey shore as well as improving her overall performance in these swims. This was another good season with 45 races within a day’s drive of our area. The only “shark attacks” were of the land variety, and sea mites were fairly well behaved but this year, the jellyfish really misbehaved with complete abandon due to their over abundance and vicious stings.



DELIA PEREZ

June 11th and time again for **The Great Chesapeake Bay 4.4 Mile Swim** in Stevensville, Maryland, with **599 swimmers** who toughed out very choppy yet fairly warm (70F degrees) water conditions – a partly cloudy day with an unrelenting west wind (8kt) and washing machine conditions all across the bay – and the final quarter mile was extremely shallow with less than two feet water depth for swimming in along the final rock wall. The race coordinators picked the wrong timeframe for the big swim and should have started the race at high noon instead of 2 p.m. that day to better avoid the strong southbound current – their decision put the swimmers into the worst possible conditions for this year’s crossing. It was a difficult race and most swimmers had to swim sideways at the east end of the western channel. Even experienced swimmers who know how to hug the north span found themselves near the rocks on the south span. **Viki Anders** (race director for the Plunge for Patients) who swam around Manhattan Island said this year’s event was “tougher” than her marathon swim around Manhattan! With so much water tossing in her face, she had a queasy stomach throughout the entire swim and finally finished the race feeling cold and disoriented. There were a lot of swimmers who didn’t finish the crossing due to seasickness this year. The first competitive swim was held in 1986, and this year’s event was not worse but it definitely was one of the toughest crossings to complete. The mid-center between the two bridge spans was the worst place to be and many swimmers hugged the North Span side just to make sure they stayed on course. You must stay on course between the bridges swimming from the Annapolis side (Sandy Point Park) to Kent Island on the other side without going under either of the twin spans; otherwise you are disqualified from the event. Each stroke across the bay required us to reach over the chop, pull through the water, finish the pushback, and then do it all over again – it truly felt like swimming in a washing machine. The course is well patrolled and kayakers are attentive in watching over the swimmers. This year the refreshment boat was actually located in the center of the course (instead of near the North or South spans) and easily accessible to the many swimmers who were coping with dehydration due to wearing a wetsuit in the warm water and somewhat sunny conditions. As we approached the final mile to the finish, the kayakers were very encouraging and even provided water to thirsty swimmers attempting quench their thirst and eliminate leg cramps, as they coped with the final mile to the finish. After the final turn as you swim along with the rocks to your left, you can eventually stand and many swimmers attempted to stand and try to work the cramps out of their legs ... because just ahead was the finish and the final run or walk up the short beach. It truly is a humbling and memorable event! The 600 plus swimmer limit filled up this year in less than 45 minutes after the Feb. 1st opening entry day on the web. As an alternative, a **1-Mile Swim** is also held in the Kent Island finish area for swimmers who either missed the entry deadline or who don’t want to swim the longer distance. There were **310 participants** competing in the **1-Mile Swim** that started at 11:30 a.m. This event was broken into four (4) heats with approximately 10-minute intervals between heats as distinguished by cap colors. The triangular

course for the 1-Mile Swim is easily observed from the shore and finishes along the rock wall to the same finishing area as the 4.4 Mile Swim. As a benefit, you can swim without the “trauma drama” of fighting off the strong currents but as a drawback, you also have to cope with too many novice swimmers entering their first open water event as they zigzag across the course or form “body blocks” by swimming in packs. Another unexpected benefit with the 1-Mile Swim is that when you are finished, you can happily nap on shore while waiting for your other swim buddies to finally finish the 4.4-Mile Swim and be well rested as the designated driver for the trip home! **Maryellen Bergen** (Linwood, NJ – earned a 2nd in the F40-44 age group with her 28:55 minute swim) and **Delia Perez** (National Park, NJ – earned a 2nd in the F50-54 age group by finishing in 35:15) both swam in the 1-Mile Swim and actually enjoyed taking it easy after their event. At the finish you’ll find water, fruit and hoagies and a cold-water shower with a courtesy hosing off the back of the local fire truck. Congratulations to **Bruce Brockschmidt** (age 39 from Mount Laurel, NJ, and a South Jersey Wahoo) who was 1st overall in the 4.4-Mile Swim with a time of 1 hour and 29:25 minutes – and amazingly managed a similar finishing time as last year) and **Julie Oplinger** (age 29 from Arlington, VA) was 1st overall in the 1-Mile Swim with a time of 23:33 minutes). **Kevin Jones** (age 16 from Clemmons, NC) took 2nd place in the 4.4-Mile Swim in 1 hour and 29:39 minutes and **Brian Benda** (age 35 from Parkton, MD) took 3rd place in the 4.4-Mile in 1 hour and 32:42 minutes. The top three female swimmers for the 4.4-Mile Swim include **Elizabeth Lavell** (age 24 from Annapolis, MD) took 1st place in 1 hour and 36:40 minutes, **Ally St. Claire** (age 19 from Silver Spring, MD) took 2nd place in 1 hour and 39:06 minutes, and **Erin Luley** (age 17 from Mechanicsburg, PA) took 3rd place in 1 hour and 41:35 minutes. Other honorable mentions go to **Jamie Hemmerle** (16th overall in 1 hour and 43:46 minutes), **Barney Heller** (32nd overall), **Ray Peden** (33rd overall), **Doug Bergen** (73rd), **Michael Keating** (86th), **Teddy Roncace** (277th), **Michael Doyle** (411th), **Phil Gibbs** (442nd), **Dave English** (454th), **Gerald Klein** (469th), and **Kuni Mihara** (526th). **Brian Early** (age 45), who was the initiator of this event years ago, finished 47th and now travels from San Diego annually for this event that he initiated in memory of his father. We extend special kudos to the swimmers who made it across, and some even admitted they had tears in their eyes when they realized they reached the distant shore.

June 23rd and it’s a cloudy and cool Friday evening for the **20th Annual Independence Day One Mile Bay Swim**, Kennedy Park in Somers Point, NJ. We coped with 67F degree water (and other cold spots that went down to 62F degrees as we swam through the course) and cool breezes (chilly just standing around waiting for the swim to start) that evening. There were **136 swimmers** with an in-water start, oval course, well-marked, against the current on the outbound, assisting current on the way back, and fairly calm water conditions, leading to fast finishing times. The tide was coming in and we swam through lots of seaweed and detritus – we were covered in muck and lots of it coated the insides of our suits. With the tide changing, the course was set to make sure the swimmers stroked back to the finish missing the shallow water and without the advantage of walking around the final turn buoy like last year. The swimmers finished by swimming and then walking up to the final gate in the water, where no one else was allowed to run in front and take their finishing place. There were fast finishing times this year. This is a great 1st timer’s race – it’s a salt-water swim usually without the waves! The 1st overall male, 18- year old, **Mark Neiman** (Cherry Hill, NJ), finished in 16:51 (and 2nd place overall went to 25-year old, **John Kenny** of Atlantic City, NJ, who finished in 17 minutes and who was the 1st overall winner last year with a finishing time of in 16:42 minutes in 2005) and the 1st overall female, 18-year old, **Allison Rolish** (Cherry Hill, NJ) finished in 19:12minutes. It was great to see **Mike Toy**, **Ron Marks**, **Louise Nunan**, **Des Nunan**, **Susan Reich**, **David Holt**, **Ron Kane**, **Raymond McKendall**, **Steve Gazsi**, **George Thieler**, **Dave Hirsh**, **Doug Frohock**, **Polly Thieler**, **Don Walsh**, **Bob Notorfrancesco**, **Delia Perez**, **Chris Ames**, **Richard Kershner**, **Marilyn Brahms**, and **Barney Hungerford** – all had good swims with many course and current tales.

June 24th and the **11th Annual Plunge for the Patients Ocean Swim**, Wildwood, NJ, returned to its original Saturday evening venue with a 6 p.m. start time for the 1-Mile Swim and all events scheduled for the one day – a wonderful opportunity for

evening swimmers!!!! Unfortunately, the plans for the 2007 Plunge for Patients will resume the two-day format for hosting its events and the ocean swim will be return to the early Sunday morning start time again. Last year’s fog delayed the Sunday morning 1-Mile Swim and eventually caused the cancellation of the 3-Mile Swim that is now no longer a part of the Plunge for Patients. In addition to the 1-Mile Ocean Swim, runners participated in a 5-K Beach Run that also began at 6 p.m. that evening. Each swimmer writes the name of the cancer patient they are swimming for on their arm and swims their personal best for that patient. There was a slight southbound current with 2-foot waves and higher, and the southeast wind pushed the waves into your face with each stroke making it a very tough swim. We swim parallel to the beach and sometimes the dolphins keep us company. The day started with rain and it was still overcast that evening. Wet suits are optional and with the cool water at **64F degrees**, most of the swimmers opted to wear them! There were a **total of 102 swimmers in the 1-Mile Ocean Swim** with a winning time of 22:42 by **Bryan Rahter** (23 years old) and **Victoria Lederer** (17 years old) was the first female swimmer in 25:06 minutes. Last year’s event had the winning time of 17:15 was completed by **John Kenny** (who in 2005 was 24 years old from Wildwood, NJ) and **Lauren Schulman** (then 21 years old from Villanova, PA) was the first female swimmer in 18:39 minutes. Local swimmers included **John Maloy**, **Wendy Wallace**, **Vibeke Swanson**, **Jack Martin**, **Susan Reich**, **Raymond McKendall**, **Rich McLaughlin**, **Amy Sclarsky** (along with and her son, **Ethan**, and daughter, **Rachel**), **George** and **Polly Thieler**, **Bob Notorfrancesco**, **Dennis Regan**, **Dave Hirsch**, **Doug Frohock**, **Dennis Regan**, **Pam Paparone**, **Delia Perez**, **Judy Michel**, **Marilyn Brahms**, **Diane McVey** and her daughter, **Alyssa McVey**, and **Viki Anders**, who swam in as the final swimmer in the race. This year, a new timing system was used for the race results, and these results were not available that evening. After the swim was finished, race **Viki Anders** and **Charles Straining III**, hosted the evening event to honor the oncology patients and their families. The competition is followed by a complimentary meal provided by Morey’s Pier. Kudos to **Viki** and **Charlie** who continue to run a good event for such a good cause!

June 25th and the **Lehigh River Swim** included **45 swimmers** overall, with about 15 competing in the 2 Mile and the rest doing the 1 Mile Swim. It’s possible the cloudy morning and grim forecast kept other swimmers away. There were more kids than adult swimmer with perhaps a 3-to-1 ratio. **Ray McKendall** reported that there was a relaxed and amicable crowd but he did not recognize any other swimmers. The parking, registration, and bathrooms are all conveniently located at Frick Boat Club, right on the river. The Club is a few minutes off Route 22, taking the Fullerton Avenue Exit a few miles east of 476 at Allentown and you leave your bags at the club during swim. Power boats take swimmers up river 1 or 2 miles for the in-water start and the 1-Miler swimmers get transported first since there is a place for them to stand and wait while boats taxi remaining swimmers. There are no flags or buoys along the way, but the course is easy to follow – the narrow river keeps banks easily in peripheral vision. The 2-Mile swim course passes under two bridges, and one is always in easy sight, and some boating markers also provide directional points along the way. The river banks are green nearly all the way and create a very pleasant sightseeing venue as you swim. The few buildings on the river are near the end and so provide a convenient clue for the approach to the finish. It’s an in-water finish: you tag a banner suspended from a boat about 20 yards offshore, get a Popsicle stick from boater, swim to dock and climb out pool ladder. There is no time clock at the finish and light refreshments are available (coffee, water, sports drink, fruit, bagels and cream cheese). The awards are given quickly – the race started at 9:30 a.m. and the awards were all finished by 11 a.m. Ray reported a good water temperature – and it’s dark water with a bit of grass and twigs along the way, but nothing to discourage serious open water swimmers.

July 1st and the **8th Annual 5K & 1.3 Mile Bridge-to-Bridge Swims** were held in Atlantic City, NJ. **Sid** and **Kara Cassidy** made a special trip from Florida to visit and manage these events that were held in

the late morning and early afternoon. Previously, the swim began and finished at the Wonder Bar & Grill but now the event starts and finishes at the Atlantic City Crew House. With an in-water start and finish, the **5K+ Swim** (start at the Atlantic City Crew House to swim under the Albany Avenue Bridge and down around the Dorset Avenue Bridge and return) started at 11:30 a.m. The **1.5 Mile Swim** swimmers are bused to the start that began at 1:30 p.m. It was a sunny day that also resulted in too much sun for the swimmers as well as a little glare on the water. Fortunately, the Back Bay offered blissfully warm 72F to 74F degree water temperatures and the warm water was especially welcome by the swimmers entered in the longer event. The back-bay tides offered no current assistance for the 5K+ Swim but on the return loop, the incoming tide created a rather annoying current to swim against to the finish. The nasty sea mites were away on vacation this year and there were no reports of itchy bites from the swimmers. Bottled water, fruit, warm showers, and bathrooms are available at the Atlantic City Crew House, and it provides spectators with a great spot to watch the finish. Swimmers are offered the option to swim in the 5K Swim and then follow this event by swimming the 1.3 Mile Swim. There were **61 swimmers in the 5K Swim** (21 women and 40 men) and **90 swimmers in the 1.3 Mile Swim** (35 women and 55 men). The 5K Swim was won in 1:00:08 and the 1.3-Mile in 25:58. In the women's division for the 5K Swim, **Clair Hawley** (age 21) won 1st overall female in a winning time of 1:02:44. Other master's swimmers included **Brenda Bartlett** who finished 6th overall in 1:10:42; **Kathleen Jeager** finished in 1:30:58; **Delia Perez** finished in 1:43:10; **Pam Paporone** finished in 1:46:22; **Nancy Ridgway** finished in 1:40:11; and **Miriam Tuliao** finished in 1:50:16 (21st). In the men's division for the 5K Swim, **Jamie Hemmerle** (age 49 and USMS World record holder) finished 8th in 1:09:51 behind most of the teenagers and **John Kenny** (age 25 - 1:00:08) took 1st overall. **Jack Martin** took 2nd in his age group with a finishing time of 1:10:59; **Doug Bergan** finished in 1:18:30; **John Hartman** finished in 1:28:03; **David Bartlett** finished in 1:16:37; **Peter Churchman** finished in 1:25:56; **Frank Mutrer** finished in 1:30:44; **Richard Wallace** finished in 1:27:33; **Stan Pandza** finished in 1:43:45; and **Phil Gibbs** finished in 1:48:49. The swimmers who finished the 5K Swim and who chose to relax instead of also entering the 1.3 Mile Swim, were treated to the rare opportunity of showering, changing, relaxing and sitting by the bulkhead to watch their buddies swim towards the finish - and that's rare indeed since we usually are all entered in the same event and never get to see an open water race as a spectator. In the women's division for the 1.3 Mile Swim, **Claire Hawley** (age 21 - 25:58) took first overall. **Susan Reich** (age 47 from Ocean City, NJ) finished 2nd overall for females in 30:52 in this event along with three other female swimmers aged 13 to 18 years who all finished within seconds of each other, and **Kate Donald** (age 24) who finished in 31:16 earned a 6th overall finish. Other Masters swimmers (F45-49) included **Polly Thieler** (39:32), **Patti Wright** (44:22) and **Molly Williamson** (44:35). **Marilyn Brahms** (39:38) took 1st for F-55-59 and **Judy Michel** (41:59) took 1st for F60-64 and had a good swim to the finish. In the men's division of the 1.3 Mile Swim, **John Kenny** (age 25) took 1st overall in 25:59 minutes and **Mike Toy** (age 49 from Ventnor, NJ) blazed a trail behind him by finishing 2nd overall in 27:48 minutes, and **Erk Conover** (age 16) finished 3rd in 29:31 minutes. Following the other young guppy swimmers, **Bob Notorfrancesco** (7th M40-44 in 42:24), **Jim Waddington** (3rd M45-49 in 34 minutes), **Dennis Regan** (9th M45-49 in 37:51), **George Thieler** (1st M60-64 in 36.45) and **Lee Bergen** (1st M70-74 in 44:58 minutes). If you would like to learn more, then contact Sid directly at his office email address: sid.cassidy@saintandrewsschool.net

July 15th and the **10th Annual Spring Lake Ocean Mile Swim** was held in Spring Lake, NJ. Unadvertised swim with no pre-registration and wetsuits allowed but disqualified from awards. **Ray McKendall** reported that the big story for this year's event was the fog. It was overcast and foggy - the ocean was choppy (the waves seemed to zigzag and so did the swimmers) and uncomfortable with water temperatures around 64 degrees for the start of this 8 a.m. morning swim. It seemed like none of the swimmers saw either the second or third buoy in the thick fog and the shoreline was almost invisible too. In order to navigate the course, swimmers followed the line of guards on paddleboards along the latter part of the course. Many of the swimmers were "shooed" towards shore after missing the final buoy. The timer on shore called out to the swimmers with his microphone and lots of swimmers finally turned into shore by swimming to that voice in the fog! Phone the beach patrol (732-499-8005) for more information.

The event is managed by the Spring Lake Recreation Department. It was well organized but race results may not be available since they used index cards with the overall finish number on each card, and it seems highly unlikely that any of the handwritten results were transferred to a spreadsheet. Registration fee (\$15) and you sign up at the pavilion at the foot of Ludlow Street - unimaginative tee shirts but no swim cap provided. There is easy and free parking nearby (restrooms right there too). You walk one mile down the boardwalk to the start and you leave your bag at the finish by the registration area. The race is run in two heats and you pick your own heat. Three inflated-buoys (orange in color and two more buoys would be more helpful to mark the course) and lifeguards were along the way. You swim parallel to the beach. After the swim, orange juice, bottled water, coffee and the best tasting bagels were available. A cold-water shower and rest rooms are nearby. Results may be available by phoning Lou and Cindy Lustrino (732-449-4629) for more information. Prizes are awarded to first (male and female) overall, first (male and female) over 35, and first (male and female) over 50 winners. Ribbons are awarded for the usual male and female, 5-year age groups. The overall winner finished in 18+minutes. Approximately 150 swimmers participated in the event, and **Judy Michel, Barbara Johnson, Ray McKendall** and **Don Walsh** enjoyed their morning swim. Don, Ray, Judy and Barbara competed in this event and also the Swim for the Dolphins held later in the evening. According to Judy and Barbara, they "didn't feel too tired doing both swims that day."

July 15th and the **10th Annual Ocean Swim for the Dolphins** was held in Wildwood Crest, NJ. The 67F degree water provided a southbound current with the course and the northbound ocean breeze created "bouncy" swimming conditions to navigate the one-mile course to the finish. There were a lot of first-timers doing their first ocean swim and they were very nervous before the start of this evening's event, and the veteran swimmers did their best to keep them calm so they wouldn't panic. The swim started at 6:30 p.m. and **308 participants** (a large number of swimmers but 37 less than last year) made the start of the race look more like a riot in the water. The course flags were tough to spot with the choppy waves but the conditions improved somewhat once you cleared the traffic jam of thrashing swimmers. Wetsuits are permitted. This event benefits the Marine Mammal Stranding Center and our race director, **Dave Hirsch**, is a swimmer who knows what swimmers need after a swim - towels, ice tea, water, pizza and hoagies, bananas and oranges, live music, and great door prizes! **William Auty** (age 33 from Philadelphia, Pennsylvania) was the overall winner and he finished in 19:37minutes. **Greta Reichert** (age 14 from Stone Harbor, New Jersey) was the first female finisher in 21:32 minutes. The "usual suspects," **Ron Marks, Mike Toy, Christian Gamble, Jamie Hemmerle** (20th overall and 1st in his 50-54M age group), **Jack Martin, Kate Donald, Doug Bergen, Susan Reich, Karen Miller, Linda Hoke, James Waddington Jr., Raymond McKendall, David Hirsch, George Thieler, Doug Frohock, Amy Sclarsky, Polly Thieler, Dennis Regan, Bob Notorfrancesco, Otis Reich, Tom and Meg Douris** (she hugged Tom at his finish), **Delia Perez, Don Walsh, Barney Hungerford, Viki Anders, David English, Phil Gibbs, Peter Cruikshank, Walter Salzman, Molly Williamson, Judy Michel, Pat Timmins, Marilyn Brahms, Richard Kershner, and Barbara Johnson.**

July 17th and **Paul Timmons** (37-year-old from Rehoboth Beach, Delaware) did what no one else has been able to do - **swim across the Delaware Bay**. Starting at 5:30 a.m. at Cape May Point, New Jersey, Paul swam to the tip of Cape Henlopen in **7 hours 14 minutes**. The distance between these two points is 11.4 miles but fighting the tides, **Paul swam an estimated 15 miles**. The trip began before dawn as Paul and a few of his supporters left Lewes (Delaware) on a boat captained by Jason Burris, who followed Paul all day. Jason volunteered the use of his father's 33-foot catamaran powerboat and he decided, "It sounded like a great way to spend the day." During the predawn ride to Cape May Point, Paul kept busy receiving pep talks from swim coach **Ray Peden** (who swam the English Channel) as he got into his wet suit. From the shore in Cape May, Paul began swimming with the outgoing tide as it carried him swiftly toward the sea but into rough, choppy waves where he also had to fight against the tide. "I was

getting knocked around pretty good out there – I was thinking that if all day was going to be like this, then we're going to have problems." As he swam past the shoals, the water calmed and the tide gradually ebbed and Paul found his pace. Helping him maintain his pace was training partner, Dave Luscan, who swam for 30 minutes of each hour. Paul said, "there is no way that I could have done this without Dave pacing me." About an hour into the swim, Paul needed to change from his sleeveless into his full (long sleeve) wet suit because the water temperature dropped from 71 degrees near Cape May to 67 degrees in the deeper currents and he was concerned about hypothermia since he was feeling cold. As the morning worn on, Paul kept up a pace of sub 30-minute miles and when he finished, about 20 supporters were there to greet him. His mother, Donna Miller, wasn't surprised when Paul told her he wanted to swim across Delaware Bay. She said, "He has a history of doing things like this – first it was triathlons, then Alcatraz, and then Key West, now this – I knew he could do it." It was a real team effort and Paul swam not just for himself, but to raise money for the Tunnel Cancer Center at Beebe Medical Center in Lewes. Paul's grandfather survived cancer and is doing well, and Beebe Hospital is where he underwent treatment for cancer. Paul's Swim Across the Delaware Bay was his way of gratefully thanking the hospital for taking good care of his grandfather.

July 29th and the **27th Annual T. John Carey Masters Ocean Swim** was held in Ocean City, New Jersey. The Ocean City Beach Patrol headquarters is located at 34th Street and you can reach the race director, **Otis Reich**, by phoning (609-525-9200). As the first event in the "triple crown" of South Jersey ocean swims (the Yates and the Pageant Swim are the other two events), this swim attracts the largest number of swimmers. The one-mile course is parallel to the beach and always with the current. This year's event resulted in cold water – down to 59F degrees in some spots as we later found out as we swam – and Otis Reich made the last minute decision to allow swimmers to wear wetsuits. Since this is a Masters Swim, wetsuits are not allowed but the west wind pushed the warm water out to sea and the lifeguards knew the water temperature was between 64 and 66F degrees. So, swimming with wetsuits is an unusual exception for this event and the swimmers, who were lucky enough to have packed a wetsuit, took full advantage of wearing one and sweeping the top finishing places. Unfortunately, there weren't two (2) categories created to accommodate the with and without wetsuit participants, and the "cold to hypothermic swimmers" endured the conditions but finished well behind the wetsuit wearers as well as the swimmers with more "body fat" and better protection against the cold. Other than the cold water conditions, the conditions were terrific for an evening swim and it was easy sighting the course (4 orange buoys and 3 flags) to the finish. Swimming to the first turn flag was tough because you could feel the water get colder and there are just too many people in the water at the start of each of the two heats. Remember your "**combat swimming**" techniques that you will need to swim along with all the "**brat packs**" that are typically normal with this event. The brat packs comprise swimmers who swim together in packs of 3 or more – stop swimming together in a line – then they breaststroke kick as they sight ahead to find the next flag. Experienced swimmers have to be prepared to encounter these packs – they will swim across you, stop in front of you and kick you as they try to find the course. This year we swam a northbound course with two waves of swimmers – under 40 men @ 6:30pm, the women and over 40 men starting ten minutes later. Officially, the water temperature was 64F degrees but swimmers with watch thermometers, confirmed the coldest spots at 59F degrees. There were **351 swimmers** (about 50 swimmers bagged the swim before reaching the first turn flag because of the cold water) who finished this event. **Graham Parker** (age 21 from Pilesgrove, NJ) was the overall winner in 22:26 minutes and **Jill Smaniotto** (age 15 from Millville, NJ) was the first place female winner in 23:43 minutes. **Laurie Hug** (age 41 from Ambler, PA) was the 3rd place female winner in 23:53 minutes. Some of the "usual suspects" survived the cold water swim including: **John Maloy, Ron Marks, Kate Donald, Jamie Hemmerle** and **Tracey** (his daughter), **Louise Nunan, Brenda** and **Dave Bartlett, Ed Brown, Doug Bergen** and **Katy** (his daughter), **Ray Peden, Linda Hoke, Diane Muntzer, Karen Miller, Jim Waddington, Barry Kahan, Steven Gazsi, Susan Reich, Mike Hamilton, Tom Tulenko, Chip Hanning, Paul Sweeney, Doug Frohock, Amy Sclarsky, Patty Lynch, Tom Douris, Bob Heath, Phil Gibbs, Jack Donnelly, Bill Martin, Michael Coleman, Mari Schaefer, Delia Perez, Barney Hungerford, Joe Schmitt, Lee Bergen, Bill Brooks, Judy Michel, Nancy Trimmer, Patricia Timmins, Richard Kershner, Alisan**

Henderson, and Norm Draper. All first place winners in their age groups get an extra treat with their award – a bucket of Johnson's caramel covered popcorn – world famous and based in Ocean City. Finishing and surviving this year's cold water swim was a great achievement – and once on the beach, the "frozen" swimmers rushed to peel off their wet swim suits, dress in warm dry clothes, and then find a warm beverage to warm up their core temperature and counteract their hypothermia!

August 12th and the **Mid Summer Splash 1.5 Mile Ocean Swim** was held in Seaside Park, New Jersey. **Ray McKendall** reported that with warm ocean temperatures in the low 70's, it was comfortable swimming and a good beach day for the swim that began at 8 a.m. But – the wind kicked up a strong current just before the scheduled start and the race director made a "last minute decision" (along with a show of hands supporting this decision) to change the direction of the swim. The swimmers walked barefoot up and back on the wooden boardwalk – twice – to accommodate this change in the swimming course. Then the race director also decided to shorten the swim to just 1-Mile because there was a 9 a.m. cutoff time frame for the event – and all swimmers had to be finished by that time or else. Once the swimmers were assembled at the new starting point, there was some confusion as the race began because the horn sounded without sufficient warning leaving many swimmers unprepared for the beginning of the event. There were 150 swimmers who completed the shortened swim but most had to find their swim bags that were transported to the original finish point that became the starting point for the swim. The "usual suspects" included: **Barbara Johnson, Jamie Hemmerle, Ray McKendall, Judy Michel, George** and **Polly Thieler, and Don Walsh.** As usual, the "Breakfast Buffet Swim" served scrambled eggs, bacon, Gatorade, orange juice, bagels, croissants, and the best delicacy – New Jersey crumb cake! Unfortunately, with so much confusion about the direction of the swim, the swimmers had to retrieve their swim bags from the original starting point and by the time they returned to the breakfast buffet at the finish with their bags, the good food was in short supply.

August 13th and the **Eagle Rock Lake Swims** (200 yards – 500 yards – 1 Mile) were held in the morning in Hazleton, Pennsylvania. **Ray McKendall** reported that this is a new swim series this year hosted to benefit the Hazleton YMCA and YWCA, and it is held in a clear, spring-fed lake in Eagle Rock Resort (combination gated community and ski resort – beautiful setting that promotes instant relaxation). Registration, start and finish, and awards all take place at lakeside, along with clean bathrooms and showers. The official parking area is a half-mile walk away but most swimmers used the unofficial parking lot lakeside. Tee shirts are available along with body marking (in four places) and pre-registration is required to



Mari Schaefer, resort director, Khristina Shore, Jim Ryan, Judy Michel, Barbarba Johnson, Ray Mckendall

enter these events. The 1-Mile Swim skirts the perimeter of the small lake with a rectangular course marked by 4 or 5 orange buoys – it’s easy to follow. There were mostly young children swimming in the 200 and 500 yard swims. The 1-Mile Swim included a mix of adult and older teenager swimmers – only 20 participants – the water temperature was very comfortable and swimming in fresh water was a pleasant change from salt water. Determining the winners and receiving awards took some time and there were no refreshments available for the swimmers after the races finished. The “usual suspects” included: **Judy Michel, Barbara Johnson, Mari Schaefer, Kristina Shore, Jim Ryan, Tim Plummer and Ray McKendall.**

August 13th and the **John Boyd Memorial Swim** was held in the late afternoon in Seaside Heights, New Jersey. It’s a 1-Mile Swim in the ocean parallel to the shore with the course heading north with the current. **Ray McKendall** reported that there is a municipal parking lot near registration (and you pay a parking fee) but free street parking is just a few blocks away. Bathrooms and a separate changing room are available near registration – swimmers are allowed to use the changing room with showers after the swim – without cost. There is a hefty fine if caught changing in the bathroom – and there is no point risking it with a free changing room next door. Swimmers register on the boardwalk near the finish and walk down to the start – ankle chips are used for timing the race and no body marking is required. There was a little confusion about where to leave swim bags during the race and experienced swimmers selected the roped-off area set aside for the after-swim beach barbecue near the finish. The start of the swim was delayed for almost 20 minutes for late participants but it was a nice afternoon and the delay allowed the swimmers to finish their preparations for the swim. There were a dozen markers along the course and it was easy to follow – the surf was in the 70’s and the air temperature was pleasantly mild. At the finish, the beach barbecue served hot dogs, hamburgers, potato and macaroni salad, and soda. It’s not gourmet cooking but it was a tasty treat after the swim. The results were reasonably prompt but the John Boyd Memorial Swim was suspended for a few years and this is the event’s second year after a long hiatus. The “usual suspects” included: **Ray McKendall, Judy Michel, Christine Schroeder, Jamie Hemmerle** (and son, Chris, and daughter, Tracey), **Vibeke Swanson, Tom Douris, Mari Schaefer and Barbara Johnson.**

August 26th and the **14th Annual Rainbow Channel Challenge 2.6-Mile Swim** was held in Somers Point, NJ. The race director, **Polly Thielier**, manages this event to benefit Alzheimer’s Disease Research. The route starts from the boat ramp in Kennedy Park, around Drag Island and return to the boat ramp. This year, the Kayak race and 1-Mile Swim were held before the 2.6-Mile Swim. Wetsuits are permitted but with a four-minute delayed start time. **George Thielier** and his son, **Tim**, laid out the 2.6-Mile course – it was clearly marked by large orange buoys. Polly’s swim is a cherished event for morning swimmers with their perky “**morning person attitude**” vs the still groggy evening swimmers. The kayak race participants could also enter the swim event to win the biathlon awards with both events. **Barney Hungerford** started the 2.6-Mile Swim and swimmers wearing wetsuits entered the bay 4 minutes later – he also welcomed the swimmers to the finish wearing his “flowered” bathing cap and bringing smiles to the finishers. The water was a comfortable 74F degrees and it was easy to sight the course, unless you were debating the course route with a swim buddy who was bound and determined to swim the event in reverse. It was breezy all morning and the somewhat overcast skies made the air feel chilly as swimmers negotiated the choppy waters stirred up by the unrelenting winds. Passing boat traffic can create some navigating difficulties over small swells and the exhaust from the boats either builds character or creates more characters! For the last quarter of the race, it was best to either swim all the way to your right side (along Drag Island) then turn left for the final turn around the orange buoy to avoid swimming into the incoming tide in the center of the channel or swim all the way to your left side to avoid the mid-channel current. The **Thieliers** managed the timing for all the events: a 200-yard and a 500-yard swim for the 1-14 age group, the 2.6-Mile Kayak Race, the 2.6-Mile Swim, and the 1-Mile Swim. Some of the “**usual suspects**” did both of these events. Parents were invited to swim with their children in the shorter events. There’s a raffle drawing that includes a wet suit. Bagels, baked goods, hoagies, fruit, water and power drink provided. **Bruce Brockschmidt** (age 39) won first place in the 1-Mile Swim finishing in 17:13 minutes and then won first place in the 2.6-Mile Swim by finishing in 47:14 minutes. **Mike Toy** (age 49) took 2nd in the 1-Mile Swim by finishing in 17:43 minutes and **Brendan Jones** (age 18) took 2nd in the 2.6-Mile Swim by finishing in 51:15 minutes.



SOME OF THE USUAL SUSPECTS AT THE RAINBOW CHANNEL SWIM: L-->R FRONT: Brian Richardson, Jen Lee, Chris Schroeder, Vikye Swanson, Ray McKendall, Barb Johnson, TOP: Judy Michel, Tom Douris, Jamie Hemmerle, Dave English.

August 26th and the **1 Mile Yates Inlet Swim**, Atlantic City, NJ – the 2nd event in the “triple crown” of South Jersey swims. The Yates Swim usually provides lots of excitement because it’s scheduled to take advantage of the swift current in the inlet requiring skilled navigation to successfully stay on course for the finish in Gardner’s Basin. There were **115 swimmers** bussed to the start of the race and we were confined to a smaller wading area due to the erosion of sand that uncovered harmful debris at the water’s edge. Also a word of caution – the walk to the beach across sidewalks may be littered with broken glass. The Yates Swim starts at 6:45 p.m. – swim with the incoming tide and finish in Gardner’s Basin – and this year, there was a strong current that could be felt as soon as you swam out and turned left past the first jetty on your way towards the finish. Along with the strong current taking you through the inlet, you needed your best navigational skills to stay on course and not swim towards Brigantine – and you also had to cope with the incredible piles of jellyfish in the water! As the swimmers waded into the water to warm up, we couldn’t help but walk on piles of the non-stinging jellyfish (they were the size of saucers and swimmers were tossing them at their friends as if they were Frisbees) there at the water’s edge. Everyone had the incoming tide assistance to push the swimmers towards the finish but you needed to know when to turn left and leave the current to successfully make the left turn towards Gardner’s Basin – and it’s easy to miss the turn and over swim the course before eventually getting back on the right direction. It’s a strategy course swim with a finish at the Flying Cloud Restaurant. **Captain Francis Bennett** (long time co-director for the event) manages the race along with other Atlantic City Beach Patrol members and his volunteers run a good event! **The top age group for this event is 55 & Up and Captain Bennett is now expanding these age groups to include 55 to 59, 60 to 64, 65 to 69, and 70 & Up, especially with the level of skill, interest, and competition in open water swimming demonstrated by our more experienced Masters Swimmers.** We have an in-water start and usually finish with high tide conditions. The water temperature was a very comfortable 74.6F degrees at the start and it continued to warm (and almost feel too warm) as we swam for the finish. You have to pick your best navigational course and hope you made the right decision to swim your best in the Yates because it’s easy to go off course here! Remember – you do this event for the love of the swim rather than perfect conditions. There’s a cold-water rinse with hose after the race and always plenty to eat at the free “pasta buffet” provided by the Flying Cloud Restaurant. **Joanna Thomas** (15 to 19 years of age) was the first place female finisher in 16:29 minutes. **John Malloy** (age 17) and John Kenny (age 25) were both the first place male finishers in 16:15 minutes. The Yates Swim usually provides a beautiful evening to sit on the deck at The Flying Cloud and enjoy the company of good friends along with the “usual suspects.”

August 27th and the **Bayfest 2006** hosted the **12th Annual Dorothy H. Mohn Memorial One Mile Bay Swim** in Brigantine, NJ, to benefit the Elks Charities. **Warren Brown** of the ACBP started this swim in memory of his girl friend, Dorothy Mohn. Marked with floating barrels, orange buoys and flags, just **19 swimmers** enjoyed the 6:30pm swim with its 75F degree water but threatening skies. While waiting for the in-water start of our race, we warmed up in the water and tried to see the turn flag by the lifeguard boat that sat directly in line with the setting sun. The outbound leg is tougher because we swim into the West and the setting sun, while the return is easier because sighting for the

finish is not a problem. The overall winner was **Mike Brooks** (15-18 age group) in 16:22 minutes, in 2nd place **Mike Toy** (age 49) in 16:25 minutes, and **Jack Martin** (age 54) and finishing in 17:23 minutes as the 3rd overall male winner. The first overall female was **Bethany Desmond** (14 years & under) who finished in 21:27 minutes, 2nd place went to **Kelsie Donahue** (14 years & under) in 21:37 minutes, and 3rd place went to **Lauren Puglia** (15-18 age group) who finished in 21:38 minutes. For the men’s Masters Division, **Mike Toy** took 1st place, **Jack Martin** took 2nd and **Mark Whitterholt** took 3rd in 22:48 minutes. For the women’s Masters Division, **Delia Perez** (age 54) took 1st place by finishing in 25:26 minutes, **Carolyn Malott** (age 47) took 2nd place by finishing in 25:48 minutes, and **Pam Paparone** (age 53) took 3rd place by finishing in 28:05 minutes. In the men’s division, **Barney Hungerford** (age 73) took 1st place for the 60+ division by finishing in 27:32 minutes. There weren’t as many of the usual South Jersey contingent of die-hard swimmers but a few of the “usual suspects” braved the elements and the cloudy overcast conditions to enjoy a swim in the Back Bay. Since race results are slow to be finalized, you can enjoy the Bayfest and sample the crab cake sandwiches, steamed shrimp and clams, corn-on-the-cob, hamburgers and hot dogs, funnel cake and listen to music with your friends while you wait for the awards ceremony.

September 4th and the **77th annual Atlantic City Pageant 1—Ocean Swim** in Atlantic City, New Jersey – the third event in the “triple crown” of South Jersey swims. The Pageant Swim was traditionally scheduled for the Sunday in Labor Day weekend but was shifted to Saturday mornings during the Labor Day weekend in 2002 – a nor’easter storm created dangerous swim conditions over the Labor Day weekend and race director, Bill Brooks, postponed the race until the following weekend. Postponing the event reduced the number of participants in 2002 – so Bill decided to start with Saturday and then have Sunday as a second date if needed in the Labor Day weekend for this event every year. The Pageant Swim is the classic ocean swim and it still has the same course since 1922. No wetsuits and no course changes to fit swimming conditions. Swim out north of the Steel Pier, turn south, swim parallel to the beach and turn back into the shore to finish on the south side of the Ocean One Mall Pier. The **Atlantic City Beach Patrol** is well experienced in running this event with a well-patrolled course – we think they invented open water swimming! This year, the Pageant Swim was postponed again – first from Saturday to Sunday morning – and then to Monday morning. Race director, **Norm Draper**, made the call due to high surf and stormy ocean conditions caused by tropical storm Ernesto. The day was warm and sunny with fairly flat water – there was a slight breeze and the current was heading south with a very comfortable 71F degrees ocean water temperature throughout the race. The swim towards the Ocean One Pier was not exactly completely blissful because of the extreme low tide – the guards were busy herding swimmers out of harm’s way if they swam too close to shore and potentially over sunken debris and pipes – urging us to swim further out to sea each time we started to swim too close towards shore. Some swimmers actually swam into some of the debris but only a few left the water with cuts and scraps. We enjoyed a great workout in comfortable and clear water to finish out our final ocean swim for the season. And this year, we were treated to an original Joe Duffy design for our long sleeve tee shirt – he chose a simple design of dangling goggles printed on a light yellow shirt – and the shirt was hit! Too bad more swimmers didn’t enter the twice postponed event but here’s hoping they will be for sale at next year’s Pageant Swim. There were just **110 swimmers** this year as compared to 172 swimmers in last year’s event that wasn’t postponed. Water and watermelon are available after the swim plus a cold-water shower. As always, be prepared for the long mile hike on the boardwalk back to your parked car at the Showboat Casino. **John Kenny** (age 25) finished 1st overall in 20:05 minutes (almost three and a half minutes faster than last year’s finishing time), **Mike Toy** (age 49) finished 2nd overall in 21:27 minutes, and **Justin Rau** (age 16) finished 3rd overall in 21:58 minutes. **Brittany Iacozze** (age 17) finished 3rd overall and 1st female swimmer in 21:40 minutes, **Vibeke Swanson** (age 44) finished 8th overall and 2nd female swimmer in 22:12 minutes, and **Kate Donald** (age 24) finished 14th overall and



was the 3rd female swimmer in 22:59 minutes. The age group awards are now limited to just the first three places (previously included up to 6th place) and the age groups are in 10-year increments (such as 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69, and 70 to 99) – but the age groups for boys and girls include age 1 to 12, 13 to 14, 15 to 16, and 17 to 19 years of age. The Pageant Swim attracts all the top swimmers (or “ringers”) to this event and it’s a very competitive field. Most of the “usual suspects” were there and included **Jamie Hemmerle, Jack Martin, Ed Brown, Ray Schailey, Doug Bergen, Craig Stevens, Nancy Steadman-Martin, Teddy Roncace, Ron Kane, Steve Gazsi, Jim Whelan, Linda Hoke, Ann Christensen, Mike Hamilton, Richard Wallace, George Thieler, Dave Hirsch, Christine Schroeder, Doug Frohock, B.J. Schuler, Tom Douris, Polly Thieler, Phil Gibbs, Jack Donnelly, Delia Perez, Bob Notorfrancesco, Lee Bergen, Bill Brooks, Pam Paparone, Dawn Young, Barney Hungerford, Dave English, John Zarych, Arleen Chapman, Judy Michel, Barbara Johnson, Richard Kershner, Pat Timmons, Alisan Henderson, Janet Moeller, Doug Farrell, and Norm Drapper** (Atlantic City Beach Patrol) the race director for the Pageant Swim. The race results can be found at www.aksts.com



John Kenny, Kate Donald

September 9th and the **9th Annual Captain Turner’s Memorial Ocean Swim** was finally held after being postponed a week due to the rough conditions caused by tropical storm Ernesto. The half-mile swim is held at 33rd Street and the Beach in Longport, New Jersey, and the swim started at 6:30 p.m. Due to rescheduling problems, there were only **21 participants** in this evening swim including **Mike Toy** (who accompanied his son and daughter), **Bob Notorfrancesco** (who also swam with his son), **Jim Wahlen, Bill Brooks, Barney Hungerford, Delia Perez, and Doug Farrell**, along with a few other local swimmers and a relative of Captain Turner who swam without her goggles and had a tough time spotting the final “blue” colored flag against the sky. Earlier in the day, the warm 72 degree water was flat and calm, but at race time, the wind kicked up chilling the waiting swimmers on the beach and churning up the water into a bouncy choppy mess to negotiate out to the first turn flag. The short course was marked by just two flags and after reaching the first flag from the shore, the current and wind pushed the swimmers north to the second and final flag, turn and then swim into shore. It’s a fun event, and Chief Dan Adams and the Longport Beach Patrol did a great job of watching the swimmers. Awards for adult swimmers only go to 1st place age (10 years) group winners but they go to 1st, 2nd and 3rd for the kids – and the awards were cobalt blue pint glasses etched with the event information and finishing place. The kids figured out that if you hold the glass to your ear, you hear the ocean (we really did with the high winds) and everyone tried listening for the sea sounds. Be sure to look for this fun family event again next year.

September 9th and the twice postponed **Manasquan Swim** finally took place due to rough ocean conditions from tropical storm Ernesto. Ray McKendall reported that there were almost 120 swimmers who enjoyed very calm and flat ocean water plus comfortable swimming temperatures for this morning event. The course is marked by two buoys at the start and finish with a few jetties along the way – two or three more buoys would have made it much easier to find and stay on the course. There are beach showers, bottled water, and bagels at the finish – and results are reasonably prompt. Some of the “usual suspects” included **George and Polly Thieler, and Don Walsh** (and his son, Sean), who was given the microphone to make a few remarks about his amazing swim around the Isle of Jersey.

September 23rd and the **September Splash Two Mile Bay Swim**, was held at 9 a.m. in Wildwood Crest, NJ, with a **½-Mile Swim** for kids up to age 14 at 10:30 a.m., and this was followed by the **September Splash One Mile Bay Swim** at 11 a.m. (for swimmers who like to sleep in later). It was an overcast morning that threatened to rain but gradually cleared for the final open water swim in the South Jersey area. This year, we had to once again cope with the Irish Festival and traffic – but last year, we were lucky because this event was held a week earlier than previous years and we did not have to cope with the crowds in town for the craft show and other activities. We hope the event will again be scheduled for the mid-month date earlier in September for all future swims. Race

“square” shaped course so you have the sun in your eyes at some point and it will happen when you are desperately searching for the last turn buoy (4 buoys). The course for the Two Mile Swim required a second trip around the box-shaped course. Navigating is critical in this swim and the COLD BEER sign on the restaurant is great for finding the finish line. The windy conditions stirred up choppy waves that really bounced the swimmers around especially during the third leg of the swim and there was still some choppy water to navigate towards the finish. Besides the windy conditions, the water was a chilly 67F degrees. A total of 47 swimmers (29 male and 18 female) competed in the 2-Mile Swim and 115 swimmers (58 male and 57 female) competed in the 1-Mile Swim. In the Two Mile Swim for the men overall, **Andrew Gemmell** (age 15 from Wilmington, DE) took 1st place (35:59), **John Maloy** (age 17 from Wildwood Crest) was 2nd (36:45), and Michael Tompkins (age 17 from Cape May) was 3rd (37:37); and for the women overall, **Greta Reichert** (age 15 from Stone Harbor) was 1st (37:41), **Victoria Lederer** (age 17 from North Wildwood) was 2nd (38:01), and **Meghan Holliday** (age 14 from Newark, DE) was 3rd (43:26). **Wendy Levin** (24th overall) took 2nd in her age group (M40-49) finishing in 56:10 minutes. **Phil Gibbs** (28th overall) took 1st in his age group (M60 & over) finishing in 58:01 minutes, **Petey Cruikshank** (32nd overall) took 2nd in this age group by finishing in 1:00:48, and **Barney Hungerford** (33rd overall) took 3rd in this age group and swam in 1:01:17 at the finish. In the One Mile Swim for the men overall, **Andrew Gemmell** (age 15) took 1st place (18:17), **John Maloy** (age 17) was 2nd (18:39), and **Mike Tompkins** (age 17) was 3rd (19:08); and for the women overall, **Greta Reichert** (age 15) was 1st (20:53), **Meghan Holliday** (age 14) was 2nd (21:18), and **Molly Boler** (age 22) was 3rd (21:32). Many of the “usual suspects” were here for the last official swim of the summer – **Mike Toy, Susan Reich, Doug Bergen, David Whitehead, Diane Muntzer, Ron Kane, Jim Waddington, George Thieler, Otis Reich, Dennis Regan, Christine Schroeder, Don Walsh, Polly Thieler, Lee Bergen, Delia Perez, Molly Williamson, and Bob Notorfrancesco**. Water, oranges and a cold hose shower are available at The Bayview Inn. The award ceremony was held outside the restaurant, and they allowed us to change in the rest rooms. Wetsuits are allowed. Race results by L & M Sports are posted on their website (www.lmsports.com). The September Splash is a fun race that also marks the end of our 2006 Open Water Swim Season. Sadly, it’s time to wish our swimming buddies goodbye and hope to see them next season in the water. So, put on your Speedo and come swim with us in the sea!

Dat’s da end – D’Chum Delia



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MEETS ON THE WINTER SCHEDULE (so far...)

Date: Jan 14, 2007 (Sun)

Host: Boyertown YMCA Masters

Location: Boyertown YMCA, Boyertown PA (SCY)

Contact: Shannon Duff (610)369-9622 , duffy4035@aol.com

Date: Jan 28th, 2007 (Sun)

Host: Schuylkill Valley Masters

Location: Phoenixville Area YMCA, Phoenixville PA (SCM)

Contact: Neal Conrad (610) 496-2808, nconrad01@comcast.net

Date: Mar 4th, 2007 (Sun)

Host: Lower Bucks Y Masters and the Pennsbury Varsity Swim Teams

Location: Fieldhouse, Pennsbury Highschool, Fairless Hills, PA (SCY)

Contact: Joe Lawton (215) 493-8486, lawtonjc@verizon.net

Date: Apr 21st, 2007 (Sat)

Host: Burlington County College Barron Masters

Location: Burlington County College, Pemberton, NJ (SCY)

Contact: Cheryl Eddins (609) 894-9311 ext 1496, CEDDINS@bcc.edu



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