

THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

SPRING
2007

www.dvmasters.org

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YOUR EDITOR SPEAKS!

JUDY MICHEL (SWIMICHEL@MAC.COM)

As we complete the spring short course yards season, swimmers turn to long course meters training --if lucky enough to have access to a 50 meter pool -- or to getting ready for the Open Water season. There is time to reflect back and perhaps set new goals for the, hopefully, less hectic summer season. According to the recent weather we have been having, summer is already here, despite the lack of a real spring. The Phillies continue to disappoint us, and who knows where the Eagles will be by the next time the Lane Line is published!

Delaware Valley Masters counts 479 USMS members as of May 10, 2007. This is lower than in previous years. We consist of seven LMSC (clubs): 1776 (1776: 87 men, 80 women), Pennypack Aquatic & Fitness Club (PAFC: 25 men, 26 women)), NRG Swimming (NRGS: 3 men, 4 women), Fins Aquatic Club (FINS: 68 men, 27 women)), Jersey Wahoos Masters (JWM: 15 men, 1 woman)), Central Penn Aquatic Club (CPAC: 5 men, 9 women) and Burlington County College Masters (BCCM: 2 men, 5 women). In addition, there are 122 swimmers who are Unattached to a club (UNAT: 58 men, 64 women).

DVM is a wide geographic area -- South Jersey, Philadelphia up to the Poconos and Penn State, and out west to Harrisburg. In this issue we introduce you to the members of the Central Penn Aquatic club, who represent the area near Harrisburg.

In this issue, we display the usual results and achievements from Zones, Top Ten SCM 2006, and Nationals. There have been some stellar swims this past indoor season. In addition, Tom Tulenko advises you on the benefits of adding Fish oil pills to your diet, Laurie Hug gets you ready for the chaos of Open Water Churning, uh, Swimming. A colleague of Lisa Semels Tolotta explains the VO2 Max values. We tap into the expertise of the Total Immersion team on "Receiving Endurance."

If you have an area of expertise and would like to share your knowledge with your fellow swimmers, please do not hesitate to contact me for future issues. It is much more fun for me if YOU write the articles!

DON'T FORGET -- ENTRIES FOR THE MERRYMAN MEET ARE **DUE** ON JUNE 14, 2007. THIS LCM MEET WILL TAKE PLACE ON SUNDAY, JUNE 17 AT THE UPPER MAIN LINE YMCA. SEE THE DVM WEBSITE FOR MORE INFORMATION AND A MEET ENTRY.

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

GO THE DISTANCE



Go the Distance (GTD) is a new fitness event sponsored by USMS. Simply record the miles you swim and send the results in to USMS. Distance milestones of 50, 100, 250 and 500 miles are recognized. (They will probably need to get to 1000 as one person has already swum 500 miles this year!)

As of April, 326 swimmers had covered 33,206.92 miles. The monthly logs are turned into the coordinator who does all the spread sheet work. If you go to the web page and click on participation statistics, you will see that all the information has been converted to all kinds of colorful graphs to compare information -- comparing zones, month by month, distance by zone, distance by age group. It is really fun to look at the data!

Consider becoming part of the data. All you do is contact Mary and send in your swimlog and she will do the rest! Hopefully, by the next edition of the Lane Line, we will have a longer list of DVM participants!

Here are the DVM participants so far this year. It is not too late to join in! Distances are listed as MILES swum!

Delaware Valley LMSC			
1776	Jeffrey Bush	81.65	45-49
1776	Laurie Hohwald	42.76	50-54
BCCM	Dan Lyons	42.00	70-74
UNAT	Merrill Hilf	73.28	45-49
UNAT	Carolyn Placke	66.78	40-44
UNAT	Barb Weidner	22.60	40-44
UNAT	Marie Neaves	19.70	60-64

for more info: <http://www.usms.org/fitness/content/gothedistance07>
or contact Mary Sweat at gothedistance@swimoregon.org

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

CHAIRMAN: STEVE KELLY
VICE CHAIRMAN: LAURIE HUG
TREASURER: PATRICIA TIMMINS
SECRETARY: VIBEKE SWANSON

COMMITTEE CHAIRS:
COACHES: DICK JACKSON
FITNESS: KEIICHIRO YOSHIDA
LONG DISTANCE/OPEN WATER: DELIA PEREZ
MARKETING:

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IS FISH OIL IN YOUR DIET PLANS?

BY TOM TULENKO

Fish oils are amongst the fastest growing prophylactic medicinals in the western world, and for good reason since there's lots of hard evidence that they help promote good health in a variety of ways.

WHAT'S GOOD ABOUT FISH OIL?

Fish oils, which goes by the scientific name omega-3 fatty acids (w-3 FAs), are considered essential fatty acids (EFA), which means that they are essential to human health but cannot be manufactured by the body. For this reason, w-3 FAs must be obtained from the diet. There are three different omega 3 oils: DHA (Docosahexaenoic Acid) and EPA (Eicosapentaenoic Acid) found in fish, and ALA (Alpha linolenic Acid) found in flax seed and some nuts.

Due to dietary changes over the last century most people no longer get enough of these fats. Excellent scientific evidence indicates that supplementing with w-3 fats help your heart, joints and brain. w-3s provide a range of important health benefits including lipid-lowering, anti-inflammatory, antiarrhythmic (prevents bad heart rhythms) and even anti-cancer actions. Of these perceived benefits, only 1 has already been approved by the FDA (lipid-lowering) and another that will

likely gain approval in the near future (antiarrhythmic) since these actions have been confirmed in large, well designed experimental studies in humans.

The lipid-lowering properties of fish oils are largely limited to reducing blood triglycerides (by about 50%). Elevated blood triglycerides (TGs >150) raise cardiovascular risk, and w-3 FAs therefore reduce this risk. They also promote the shift of "small dense LDL" (i.e., very-bad bad cholesterol) to "large buoyant LDL" (not-so-bad bad cholesterol) which further reduces CV risk. However they do not lower total cholesterol, total LDL (very bad + bad LDL) cholesterol and they do not raise HDL (good) cholesterol. To get the lipid-lowering effect, at least 3-4 grams of w-3 FAs/day is necessary with newer recommendations going up to 6 grams/day.

The antiarrhythmic actions of fish oils came out of human studies that demonstrated that "sudden death" was markedly decreased in people taking only 1 gram of fish oil/day. In this context, sudden death is the result of a severe abnormality in the heart rhythm ("V-tach") that typically occurs in people during the risky 24 hours after a



heart attack or in patients with heart failure. w-3 FAs therefore decrease the incidence (almost 50%) of V-tach, the usual cause of sudden death in heart attack

and heart failure victims. Taken together, the emerging field of clinical lipidology has been quick to pick up on these impressive actions of fish oils in preventing CV disease which underlies their rapid rise in popularity in the medical community. So, the moral of the story is that even if you can't reduce your innate risk of heart disease (bad genes for example), you can reduce your risk of dying prematurely of heart disease (i.e., 1-4 fish oil capsules/day).

WHAT ARE FISH OILS?

Fish oils are fatty acids, important components of cell membranes, energy stores and lubricants in all cells in all living creatures. What makes fish oils unique to human health is the double bond at the 3rd carbon from the end (omega=end) of the FA molecule, hence there referred to as w-3 or n-3 fatty acids. DHA, EPA and ALA are found in abundance in certain fish and ALA is in flaxseed oil and some nuts, but to a lesser extent (about 10% as much salmon). EPA and DHA are the active forms of w-3 FAs that the body uses, and ALA is converted to DHA and EPA after ingestion.

By far the best source of w-3s is fatty fish which include mackerel, lake trout, herring, sardines, albacore tuna and salmon. Unfortunately, however, these species are often predators, which can accumulate toxic substances due to their position at the top of the food chain. For this reason, the FDA recommends limiting consumption of fish due to high levels of toxic contaminants such as mercury, dioxin, PCBs and chlordan.

For this reason, many people, and physicians, have turned to fish oil supplements, which are just as good as fish oil from fish. Fish oil capsules concentrate the w-3s, and a few of the good preparations entirely lack the contaminants. Alternatively, flaxseed oil and certain nuts are rich in ALA, but they only have about 10% of the w-3 content as fish oil and the ALA is absorbed by the intestines at about 10% as well as DHA and EPA. Ergo, taking flaxseed oil is only about 1% as effective as taking fish oil in providing w-3 FAs; disappointing news for vegetarians. Just how fish oils work in terms of their health benefits is not really known, but since double bonds allow FAs to "wobble" in the membrane, they tend to counteract the stiffening effect that cholesterol has on membranes and thereby they directly oppose cholesterol's bad cellular effects when it's present in excess.

SELECTING A FISH OIL SUPPLEMENT.

Care must be taken in choosing a fish oil supplement since the majority of the over the counter preparations have much less than they claim, and even worse, some contain (and concentrate) the toxic contaminants. By far the best choice is Omacor, sold

by Reliant Pharmaceutical Co. since it is the only fish oil that is FDA approved, and therefore must submit to outside analysis to guarantee its quality and claims. It's guaranteed to contain 900 mg of DHA/EPA with none of the contaminating heavy metals and toxic chemicals. Still better is the fact that Omacor is the only fish oil preparation that is covered by prescription plans, so you can get a script from you family physician and it's covered by your co-pay. You can ask you Doc for a 90 day script for Omacor, 4 gms/day. This way you get 360 1 gm caps for your copay; based on my copay (\$20) - \$20/360 caps = 5.5 cents/cap which is way less than at the drugstore, and it's the real deal.

DOCUMENTED HEALTH BENEFITS.

Interestingly, academic researchers in this area have postulated that the rise in diseases of modern times like heart disease, diabetes, obesity, cancers, etc. stem directly from our lack of fish in the western world diet. This has been widely studied by measuring the n-6 FA/n-3FA ratio in skeletal remains of humans dating back many thousands of years. Like the N-3s, N-6 FAs are also unsaturated (have at least 1 double bond, here at the #6 carbon), but not essential to the diet (our bodies can make these) and are considered to be healthy fats compared to saturated fats (from heavier red meats and they have no double bonds) which are the serious perpetrators of atherosclerosis as they are converted to

cholesterol among other bad things. N-6 FAs come from some meats and a variety of vegetables, including nuts, cereals, whole grains, vegetable oils, eggs and poultry. Although the n-6s are better than saturated fats, they lack the molecular benefits of the w-3s.



Up to about the end of the 19th century, humans had an n-6/n-3 ratio of about 1.0. Since then it has risen to as much as 30:1 depending on the study - way over the top compared to our ancestors. A key to w-3s in this regard is its CV and especially anti-inflammatory activity since both cellular and systemic inflammation underlies nearly all of the diseases that grew in the human population in the last century. Of course other issues definitely



factor into this including, genetic predispositions and the marked decrease in exercise that has occurred over the last 30-40 years. While the role of the n6/n3 ratio in health is a

credible postulate with few serious critics, it is still only a theory.

Listed below is a summary of the numerous benefits of fish oils on health. These benefits were obtained from the hardball medical literature¹, not anecdotal claims or infomercial TV or web sites which are of dubious value. These authentic sources notwithstanding, not all these claims will turn out to "true" since this requires confirmation by replicating in well designed clinical trials, i.e., prospective, double-blind, randomized, placebo-controlled and adequately powered (hundreds of human subjects) over long periods of time (years to decades). These kinds of studies are very expensive, in the neighborhood of hundreds of millions of dollars/study. So, considering that fish oils are "orphan drugs", i.e., nobody can get a patent on it and thus get rich, don't hold your breath.

Importantly, unlike pharmaceutical drugs, fish oils have very few side effects (primarily fish burps which occur in 20% of people) and no known drug interactions, so there doesn't appear to be a downside to fish oil. Moreover, clinically, fish oils have a high compliance rate, likely because they lack side effects and are viewed as nutraceuticals by patients, i.e., they are natural compounds with health benefits, not pharmaceutical "drugs." By the way, fish burps can be largely prevented by taking the capsules with meals and/or directly from the frig; somehow this trick works. Lastly, for the diet conscious, 1 gm fish oil is only 9 calories and is the equivalent of approximately 2 oz. salmon.

SPECIFIC HEALTH BENEFITS

A. CLAIMS WITH SOLID SCIENTIFIC EVIDENCE:

TRIGLYCERIDES:

The effectiveness of fish oil in lowering blood triglycerides (fats) known to be a risk factor for cardiovascular disease has been well established in multiple clinical studies. Additionally, research has proven that DHA present in fish oil lowers the levels of small, dense particles of LDL cholesterol associated with heart disease. The level of large buoyant particles of HDL cholesterol is increased, which is desirable as it benefits cardiovascular health. Total cholesterol remains unchanged by DHA supplementation.

REDUCES HEART IRREGULARITIES:

Fish oil, especially the DHA content of it, has been shown to lower heart rates and also prevent arrhythmias (disturbances of the normal rhythm in the heart's beating), thus decreasing the chance of sudden death by a heart attack.

HYPERTENSION (HIGH BLOOD PRESSURE):

Fish oil has been shown to lower mild hypertension when it is due to cardiovascular disease, specifically high cholesterol and arteriosclerosis (hardening of the artery walls).

ANTI-CLOTTING:

Fish oil helps to avoid thrombosis (blood clots) as it prevents platelets (the smallest cells in the blood) from sticking together and forming blood clots.

ARTHRITIS AND GOUT:

Fish oil supplements have been shown to be of benefit in rheumatoid arthritis (RA), and other inflammatory forms of arthritis, such as those sometimes found in people with psoriasis and gout. EPA and DHA in fish oil reduce the amount of inflammation-causing compounds.

B. CLAIMS WITH SCIENTIFIC EVIDENCE THAT HAS NOT YET BEEN CONFIRMED:

CIRCULATORY PROBLEMS:

Circulatory problems such as varicose veins and Raynaud's disease benefit from fish oil. Fish oil stimulates blood circulation and increases the breakdown of fibrin, a compound involved in clot and scar formation.

DEPRESSION:

People with mood disorders such as depression may benefit from fish oil supplementation. Researchers have linked lack of omega-3 fatty acids, and in particular DHA, to depression. Fatty acids are essential in the healthy formation of the brain's nerve cell membranes and membrane fluidity. The brain is the richest source of fatty acids in the body, and because nerve cell function depends on proper membrane functioning and membrane fluidity, changes in membrane fluidity have a negative effect on behavior, mood and mental function.

AGGRESSION:

One study of teenagers has found that fish oil and DHA consumption relates to lower hostility rates in teenagers. Hostility has been shown to predict the development and manifestation of heart disease.

ATTENTION DEFICIT-HYPERACTIVITY DISORDER (ADHD), DYSLEXIA AND DYSPRAXIA:

Like depression and other mood disorders, people who suffer from ADHD, dyslexia and dyspraxia (absence of ability to perform coordinated skilled movements or clumsiness) may benefit from fish oil supplementation. ADHD has been linked by research to lack of omega-3



fatty acids, necessary for formation and repair of brain cell membranes, especially in the developing central nervous system in children. Fish oil may improve the efficiency of nerve impulses and neurotransmitters involved in brain function.

MEMORY, LEARNING AND ALZHEIMER'S DISEASE:

Some studies suggest that omega-3 fatty acids improve brain function and that intake of fish oil and DHA is linked to a lowered risk of developing Alzheimer's disease. Studies suggest that fish oil and DHA may protect the nervous system from degeneration. DHA and fish oil have been suggested to stimulate memory and learning abilities.

ALLERGIES:

Fish oil has been shown in some studies to protect against symptoms of hay fever, sinus infections, asthma, food allergies and allergic skin conditions such as hives and eczema. Fish oil may lower the level of airway narrowing (which causes restriction of breathing during an asthma attack) and calms inflammation. Studies consistent with improved control in asthmatics that eat fish rich in Omega-3 essential fatty acids on a weekly basis have been reported.

SKIN DISORDERS AND SKIN HEALTH:

Skin disorders such as psoriasis may improve from fish oils. In the skin of persons with psoriasis the amount of compounds causing inflammation is many times greater than normal. Fish oil inhibits the production of these inflammatory compounds. Fish oil improves the health of skin, nails and hair.

DIABETES:

Diabetics suffering from non-insulin dependent diabetes (type II diabetes) benefit from fish oil supplementation. Studies have shown that persons who consume 5-10% of their dietary energy consumption in the form of fish or fish oil have less insulin resistance, which causes diminished glucose uptake and glucose metabolism in non-insulin dependent diabetics. Fish oil enhances insulin secretion from beta cells in the pancreas, regulating blood sugar levels, and DHA may play a protective role in diabetic neuropathy in all forms of diabetes.

IMMUNE SYSTEM AND CANCER:

The intake of fish oil may be beneficial for the body's immune function. Research linking intake of fish oil to a lowered risk of breast cancer and prostate cancer has been reported.

WOMEN'S BENEFITS:

The consumption of fish oil lowers the risk for cardiovascular disease and osteoporosis in post-menopausal women. Pre-menstrual symptoms such as menstrual pain are often alleviated by the use of fish oil supplementation. Omega-3 fatty acids are

converted into pain relieving substances (prostaglandins type-3) that control contractions of the uterus, which cause the cramping.

VISUAL FUNCTION:

Some research suggests that consumption of fish oil is linked to lowered risk of age-related macular degeneration, an eye condition which is the leading cause of severe visual loss in people over age 50. The macula is the central area in the retina of the eye used for fine focus such as reading. Omega-3 fatty acids form an important part of the building blocks of the retina. Fish oil intake may improve focus, color, perception and clarity of vision.

INFLAMMATORY BOWEL DISEASE:

Fish oil may also be beneficial in intestinal health. Fish oil has an anti-inflammatory effect in inflammatory bowel disease (Ulcerative colitis and Crohn's disease).

PREGNANCY:

Although studies of fish oil supplements in pregnant women show positive results for Mom and baby, the dose and safety has not been confirmed when taken during pregnancy. Fish oil is not necessarily bad, it's just that its safety has not been studied all that well.

If your family history predisposes you to any of these conditions, you might want to consider adding fish oil pills to your diet.

For more information, Contact Tom at (thomas.tulenko@jefferson.edu).



TOM TULENKO

In addition to being a Masters Swim nut, Tom is a professor at Thomas Jefferson University School of Medicine in Philadelphia and is credentialed as a Certified Lipid Specialist by the American Board of Clinical Lipidology. Contact Tom at (thomas.tulenko@jefferson.edu).

2007 ONE HOUR POSTAL RESULTS

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INDIVIDUAL

Women 25-29

33 Krista L Chmielewski (25) 4230 1776

Women 35-39

34 Caroline Stein (36) 4170 PAFC
 71 Courtney L Smith (36) 3605 1776
 76 Kate Gaffney (36) 3495 1776
 93 Marianne Eybye (35) 3245 1776

Women 40-44

1 LAURIE HUG (41) 5150 1776

Women 45-49

1 VIBEKE SWANSON (45) 5070 1776
 37 Barbara Burke (45) 4160 PAFC
 80 Susan Underwood (46) 3720 1776

Women 50-54

8 Linda Hoke (51) 4245 1776
 64 Pamela Pagarone (53) 3295 1776

Women 65-69

32 Francine Y Clobes (68) 1720 1776

Women 75-59

17 Marianna Hagan (78) 1850 1776

Men18-24

19 Kevin P. Trainer(19) 3700 1776

Men 40-45

47 Glen A Zimmerman (43) 4345 1776
 48 David Williamson (42) 4345 1776
 54 Robert Bonsall (43) 4275 1776
 155 Charles W Smith (41) 2735 1776
 158 Vincent P Callanan (43) 1850 1776

Men 45-49

28 Michael Degroat (47) 4610 1776
 103 Rich Heimann (47) 3950 1776
 111 Jeffrey Bush (48) 3840 1776
 151 Robert Jaeske (47) 3345 1776

Men 50-54

15 Barney Heller (52) 4670 1776
 136 Gerald Auman (54) 3320 1776

Men 55-59

6 Jack Martin (55) 4870 1776

Men 60-64

15 Tom Tulenko (64) 4160 1776

Men 70-74

7 Tim Plummer (70) 3580 1776

RELAYS

35+ MEN

12 12,850 1776
 David Williamson (42) 4345
 Glen A Zimmerman (43) 4345
 Tom Tulenko (64) 4160

45+ MEN

3 14150 1776
 Jack R Martin (55) 4870
 Michael Degroat (47) 4610
 Barney Heller (52) 4670

MIXED 35+

3 19760 1776
 Laurie Hug (41) 5150
 Vibeke Swanson (45) 5070
 Barney Heller (52) 4670
 Jack R Martin (55) 4870

CONGRATULATIONS TO OUR 2006 USMS DISTANCE ALL AMERICANS

These DVM swimmers earned this by finishing FIRST in a USMS Distance National Championship. All of these are for the One Hour Postal Event, held in January 2006.

INDIVIDUAL

Valerie F Kukla (25) 5250 YDS 1776

RELAY

25+ WOMEN 15680 YDS 1776

Valerie F Kukla 25
 Laurie Hug 40
 Vibeke Swanson 44

35+ MIXED 20230 YDS 1776

Laurie Hug 40
 Vibeke Swanson 44
 James Ryan 53
 Jack R Martin 54

MEET THE CPAC HARRISBURG "GANG"

BY JAN HASTINGS



top row (l to r): Kelly Mahler, Kim Whitehead, Jan Hastings, Joyce Hamburg, Kirsten Kenyon, Brian Stephenson, Pam Skillings, Kurt Sprowls, Brian Burns, Nick Mahler
bottom row (l to r): Heather Zellers, Beth Gardner, John Fulton, Nick Petchel

The sign at our 4-lane 25 yard pool reads "Masters Swimming Practice, Mondays & Wednesdays 6-7 pm, Up to 4 lanes may be used." The stragglers are forewarned that Masters Swimming will be taking over the pool at 6 pm. And lately we've had to enforce that as more and more swimmers show up for our practices.

On an average night we get 12 swimmers. Some of us show up before 6:00 to get started, most of us stay past 7:00 to continue to work. There are the regulars and those who come occasionally. A lot of us get in a third night of practice each week. We're a mixed bag of ages, skill levels and dedication. But something keeps us coming back.

While Central Penn Aquatic Club has only been registered as such since January 2006, we've officially been around since the late '90s. The first coach was Eric Sprowls, followed by Brian Burns in 2001, and by 2003 the team was registered with USMS as a chapter pool of Yellow Breeches Racing Club. By 2005 we had enough members to register under our own name.

Coach Brian has had to take a hiatus from swimming (a toddler and another on the way, need we say more?). Our coach since the fall has been Doug Hoffer, who's been coaching high school kids for many years in Central Pennsylvania. We offer him a new "challenge." We question him a lot more than the kids do. "You want us to do what?" "Why?" But he keeps coming back, too.

Our growing team had a good 2006/07 season. A first place team finish in Boyertown, second place in Phoenixville and three of our team mates with top ten SCM times. We are very proud of our Top Ten'ers Kirsten Kenyon, Kelly (Murphy) Mahler and Nick Mahler. Not to mention all the personal goals met by others on the team that aren't measured by national standards. Several of our teammates are triathlon competitors as well.

CPAC practices every Monday and Wednesday, 6-7 pm at Central Penn Fitness Center in Harrisburg, Pennsylvania.

THE TRIATHLETE'S CORNER: GETTING READY FOR THE OPEN WATER SEASON

BY LAURIE HUG

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The vast majority of triathlons start off with an open water swim. Athletes of all levels can feel panicked and uncomfortable in open water at times. It only makes sense that to be best prepared to deal with the challenges of racing in open water, athletes should try to train in conditions similar to those they will face on race day. Swimming in a pool with lane lines, a black line on the bottom and walls to use for push offs (or for a little rest) is a lot of different than swimming in a lake, river or ocean. Many of us don't live near an open water source in which to train though. So what's a land-locked triathlete to do?

There are several ways to work on open water skills in a pool. A few easy ways to simulate swimming in open water in a pool are:

- Swim with your eyes closed (to simulate swimming in murky water). It is ok to open your eyes when taking a breath but try to keep them closed when your face is in the water.
- Practice spotting something on deck (to simulate sighting a buoy). Every 6th or 7th stroke lift your head to try to sight an object such as a starting block or stack of kick boards.
- Perform open non-contact pivot turns where you don't touch or push off the wall to get used to swimming continuously without any the aid of walls.
- Tread water in the deep end then go into a 25 or 50 yard or meter sprint to simulate a race start.
- Wear your wet suit in the pool to get used to the constriction and changes to your body position.

If you have one or more training partners that are also training for open water swims or triathlons there are other things you can do. I have pesky swim buddy who I will call Barney (because that is his name) who revels in attacking other swimmers. Our practice group has had to set ground rules (or should that be water rules?) to only allow such attacks during warm-up and cool down.

There are great benefits to these attacks though as they are similar to what you may experience in open water races and triathlons - being dunked, having your leg pulled, large splashes (like waves when a kick board is employed to create the splash) and being forced off your desired path. If you have another swim partner willing to practice these sort of things with you it really does help you become more comfortable with the jostling and rough-housing that can occur in an actual race situation. If you have several swim partners you can practice all pushing

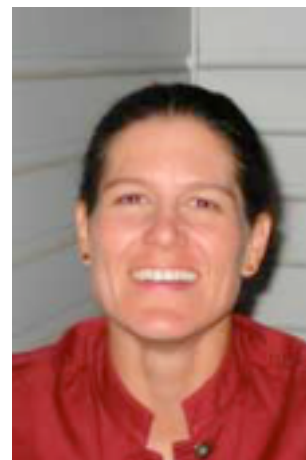
off at the same time and racing to the other side. This helps you get used to the crowded physical starts in most races.

While these exercises should help, there still is nothing quite as good as actually training in open water. In the summer there are open water swim races at the Jersey shore (in the ocean and in the bay) nearly every weekend. Check out the winter issue of the Lane Line for the tentative schedule (http://www.dvmasters.org/pdf/II/II_winter_07.pdf). These races provide good opportunities to get some open water experience before your key triathlon race.

Additionally, there are some organized weeknight swims and splash & dash events in lakes in NJ, such as those held by CGI racing (info@cgiracing.com) on Thursday nights in Wenonah. You could also try to get a few friends together to go and swim in the bay or ocean certain lakes in NJ or PA. You want to be sure you do not swim alone; always have a partner either swimming with you, or a friend kayaking alongside of you. The unexpected can happen, so safety first! No matter how much this is stressed though, some will ignore this advice and insist on swimming solo in open water (and you know who you are!). If you can't find anyone to join you and feel you must swim in open water, or if you just are not confident even swimming with friends, there is a product called "Swim Safe" (found at www.TriAids.com). It is an orange belt which can be inflated in case of emergency. Also, always wear a bright cap to make yourself a bit more visible.

Hopefully by practicing a few of the methods suggested, your next open water race experience, whether it be a triathlon, aquabike or open water swim race will go smoothly with you feeling confident and in control.

Laurie is the head masters coach at Germantown Academy. She has been racing triathlons since 1989, turned pro in 2000, and placed 10th at the 2004 US Olympic Triathlon Trials in Honolulu HI. She is also an annual USMS All-American in distance events. Laurie is available for private swim instruction for individuals or small groups and for customized freestyle swim classes for triathlon clubs. She can be reached at hug_l@yahoo.com.



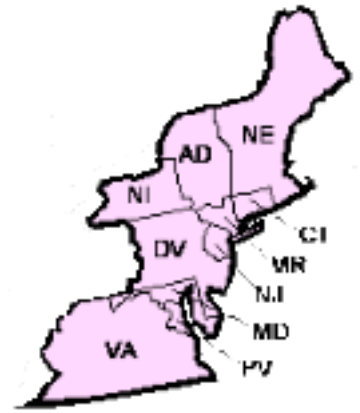
LAURIE HUG

COLONIES ZONES SCY MEET: TEAM 1776 REPORT

BY VIKYE SWANSON

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Colonies Zones Short Course Yards Championship was held at George Mason in Fairfax Virginia. Colonials 1776 was represented by only 13 swimmers. Nevertheless the team did extremely well placing 4th overall in the medium team category. Roger Franks (80-84) led the team by breaking a National record in the 200 backstroke. Vikye Swanson achieved National Record times in the 200 Back, and 200 and 400 IM.



In the always for fun and lets get team points relays, we didn't have enough women on Saturday, but the men thought it would be fun to do an 800 free relay (Thanks Dave Harrison). The inspiring 35+ relay of Les Szekely, Roger Hahn, Jim Kremzier and Dave Harrison swam great races and placed 4th. They hopped out of the pool and moved lanes. This time the trio of Les, Roger and Jim along with Warren Fisher swam a 400 medley relay. The GMU swimmers were very impressed with the 200 free 100 stroke combo done by the gentlemen. They placed 4th in this relay as well.

On Sunday we were able to field both mixed and women's relays as well as the trusty men. Warren Fisher, Les Szekely, Vikye Swanson and Laurie Hug teamed up for a first place finish in the 200 free relay 35+. Deb Salomone, Roger Hahn, Kara Watson and Dave Harrison were also strong finishers (3rd) in the 200 free relay 25+. In the afternoon, the four ladies of Laurie Hug, who we had to get off the treadmill and back into the pool, Kara Watson, Deb Salomone and Vikye Swanson teamed up for solid second place 400 free relay to end the weekend for the women. The men's team of Les Szekely, Roger Hahn, Jim Kremzier, and Warren Fisher ended their day with 400 free relay and a 3rd place finish.

As for individuals many season best times were had by all 1776 competitors. A lot of fun was had, especially getting to know team mates. It is always wonderful to see former 1776'ers who live in Maryland (Andy Ellis) and visit with competitors from all over. The meet was well run and I think I speak for all those who attended... let's have more participants from our team. If we can get 4th with 13 swimmers imagine what we could do with twice that many.

COLONIES ZONE SCY MEET RESULTS

499 swimmers attended the Colonies Zone meet run by the Patriot Masters of the Potomac Valley LMSC in April. In the medium teams category, Pennypack Aquatic Club, with 11 swimmers was 3rd (495 points) and 1776 with 12 swimmers, was 4th (486). As noted above, Roger Franks set a new national record for the 200 Back and Vikye Swanson set records for the 200 Back and the 200 and 400 IM.

WOMEN

Tara Murtha (26) PAFC
50 FR (6), 100 FR (11), 50 BA (8), 100 IM (5)

Kelly Mahler (30) CPAC
100 FR (6), 50 BA (2), 100 IM (2)

Kara Watson (32) 1776
50 FR (4), 100 IM (3)

Dana Burkhart (35) PAFC
50 FR (4), 1650 FR (3), 50 BA (2), 100 BA (3), 200 BA (4), 100 BR (2), 100 IM (5), 200 IM (2)

Laurie Hug (41) 1776
200FR (1), 500 FR (1), 1650 FR (1), 200 BA (1), 200 BR (1), 200 FL (1), 200 IM (1), 400 IM (1)

Deborah Salomone (47) 1776
50 FR (7), 50 BA (30), 100 BA (3), 100 IM (3)

Vikye Swanson (45) 1776
500 FR (1), 50 BA (1), 100 BA (1), 200 BA (1 NR), 100 IM (1), 200 IM (1 NR), 400 IM (1 NR)

MEN

Geoffrey Meyer Jr (24) PAFC
50 FR (1), 100 FR (1), 200 FR (1), 200 IM (1)

Nicholas Mahler (30) CPAC
100 FR (1), 100 BR (1), 200 BR (1)

Adam Reuter (33) PAFC
50 BA (2), 100 BA (3), 50 BR (1), 100 BR (2), 100 IM (2), 200 IM (3)

Les Szekely (43) 1776
50 FR (5), 100 FR (6), 50 BA (1), 100 BA (1), 50 FL (6), 100 IM (2)

Roger Hahn (41) 1776
50 FR (13), 100 FR (13), 1000 FR (2), 50 BA (8), 50 BR (3), 100 BR (5), 50 FL (9), 100 IM (6)

Michael Matz (45) PAFC
50 FR (8), 50 BA (4), 100 BA (2), 50 FL (2)

Joseph Morozin, Jr (47) PAFC
100 FR (2), 200 IM (3)

Alex Rae-Grant (49) 1776
50 BA (2), 100 BR (2), 200 IM (1)

Warren Fisher (50) 1776
50 FR (7), 50 BA (2), 50 BR (3), 100 BR (4), 100 IM (2)

Robert Jones (55) 1776
50 FR (4), 100 BA (4), 100 FL (1), 100 IM (3)

Paul Sweeney (56) PAFC
100 FR (3), 200 FR (2), 1000 FR (1), 50 FL (1), 100 FL (2)

Jay Platt (59) PAFC
200 FR (4), 500 FR (2), 1000 FR (2), 100 BA (5), 200 BA (3), 50 BR (5), 100 BR (3), 200 BR (3)

Geoffrey Meyer (55) PAFC
50 BA (1), 100 BA (1), 100 IM (1)

Stephen Dougherty (55) PAFC
50 BR (2), 100 BR (1), 200 BR (1)

James Kremzier (60) 1776
50 FR (3), 100 FR (5), 50 BR (1), 100 BR (2), 50 FL (3)

Joseph Amundsen (61) 1776
100 FR (2)

David Harrison (69) 1776
100 FR (1), 200 FR (1), 500 FR (1), 1000 FR (1)

Raymond Lowe (65) PAFC
50 BR (4), 100 BR (1), 200 BR (1)

Roger Franks (80) 1776
500 FR (1), 50 BA (1), 200 BA (1 NR)

RELAYS

WOMEN 25+ 400 FR RELAY

2 1776 'A'

- 1) Hug, Laurie W41 2) Salomone, Deborah W47
3) Swanson, Vibeke W45 4) Watson, Kara W32

MEN 18+ 200 FR RELAY

3 PENNYPACK AQUATIC&FITNESS CLUB 'A'

- 1) Morozin Jr, Joseph M47 2) Meyer Jr, Geoffrey M24
3) Reuter, Adam M33 4) Matz, Michael M45

MEN 18+ 800 FR RELAY

1 PENNYPACK AQUATIC&FITNESS CLUB 'A'

- 1) Morozin Jr, Joseph M47 2) Meyer Jr, Geoffrey M24
3) Matz, Michael M45 4) Reuter, Adam M33

MEN 18+ 200 medley relay

4 PENNYPACK AQUATIC&FITNESS CLUB 'A'

- 1) Meyer Jr, Geoffrey M24 2) Reuter, Adam M33
3) Matz, Michael M45 4) Loewe, Raymond M65

MEN 18+ 400 MEDLEY RELAY

3 PENNYPACK AQUATIC&FITNESS CLUB 'A'

- 1) Matz, Michael M45 2) Reuter, Adam M33
3) Morozin Jr, Joseph M47 4) Meyer Jr, Geoffrey M24

MEN 35+ 400 FR RELAY

3 1776 'A'

- 1) Szekely, Les M43 2) Fisher, Warren M50
3) Hahn, Roger M41 4) Kremzier, James M60

MEN 35+ 800 FR RELAY

4 1776 'A'

- 1) Szekely, Les M43 2) Hahn, Roger M41
3) Harrison, David M69 4) Kremzier, James M60

MEN 35+ 400 MEDLEY RELAY

4 1776 'A'

- 1) Fisher, Warren M50 2) Kremzier, James M60
3) Szekely, Les M43 4) Hahn, Roger M41



ROGER FRANKS AND DAVE HARRISON

MEN 55+ 200 FR RELAY

2 PENNYPACK AQUATIC&FITNESS CLUB 'B'

- 1) Dougherty, Stephen M55 2) Platt, Jay M59
3) Meyer, Geoffrey M55 4) Sweeney, Paul M56

MEN 55+ 800 FR RELAY

1 PENNYPACK AQUATIC&FITNESS CLUB 'B'

- 1) Sweeney, Paul M56 2) Meyer, Geoffrey M55
3) Dougherty, Stephen M55 4) Platt, Jay M59

MEN 55+ 200 MEDLEY RELAY

1 PENNYPACK AQUATIC&FITNESS CLUB 'B'

- 1) Meyer, Geoffrey M55 2) Dougherty, Stephen M55
3) Sweeney, Paul M56 4) Platt, Jay M59

MEN 55+ 400 MEDLEY RELAY

1 PENNYPACK AQUATIC&FITNESS CLUB 'B'

- 1) Meyer, Geoffrey M55 2) Dougherty, Stephen M55
3) Sweeney, Paul M56 4) Platt, Jay M59

MIXED 18+ 200 FR RELAY

4 PENNYPACK AQUATIC&FITNESS CLUB 'A'

- 1) Meyer Jr, Geoffrey M24 2) Reuter, Adam M33
3) Murtha, Tara W26 4) Burkart, Dana W35

MIXED 25 + 200 FR RELAY

3 1776 'B'

- 1) Harrison, David M69 2) Salomone, Deborah W47
3) Watson, Kara W32 4) Hahn, Roger M41

MIXED 35+ 200 FR RELAY

1 1776 'A'

- 1) Szekely, Les M43 2) Hug, Laurie W41
3) Swanson, Vibeke W45 4) Fisher, Warren M50

Full results with times are available at
<http://www.patriotmasters.org/Colonies.2007.FullResults.htm>

THE PHYSICAL THERAPIST'S CORNER: TAKE YOUR TRAINING TO THE MAX -- VO2 MAX!

BY BERNADETTE PRICE

Bernadette is a Fitness Consultant at Excel Physical Therapy & Fitness. She is filling in for Lisa Semels Tolotta this issue.



You can see the finish line. You have been training for months, putting off other events and activities, all for this one race. You know if you push a little harder you can reach the finish before the other runners. You push but nothing happens. Your entire body weighs a ton and you can't get oxygen in your lungs fast enough. You hit the wall. This has happened to many athletes. They train for months, sometimes years but find that on race day all of their training was useless. VO2 max testing actually helps athletes improve their time and gain the most out of their training. If you haven't bothered with VO2 max you are most likely thinking "That's not for me, I am never going to be Lance Armstrong." But knowing your VO2 max can be beneficial for everyone, including non-athletes.

You may have estimated your Resting Metabolic Rate (RMR) or VO2 max, by calculating basic equations using your age, height and weight. ($220 - \text{age} = \text{max heart rate}$) Then taking the max heart rate you can multiply that number by 65-85% to get a range in which you can train more effectively. The problem with this is that not every person your age has the same exact max heart rate as you. There may be differences in weight, metabolism, resting heart rate and other factors. This is why these are called general estimates and are not specific to your individual training ability. As an athlete your race time may suffer. You may be wondering why you are not losing weight, or why you are still feeling tired when you are participating in your weekly sporting event. These are all factors that can be the result of not knowing your personal numbers.

VO2 MAX

It may not sound important-matter of fact it may sound like a costly "athletes only" test. However, VO2 max applies to everyone. **VO2 Max** is the volume of oxygen the body uses during one minute of maximal exercise. To begin testing a type of headgear is worn with a mouthpiece attached to it; this collects the expired air. Your nose is plugged so you can only breathe through your mouth. You will also be wearing a heart rate monitor. After all the gear is

put on, you begin on the treadmill or cycle at a slow pace. The intensity increases one minute at a time until you can no longer continue. The test stops and your exercise professional prints out the data for analysis.

The test provides you with exactly how many calories you burn at rest and with activity. The exercise professional determines your resting metabolic rate, aerobic, anaerobic thresholds from the data.

RESTING METABOLIC RATE

Resting metabolic rate is the amount of energy used at rest. This is the amount of calories your body burns by doing nothing. Knowing how many calories you burn at rest and during activity can provide you with useful information. You may not be taking in enough calories to maintain optimal energy for your activity level. Knowing your RMR can also assist with weight loss and management by indicating either how many calories you should deduct from your diet or how long and hard you should be exercising. In other words, the typical 2,000 calorie a-day diet doesn't work for everyone.

By knowing your personal numbers, your goals can be optimized.

AEROBIC THRESHOLD

The maximum rate at which you can burn fat during exercise is your **aerobic threshold**. Fat is the most efficient fuel your body can burn, but if your exercise intensity is too high or too low, your body will burn more carbohydrates than fat. The testing determines a range you must maintain your heart rate to burn fat calories.

ANAEROBIC THRESHOLD

Your **anaerobic threshold** is the maximum rate at which you burn calories during exercise. This is the highest intensity that you are able to perform your activity at. At this intensity you are burning calories from carbohydrates. If an athlete is exercising below his/her anaerobic threshold, they are working hard but not at a maximum intensity. An

athlete who is training in a heart rate zone above the determined threshold will have lactic acid buildup in the muscles which causes premature fatigue and soreness.

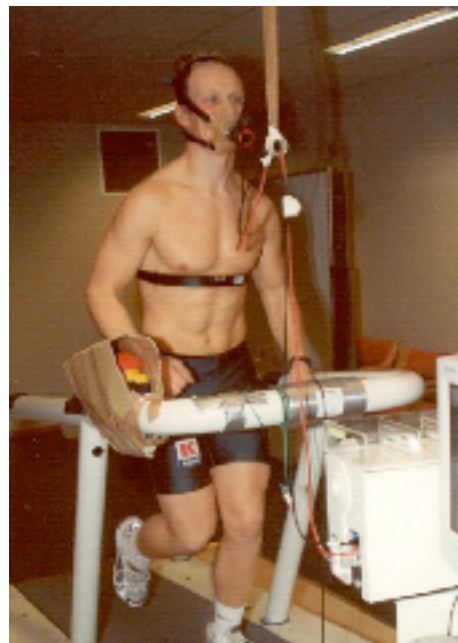
WHAT IF I AM NOT AN ATHLETE? HOW CAN THIS AFFECT ME?

For someone who is not an athlete, the following is the best example of how you will feel at each level of intensity. If the elevator is broken in your apartment building you must take the stairs. At the start of the walk you are at a steady pace with a low heart rate, this level of intensity is burning mostly fats (think love handles). As you approach the top you are getting tired, have shortness of breathe and can't talk very well. This is the anaerobic threshold where you are burning mostly carbohydrates (think last night's pasta dinner.)

If you are a beginner athlete, getting a VO2 max test is a great way to track your progress. Once you know your numbers, your exercise professional, or coach can create a program that will help increase your VO2 max. Depending on your needs, the program will assist with weight loss or be based upon efficient exercise.

WHAT'S YOUR NUMBER?

Having your VO2 max tested can be beneficial to athletes as well as non-athletes. Knowing your own numbers allows you to train, work out and lose weight faster and more efficiently.



Knowing and improving your numbers also gives you the opportunity to compare and compete with others. Knowing your numbers can be the difference between winning the race and trying again next year.

If you wish to have a VO2 Max test, it can be performed at Excel's Center City location at 1616 Walnut Street. Call Bernadette at 215-545-8717 to set it up.

2007 USMS SHORT COURSE NATIONALS RESULTS

Murray, Alexis A 1776	Burkart, Dana M PAFC	Loewe, Raymond D PAFC	Hauptschein, Richard S UNAT
50 Breast 33.39 2	1000 Free 13:18.96 6	50 Breast 35.11 3	100 Fly 58.06 13
100 IM 1:05.30 4	50 Breast 36.18 8	200 Breast 2:48.49 3	200 Free 2:00.16 19
50 Back 30.04 6	100 IM 1:13.32 17	100 Breast 1:16.38 3	200 Fly 2:12.68 6
100 Free 56.33 5	50 Back 32.97 14		100 Free 55.24 33
50 Free 25.87 6	50 Free 28.07 15		50 Free 25.18 32
50 Fly 27.61 2	50 Fly 31.05 15		

Congratulations to the four DVM swimmers who ventured out to the Pacific Northwest for SCY Nationals in May.

2007 USMS LONG COURSE NATIONALS

Long course Nationals will be held at the Woodlands, TX from August 10-13. Entries may be snail mailed or on line. Meet information is available at <http://www.usms.org/comp/lcnats07/meetinfo.php> There are rolling deadlines, with later ones costing you more! The absolute final deadline is July 13.



CONGRATULATIONS TO THE FOLLOWING DVM'RS WHO EARNED TOP TEN RANKINGS IN SCM FOR 2006

The Short course Meters Zone meet in December 2006 proved to be a BONANZA for DVM swimmers. As a result of this meet, we can boast of 51 swimmers who achieved this milestone. There are 26 women and 25 men on the 2006 SCM list for individual events. An additional 18 swimmers (11 women and 7 men) earned Top Ten in the Relays. We had 6 teams earn the #1 ranking.

A very special commendation goes to **VIKYE SWANSON** who earned SEVEN #1 individual times. **LAURIE HUG** and **JANET MOELLER** each earned 12 Top Ten times, while **ADAM RITCHIE** and **JOAN WALBAUM** each earned the honor in six individual events. Swimmers who had five Top Ten times include: **MICHELE HUYETTE**, **ROBERT KANNEGIESER**, AND **HAL BEGEL**.

INDIVIDUAL EVENTS

WOMEN 18-24

8	100 BR	Kate Donald	24	PAFC	1:23.47
5	200 BR	Kate Donald	24	PAFC	2:58.59

WOMEN 25-29

7	50 FR	Kelly Murphy	27	CPAC	28.93
6	100 FR	Kelly Murphy	27	CPAC	1:03.06
10	400 FR	Samantha Bausher-Grybosky	29	UNAT	5:19.49

1	50 BA	BRIGHID DWYER	27	PAFC	32.21
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10	50 BA	Kelly Stalker	29	1776	35.16
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8	100 BA	Samantha Bausher-Grybosky	29	UNAT	1:13.84
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9	100 BA	Jennifer Hensell	27	FINS	1:13.94
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7	200 BA	Kelly Stalker	29	1776	2:45.23
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7	50 BR	Natika Dannenfelsler	25	PAFC	38.90
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5	100 BR	Brighid Dwyer	27	PAFC	1:21.99
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3	50 FL	Brighid Dwyer	27	PAFC	31.07
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9	50 FL	Kelly Murphy	27	CPAC	31.93
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10	50 FL	Alicia Markey	27	1776	32.24
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6	100 FL	Jennifer Hensell	27	FINS	1:15.07
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1	200 FL	SAMANTHA BAUSHER-GRYBOSKY	29	UNAT	2:28.50
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4	200 FL	Jennifer Hensell	27	FINS	2:51.30
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4	200 IM	Samantha Bausher-Grybosky	29	UNAT	2:34.05
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8	400 IM	Alicia Markey	27	1776	5:44.69
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9	400 IM	Jennifer Hensell	27	FINS	5:46.42
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WOMEN 30-34

10	200 FR	Elke Hofmann	34	FINS	2:34.56
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4	400 FR	Patricia O'Connor	30	PAFC	5:01.73
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1	50 BA	KIRSTEN KENYON	31	CPAC	33.50
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3	100 BA	Kirsten Kenyon	31	CPAC	1:13.43
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5	200 BA	Kirsten Kenyon	31	CPAC	2:41.91
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2	100 BR	Chrissy Sullivan	30	SVM	1:19.62
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5	50 FL	Kirsten Kenyon	31	CPAC	33.26
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2	100 FL	Chrissy Sullivan	30	SVM	1:06.54
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1	200 IM	CHRISSEY SULLIVAN	30	SVM	2:25.81
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9	200 IM	Patricia O'Connor	30	PAFC	2:45.54
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1	400 IM	CHRISSEY SULLIVAN	30	SVM	5:11.97
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WOMEN 35-39

9	100 FR	Michele Huyette	38	FINS	1:06.20
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7	1500 FR	Dana Burkart	35	PAFC	22:40.56
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8	1500 FR	Caroline Stein	36	PAFC	22:59.95
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5	50 FL	Michele Huyette	38	FINS	32.28
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10	200 FL	Caroline Stein	36	PAFC	3:10.57
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9	100 IM	Michele Huyette	38	FINS	1:17.43
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8	200 IM	Michele Huyette	38	FINS	2:54.01
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10	400 IM	Michele Huyette	38	FINS	6:14.23
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WOMEN 40-44

7	100 FR	Laurie Hug	41	1776	1:05.07
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6	200 FR	Laurie Hug	41	1776	2:18.81
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3	400 FR	Laurie Hug	41	1776	4:46.44
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2	800 FR	Laurie Hug	41	1776	9:40.34
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2	1500 FR	Laurie Hug	41	1776	18:12.51
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9	100 BA	Laurie Hug	41	1776	1:16.60
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6	200 BA	Laurie Hug	41	1776	2:38.86
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1	200 BR	LAURIE HUG	41	1776	3:02.42
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9	100 FL	Laurie Hug	41	1776	1:14.54
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4	200 FL	Laurie Hug	41	1776	2:35.11
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5	200 IM	Laurie Hug	41	1776	2:37.80
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4	400 IM	Laurie Hug	41	1776	5:30.52
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WOMEN 45-49

1	200 FR	VIBEKE SWANSON	45	1776	2:16.12
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1	50 BA	VIBEKE SWANSON	45	1776	32.54
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1	100 BA	VIBEKE SWANSON	45	1776	1:09.20
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1	200 BA	VIBEKE SWANSON	45	1776	2:32.56
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8	100 BR	Barbara Burke	45	PAFC	1:32.98
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9	200 BR	Barbara Burke	45	PAFC	3:22.58
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1	100 IM	VIBEKE SWANSON	45	1776	1:10.47
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1	200 IM	VIBEKE SWANSON	45	1776	2:31.99
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1	400 IM	VIBEKE SWANSON	45	1776	5:19.58
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WOMEN 55-59

9	200 FR	Janet Jastremski	58	1776	2:57.11
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9	100 BA	Janet Jastremski	58	1776	1:35.81
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SWIMMERS WITH #1 RANKINGS ARE LISTED IN CAPITALS AND COLOR!

WOMEN 70-74

8	50 FR	Janet Moeller	72	1776	46.55
10	100 FR	Janet Moeller	72	1776	1:49.06
6	1500 FR	Janice Barnes	71	PAFC	41:50.66
8	50 BA	Janet Moeller	72	1776	58.24
3	50 BR	Janet Moeller	72	1776	54.72
3	100 BR	Janet Moeller	72	1776	2:02.07
5	200 BR	Janet Moeller	72	1776	4:34.95
5	50 FL	Janet Moeller	72	1776	55.37
4	100 FL	Janet Moeller	72	1776	2:15.87
2	200 FL	Janet Moeller	72	1776	5:19.72
5	100 IM	Janet Moeller	72	1776	1:58.99
5	200 IM	Janet Moeller	72	1776	4:24.69
2	400 IM	Janet Moeller	72	1776	9:39.97

WOMEN 75-79

9	50 FR	Joan Waldbaum	75	1776	51.77
8	100 BA	Marianna Hagan	78	1776	2:13.67
5	50 BR	Joan Waldbaum	75	1776	1:00.13
6	100 BR	Joan Waldbaum	75	1776	2:15.32
10	100 BR	Marianna Hagan	78	1776	2:28.75
4	200 BR	Joan Waldbaum	75	1776	5:03.31
2	50 FL	Joan Waldbaum	75	1776	1:01.47
3	50 FL	Marianna Hagan	78	1776	1:05.29
8	100 IM	Joan Waldbaum	75	1776	2:19.59
10	100 IM	Marianna Hagan	78	1776	2:23.11

WOMEN 80-84

6	50 FR	Agnes Zydinsky	84	1776	1:06.24
7	100 FR	Agnes Zydinsky	84	1776	2:24.98
6	50 BA	Agnes Zydinsky	84	1776	1:13.19
6	100 BA	Agnes Zydinsky	84	1776	2:35.62

MEN 18-24

9	400 FR	Francois Springuel	24	PAFC	5:32.44
7	800 FR	Francois Springuel	24	PAFC	11:19.98

MEN 25-29

5	50 FR	Adam Ritchie	28	UNAT	24.58
8	50 FR	Brian Goldthorpe	28	FINS	24.75
4	100 FR	Adam Ritchie	28	UNAT	53.86
5	100 FR	Brian Goldthorpe	28	FINS	54.76
5	200 FR	Adam Ritchie	28	UNAT	2:02.70
2	50 BA	Adam Ritchie	28	UNAT	28.34
2	100 BA	Adam Ritchie	28	UNAT	1:00.16
4	200 BA	Adam Ritchie	28	UNAT	2:13.55
7	100 BR	Nicholas Mahler	29	CPAC	1:10.33
9	100 BR	Brian Furlong	29	PAFC	1:11.62
7	200 BR	Nicholas Mahler	29	CPAC	2:36.73
4	50 FL	Brian Goldthorpe	28	FINS	26.32
10	50 FL	Shawn Markey	29	1776	26.97
5	100 FL	Brian Goldthorpe	28	FINS	58.26
6	400 IM	Brian Furlong	29	PAFC	5:00.27

MEN 30-34

8	200 FR	Alan O'Connor	33	PAFC	2:06.93
2	50 BA	Matthew Carlson	34	1776	28.74
8	200 BR	Alan O'Connor	33	PAFC	2:41.94

MEN 40-44

5	50 BA	Jim Jordan	41	FINS	29.66
6	100 BA	Jim Jordan	41	FINS	1:04.30
4	50 FL	Jim Jordan	41	FINS	27.19

MEN 45-49

9	200 FR	Robert Kannegieser	49	FINS	2:09.42
4	400 FR	Robert Kannegieser	49	FINS	4:33.72
4	1500 FR	Robert Kannegieser	49	FINS	18:32.21
5	200 FL	Robert Kannegieser	49	FINS	2:27.30
1	400 IM	ROBERT KANNEGIESER	49	FINS	5:11.71

MEN 50-54

8	1500 FR	James Ryan	54	1776	19:59.21
9	50 BA	Warren Fisher	50	1776	31.94
10	100 BA	Richard Chappell	50	1776	1:10.63
4	200 BA	Richard Chappell	50	1776	2:31.28

MEN 55-59

1	50 FR	PAUL TREVISAN	55	1776	24.70
1	100 FR	PAUL TREVISAN	55	1776	55.12
5	200 FR	Paul Sweeney	55	PAFC	2:21.61
8	200 FR	Jay Platt	59	PAFC	2:26.30
4	400 FR	Jack Martin	55	1776	4:44.97
6	400 FR	Paul Sweeney	55	PAFC	4:57.77
2	1500 FR	Jack Martin	55	1776	18:43.40
7	1500 FR	Paul Sweeney	55	PAFC	20:51.92
6	50 BA	Geoffrey Meyer	55	PAFC	33.30
5	100 BA	Geoffrey Meyer	55	PAFC	1:14.15
8	200 BR	Jack Martin	55	1776	3:03.72
10	200 BR	Stephen Dougherty	55	PAFC	3:05.37
6	100 FL	Robert Jones	55	1776	1:11.74
9	200 IM	Stephen Dougherty	55	PAFC	2:44.50

MEN 60-64

10	200 BR	Raymond Loewe	64	PAFC	3:21.50
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MEN 70-74

8	100 FL	David Gladfelter	70	1776	2:06.46
7	400 IM	David Gladfelter	70	1776	9:13.20

MEN 75-79

7	50 FR	Hal Begel	77	1776	36.37
5	100 FR	Hal Begel	77	1776	1:23.75
8	200 FR	Hal Begel	77	1776	3:17.41
6	400 FR	Hal Begel	77	1776	7:01.35
10	100 IM	Hal Begel	77	1776	1:48.44

MEN 80-84

8	200 BA	Norman Garsoe	83	1776	5:10.00
9	50 BR	Norman Garsoe	83	1776	1:09.86
8	100 BR	Norman Garsoe	83	1776	2:33.48
4	200 BR	Norman Garsoe	83	1776	5:25.38

TOP TEN SCM RELAY TEAMS:

MEN 100-119 SCM (2006)

9 200 Free PAFC 1:47.02 Brian Furlong (29), Connor Browne (27),
Adam Reuter (32), Francois Springuel (24)

6 400 Medley PAFC 4:31.48 Brian Furlong (29), Adam Reuter (32),
Connor Browne (27), Francois Springuel (24)

MEN 120-159 SCM (2006)

8 800 Free PAFC 9:17.92 Brian Furlong (29), Connor Browne (27),
Javier Arjona (41), Joseph Morozin (46)

MEN 160-199 SCM (2006)

4 200 Free FINS 1:46.12 Jim Jordan (41), Robert Kannegieser (49),
Patrick Lee Loy (42), Brian Goldthorpe (28)

2 400 Medley FINS 4:26.90 Jim Jordan (41), Patrick Lee Loy (42),
Robert Kannegieser (49), Brian Goldthorpe (28)

MEN 200-239 SCM (2006)

7 200 Free PAFC 1:59.88 Jay Platt (59), Paul Sweeney (55),
Stephen Dougherty (55), Geoffrey Meyer (55)

10 200 Medley PAFC 2:16.43 Geoffrey Meyer (55), Stephen Dougherty (55),
Paul Sweeney (55), Jay Platt (59)

9 400 Free PAFC 4:33.01 Paul Sweeney (55), Jay Platt (59),
Stephen Dougherty (55), Geoffrey Meyer (55)

5 400 Medley PAFC 5:08.00 Geoffrey Meyer (55), Stephen Dougherty (55),
Paul Sweeney (55), Jay Platt (59)

WOMEN 100-119 SCM (2006)

6 200 Medley PAFC 2:34.78 Terri Schreiber (34), Patricia O'Connor (30),
Karin Cole (28), Tara Murtha (26)

3 400 Free PAFC 4:41.91 Tara Murtha (26), Patricia O'Connor (30),
Terri Schreiber (34), Karin Cole (28)

Women 120-159 SCM (2006)

**1 400 FREE FIN 4:34.07 ELKE HOFMANN (34), JOAN BUEHLER (44),
MICHELE HUYETTE (38), JENNIFER HENSELL (27)**

WOMEN 160-199 SCM (2006)

3 400 Medley 1776 5:16.31 Vibeke Swanson (45), Alicia Markey (27),
Laurie Hug (41), Janet Jastremski (58)

**1 800 FREE FINS 11:04.76 MICHELE HUYETTE (38), MERRILL HILF (46),
JILL BURKE (42), JOAN BUEHLER (44)**

WOMEN 200-239 SCM (2006)

7 200 Free FINS 2:27.35 Sheilagh Mulderig (54), Teresa Selfridge (56),
Merrill Hilf (46), Joan Buehler (44)

WOMEN 280-319 SCM (2006)

3 200 Free 1776 3:16.55 Janet Jastremski (58), Joan Waldbaum (75),
Janet Moeller (72), Ruth Aaron (77)

**1 200 MEDLEY 1776 3:32.65 MARIANNA HAGAN (78), JANET MOELLER (72),
JANET JASTREMSKI (58), JOAN WALDBAUM (75)**

**1 400 FREE 1776 7:25.03 RUTH AARON (77), JOAN WALDBAUM (75),
JANET MOELLER (72), JANET JASTREMSKI (58)**

3 400 Medley 1776 9:05.99 Marianna Hagan (78), Joan Waldbaum (75),
Janet Moeller (72), Ruth Aaron (77)

**1 800 FREE 1776 16:02.46 JOAN WALDBAUM (75), RUTH AARON (77),
JANET MOELLER (72), JANET JASTREMSKI (58)**

MIXED 100-119 SCM (2006)

- 8 200 Medley PAFC 2:21.72 Alan O'Connor (33), Patricia O'Connor (30), Francois Springuel (24), Tara Murtha (26)
- 4 400 Free PAFC 4:27.52 Patricia O'Connor (30), Tara Murtha (26), Francois Springuel (24), Alan O'Connor (33)

Mixed 120-159 SCM (2006)

- 1 200 FREE 1776 1:51.65 VIBEKE SWANSON (45), LAURIE HUG (41), SHAWN MARKEY (29), MIKE FORTMANN (29)
- 2 200 Medley FINS 2:08.12 Jim Jordan (41), Jennifer Hensell (27), Brian Goldthorpe (28), Elke Hofmann (34)
- 10 200 Medley 1776 2:14.01 Kelly Stalker (29), Jeffrey Merrick (45), Mike Fortmann (29), Vibeke Swanson (45)
- 3 800 Free FINS 9:35.08 Jason Klugman (35), Elke Hofmann (34), Jennifer Hensell (27), Robert Kannegieser (49)

MIXED 160-199 SCM (2006)

- 3 400 Free 1776 4:32.04 Laurie Hug (41), Vibeke Swanson (45), Mike Fortmann (29), Jeffrey Merrick (45)
- 2 800 Free PAFC 9:46.73 Paul Sweeney (55), Jay Platt (59), Tara Murtha (26), Brighid Dwyer (27)
- 5 800 Free 1776 11:32.36 David Gladfelter (70), Vibeke Swanson (45), Laurie Hug (41), Mike Fortmann (29)

MIXED 240-279 SCM (2006)

- 10 400 Free 1776 8:07.33 Francine Clobes (68), Ruth Aaron (77), David Gladfelter (70), James Kremzier (60)

MIXED 280-319 SCM (2006)

- 6 200 Medley 1776 3:34.92 Marianna Hagan (78), Joan Waldbaum (75), James Kremzier (60), David Gladfelter (70)

TOTAL IMMERSION: "RECEIVE ENDURANCE"

BY TERRY LAUGHLIN

I've practiced yoga on and off for 15 years, more regularly since turning 50, receiving countless valuable insights in the bargain. Last week, on May Day, our teacher suggested an intention, based on the Celtic festival Beltane, to merge the "male and female nature" in ourselves. As Carrie explained, the male nature is Doing while the female nature is *Receiving*. Being habitually a Do-er, I decided to Do Less and Receive More during class.

Because I'd been traveling most of the previous two months, and had attended only two classes in that time, I felt a distinct lack of "yoga fitness." Two days earlier I attended a similar class led by the same teacher. After 75 minutes I was whipped. But after focusing on *Receiving*, I felt fresh, indeed energized!



Receiving, of course, is a suggestion, not an instruction, and takes imagination to put into practice. Here's how I practiced *Receiving* in yoga: In any movement that involved bending or sinking, I focused on feeling myself just respond to gravity. In any movement that involved lifting, or supporting, I focused on feeling as if my arm or leg simply floated up - or on a feeling of "physical expansiveness." I also focused on using core muscle while keeping my limbs relaxed.

The contrast between these two classes exactly mirrored swim practices I'd done on the two preceding days. On April 29, I'd swum 5000 yards focused on relaxed hands and arms, and a *leisurely* stroke. I finished feeling completely fresh. The next day, though I swam only 3000 yards, my focus on creating propulsion with my arms left me dog tired.

Most triathletes instinctively feel it's necessary to *Do* much to prepare for an endurance swim - more yards for fitness; harder laps for speed. But a focus on *Receiving* is ideal for swimming longer distances. In Feb, 2002, though I'd swum little in previous months, I registered for the Manhattan Island Marathon Swim, leaving myself only four months to prepare. Though most other entrants swam approximately 450 miles in those four months, in pursuit of extraordinary fitness, I trained just 180 miles, devoted entirely to practicing "extraordinary economy." I completed the 28.5-mile swim in 8 hours and 53 minutes with no post-race fatigue or soreness. In 2006, I repeated this approach, completing the distance in about 8 hours, and finishing in the upper half of the field, though I was one of the oldest participants.

A focus on *Doing Less* in swimming will bring particular benefits in a triathlon, leaving you far fresher for the bike and run. And perhaps the experience may encourage you to think about how to *Do Less* back on land. Here are tips for *Receiving Swimming Endurance*:

RECEIVE AIR.

Breathing easily is essential to swim a long distance without fatigue. And *Receiving Air* is the best way to do it. Focus on an active exhale to fully clear your lungs and they'll fill effortlessly on the inhale, since nature abhors a vacuum. Practice this by listening to the bubbles coming from your nose the entire time your face is in the water. Or try regulating your speed or effort in a training set by the energy of your exhale. Exhale gently while swimming more easily. To swim faster, try simply increasing the intensity of your exhale.

GIVE IN TO GRAVITY.

Inexperienced swimmers often waste vast amounts of energy trying to stay afloat. But the human body's natural position is to have 95% of our mass submerged. We swim through the water, not over it. Rather than fight gravity, relax into the water. An unexpected dividend of giving in to gravity is that there's much less drag below the surface than right at it. To practice this in training by: (1) Relax your head and neck completely and allow the water to support its weight. (2) Let your hand sink below your forearm on entry - fingers pointing down. These actions should help you feel your hips and legs become lighter.

TAKE THE PATH OF LEAST RESISTANCE.

Our instincts incline us to muscle our way through the water *especially* the chop or waves we may encounter in open water. But water resistance is *much* stronger than any power we can generate. Instead, cut through chop with a long, sleek bodyline. Rather than pushing water back with your hand, focus on spearing it *forward*, then lining up head, torso and legs to follow your arm through the "channel" it creates as it spears forward into the water. The other hand will be pushing back as you do; just let it happen while you concentrate on the one going forward.

SOFTEN YOUR HANDS.

When we were young, most of us were taught to turn the hand into a flesh-and-bone paddle for moving more water. But a relaxed hand not only holds water perfectly well; it's also more sensitive to the best way to work *with* the water. Right now, hold your arm forward with your hand hanging limp from your wrist. If your hand is like this as it spears forward, it will help your balance and be in a better position to hold water as you stroke. If your fingers separate during recovery and as you begin your stroke, you've got it right. If they're pressed together, your hand is too tense.



RECEIVE AWARENESS.

Because the water is dense and completely enveloping, we swim through a literal "sea of sensation" receiving more input from our surroundings than in any land sport. *But first you must pay attention.* The most effective way to heighten awareness is to simply listen. Anything you do more quietly in the water will be more efficient. Quieter means a hand entering more cleanly, a foot working more effectively and a body more streamlined.

RECEIVE SUCCESS.

If you do enter a race, your best strategy is to not race. Virtually everyone else - unless they practice Total Immersion techniques - will work too hard in the first 100 to 300 meters then spend the next 1200 or more meters slowing down. When they do, you won't have to chase them; *they'll be swimming back to you.* To make this work for you, just pick one of the focal points I suggest above - likely the one that makes your stroke feel best - and give that your full attention from the start, while everyone else is thinking about racing. Just keep practicing your focus, one relaxed stroke after another. Before long, *without even trying*, you'll notice yourself passing other swimmers. Enjoy!



TERRY LAUGHLIN

Terry Laughlin's latest book is Extraordinary Swimming for Every Body. In 2006, he broke two U. S. Masters 55-59 long distance swimming records by practicing what he teaches. Read more of his articles at www.totalimmersion.net.

Mark your Calendar: We'll repeat our Eleuthera Open Water Camp Dec 15-19, 2007, offering both introductory and intermediate instruction levels. All who attend must have completed a TI Workshop or Camp before attending.

NEED A VACATION? -- 2008 FINA WORLD MASTERS ARE IN AUSTRALIA



The only venue to host two previous FINA World Swimming Championships, Challenge Stadium, Perth Australia, expects to welcome up to 10,000 visitors in 2008.

Training will start on 15th April with an opening ceremony on the April 17 and the first day of competition on April 18. Challenge Stadium's five pools will see the event run concurrently allowing athletes in all disciplines to mix and attend the many social events.

Competitors can find out more information or register for the event by going to www.2008finamasters.org West Hollywood Aquatics Newsletter (West Hollywood Aquatics),



PERTH

OPEN WATER UPDATES

THIS IS A CHANGE:

July 21st -- Ocean City Masters Swim (initially, it was listed as July 28th)

Remember to check with the organizers if the date has an ***. The first version of the OW schedule was in the Winter Edition of the Lane Line and an updated one (as of June 5th) is now on the website. Additional changes will be posted there.

IMPORTANT NOTE TO THOSE OF YOU WHO EXPECTED TO SEE YOUR NAMES ON THE SWIMMER MAGAZINE ALL AMERICAN LIST FOR 2006.

They GOOFED and printed the names from 2005. This will be corrected in the next issue of the magazine and I will highlight the DVM swimmers in the next edition of the Lane Line. By my count, we should have at least a dozen swimmers on the list...

IF YOU FINISHED WITH THE #1 TIME IN ANY EVENT FOR SCY, SCM, OR LCM IN 2006, YOU WILL EARN ALL AMERICAN STATUS. I WOULD LOVE TO HAVE A PHOTO (DIGITAL ONLY PLEASE...) OF YOU FOR THE FALL LANE LINE, SO PLEASE SEND ONE -- HEAD SHOTS ARE BEST.



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