

# THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

FALL  
2008

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

## YOUR EDITOR SPEAKS!

JUDY MICHEL (SWIMICHEL@MAC.COM)

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Welcome to the Fall 2008 Edition of the Lane Line. As per a decision of the Executive Committee, everyone (1/address) receives a snail copy of the Fall Lane Line. The Winter and Spring/Summer editions will be sent both Snail only to those who request it.

The Open Water season was a successful one once the waters warmed up and that report is included. Several of our swimmers were recognized for their achievements in the pool. Many thanks to those of you who supplied photos!

We sent two delegates, VP Laurie Hug and Registrar Patrick Lee Loy to the USAS Convention this Fall. Their reports are included. The major change in USMS is that the organization has gone to a paid director and office and is seeking to become a more professional and business like organization. In addition to opening a new office in North Carolina, USMS is endeavoring to "GO GREEN" and will be sending many types of correspondence only through e-mail and the USMS web site.

Good news is that you can now renew your dues on line using a credit card. There is a link on the DVM web site for this. You can also print out your card online and find your number to register for meets. USMS estimates that 80% of members will renew on line. For non web savvy folk,s there is a copy of the paper form on page 23. 201 DVM swimmers did not renew for 2008. However, there are six new clubs for 2009.

**If you are in the youngest age group -- 18 to 24 -- DVM has a treat for you. You can join for a fee of ONLY \$10.00. However, you MUST USE THE PAPER FORM on page 23 or download it from the web site. We will send the extra fee to USMS for you.**

The regular fee is \$35 for Nov. 1, 2008 to Dec 31, 2009. USMS has voted to increase the fees at a rate of \$2/year beginning with 2010. This will help support the paid personnel. The online registration also allows meet officials to double check membership information more easily.

Dan Allen, our Web Master, has begun the process of listing the ALL TIME TOP TEN DVM swims for all age groups and all events. He has been able to cull data from web results going back to 1993. The current list for SCM is on our web site. Check it out and if you think you own a Top Ten time, please let him know. You can have swum it anywhere as long as your were a DVM member at the time of the swim. Dan is now collecting SCY and LCM times. Dan urges our "older swimmers" -- those who competed pre web to sort through their records and send their times to him. Even if you think it might be slow, it might not be!

For those of you with web access, do check out the DVM site on a regular basis as meet entry forms and results are posted there. Very few meet directors will send out paper invitations. It is too costly. Likewise, if you know of people in your workout group who want to compete but do not have web access, please make copies of meet entry forms and be sure that they get them. DVM and other local and regional meets are listed on our web site.

Remember, if you have a topic for the newsletter, be sure to send it to me. I have only a few in the pipeline for Winter. If you have news you want everyone to have, let me know and I can send out an e-mail blast. Thanks.

**THIS NEWSLETTER WAS ASSEMBLED ON A 64 MAC COMPUTER USING APPLEWORKS DRAWING PROGRAM. IT LOOKS THE BEST IF PRINTED USING A COLOR PRINTER.**

# TIB BITS AND ODDS AND ENDS



FROM BRUCKNER CHASE:  
**Liberty Sports Magazine** out of Philly can be an outlet for some swimming related schedules and information while also serving those that find our sport via triathlons and cross training. Under the new owners they are continuing to improve the content for all outdoor athletes. The magazine comes out 10 times per year and is free. We are trying to fill in gaps with circulation, and if you would like your center added to the list to receive a stack of copies please let me know the name of the center, the address and a contact name. (Bruckner@chasesolutionsllc.com)

**FROM PAT TIMMINS, TREASURER:**

TREASURER'S REPORT for the year 9/30/07 - 9/30/08:

Beginning balance: \$23,747.08  
 Total Withdrawals: (\$21,586.41)  
 Total Deposits: \$19,531.88  
 Ending Balance: \$21,692.55

**DID YOU KNOW** that as of October 31, 2008, U.S. Masters Swimming had more than 48,000 members?

**DID YOU KNOW** that as of October 31, 2008, there were 96 new U.S. Masters Swimming clubs and that new clubs accounted for roughly 17 percent of total USMS clubs? USMS membership is at an all-time high as we move into 2009 registration. New programs, new coaches, new volunteers and new athletes are contributing to the vibrancy of U.S. Masters Swimming.

**SEND OFF OLD CELL PHONES.**

The Good Deed Foundation has partnered with ReCellular to recycle old cell phones. In 2007, approximately 130 million cell phones adding up to 65 tons were discarded in the US.

The Good Deed Foundation will collect your cell phones, send them to ReCellular where they are refurbished and resold in developing countries. About 25% cannot be used and these are broken down and the metals extracted and recycled. No materials are sent to a landfill.

The Good Deed Foundation will send you a pre-paid FEDEX mailing label for shipping. You need only to provide the package. (My FEDEX KINKOS donated the box.) The Good Deed Foundation is found at <http://www.gooddeedfoundation.org/recycle> and the Recellular web site is [www.wirelessrecycling.com](http://www.wirelessrecycling.com).



## DELAWARE VALLEY LMSC CLUBS: CONTACT INFORMATION IS ON THE WEB.

Abbr	Club	Club Name	Contact Name	Women	Men	Total
	1776	Colonials 1776	Stephanie Walsh-Beilman	78	109	187
New	AFTR	Aftermath Masters Swim Team	Tyler Myers	3	5	8
	BCCM	Burlington County College Masters	Betsy Schwarzwalder	9	6	15
New	BYST	Bethlehem YMCA	Marleah Kares	3	1	4
	CPAC	Central Penn Aquatic Club	Beth Gardner	5	2	7
New	FC	Friendship Center	Lynn M. Wuestner	0	0	0
New	FCA	Friends' Central Aquatics	Iain Anderson	0	0	0
	FINS	Fins Aquatics Club	Ahn Dang	44	105	149
	JWM	Jersey Wahoos Masters	Bruce Brockschmidt	4	15	19
	NRGS	NRG Swimming	Michelle Carter	3	2	5
New	OCSC	Ocean City Swim Club	Bruckner Chase	3	9	12
	PAFC	Pennypack Aquatic & Fitness Club	Dick Jackson	23	22	45
New	POMS	Pottstown Masters Swim Group	Tracy Degerberg	1	0	1
	UNAT	Unattached		120	98	218
				<b>296</b>	<b>374</b>	<b>670</b>

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

CHAIRMAN: VIBYKE SWANSON  
 VICE CHAIRMAN: LAURIE HUG  
 TREASURER: PATRICIA TIMMINS  
 SECRETARY: TRACY DEGERBERG

**COMMITTEE CHAIRS:**

COACHES: DICK JACKSON  
 LONG DISTANCE/OPEN WATER: DELIA PEREZ  
 NEWSLETTER EDITOR: JUDY MICHEL  
 OFFICIALS: STEPHANIE WALSH-BEILMAN  
 REGISTRAR: PATRICK LEE LOY  
 SANCTIONS: GEORGE HORAN  
 TOP TEN RECORDER: JEN HENSELL  
 WEB MASTER: DAN ALLEN

**UNITED STATES AQUATIC SPORTS (USAS) CONVENTION @  
HYATT REGENCY ATLANTA SEPT. 24-28TH, 2008  
BY LAURIE HUG, DVM VICE PRESIDENT**

This year the Delaware Valley LMSC sent two delegates, Laurie Hug and Patrick Lee Loy, to attend the USMS portion of the USAS Convention. This convention, which is held every September, has tracks for USA Swimming, USA Diving, USA Water Polo and Synchro USA in addition to USMS. This year was a rules year which meant that during the House of Delegate sessions the delegates voted on new rules and amendments to existing rules.

**A FEW OF THE MORE HOTLY DEBATED ISSUES INCLUDED:**

-The use of **WETSUITS AT OPEN WATER NATIONAL CHAMPIONSHIPS**. There was much discussion about whether wetsuits should be permitted at National Championship Open Water events. Members of the Open Water/Long Distance Championship committee explained that wetsuit competitors COULD compete at the event in a separate wave and receive awards but the awards would NOT be championship awards, just regular event awards. After 30-45 minutes of heated discussion, the House of Delegates adopted the proposal that wetsuit competitors shall be EXCLUDED from the National championships but can compete at the same site in a separate non-championship event with a separate start time (and possibly but not necessarily a separate finish line).

-**TEAM SCORING AT NATIONAL CHAMPIONSHIPS**. Debate revolved around whether the existing scoring, which consists of tabulating scoring in three categories: Women's, Men's and Combined, should be changed to two categories: Regional clubs and Local clubs. "A Regional club consists of a club made up of those swimmers who represent a club at nationals, but at competitions within their LMSC, they compete for an entity or subgroup (such as a workout group) that is different from the one they compete with at nationals" whereas a Local club is defined as a "club that does not qualify as a Regional Club." For instance, Colonials 1776 consists of multiple workout groups who come together at larger meets to compete as one group. This club would be considered a Regional club if, at local meets, each workout group competed as individual teams, such as VFM, GAAC, Villanova, Suburban, etc. IF at all local meets the workout groups race as 1776 then the team is considered a Local club. The House of Delegates agreed to change the scoring from the three existing categories to Regional and Clubs in the future.

Additionally a proposal was presented from the Ohio LMSC which offered an alternative where the existing categories would remain and an additional category would be created for Quality Club Scoring. This would take the average points per swimmer scored by each club and points would be offered down to 40th place in order to encourage participation at Nationals by swimmers who normally wouldn't score and thus skip Nationals. During discussion prior to presentation to the House of Delegates it was suggested that this system be applied to previous National championships to see if the results would be different from the existing system. It was suggested that it would be quite possible that the same teams would end up winning in both the existing system and the newly proposed system, thus being rewarded with two separate National championship titles. This seemed redundant and unnecessary and this proposal was rejected.

-The **BIDDING PROCESS FOR NATIONAL CHAMPIONSHIPS** and where they should (or should not) be held. The only bid for 2010 Long Course Nationals was for San Juan, PR. Several delegates expressed concern about Nationals being held in a non-USMS territory. Others supported it, as PR is a US territory and no other bids were presented. Additional discussion revolved around whether to hold a Long Course Championship in 2011 since Fort Lauderdale is preparing a bid for the 2011 Pan Am Championships that August. Some felt that two championships (a National and Pan Am) both held in the US in August would force people to decide upon doing one or the other and would result in lower attendance for

one or both events. Another delegate suggested in 2011 that rather than having a LCM National Championships there should be a SCM National Championships in October IF the US is awarded the 2011 Pan Am Championships. The House of Delegates approved the proposal to allow USMS Nationals to be held outside of USMS boundaries and the 2010 National Bid for LCM was awarded to San Juan. The 2011 LCM Nationals was agreed to be suspended if the Pan Am bid for Ft Lauderdale is accepted.

- The **FINANCE COMMITTEE** asked the House of Delegates to authorize a deficit budget for 2009 & 2010 and approve a \$2 increase in fees for 2010. The USMS Vision and Action plan will cause USMS to have a budget deficit in order to be successfully implemented (in part because it will require paid staff positions rather than just volunteers). As of July 31st, 2008 USMS had in excess of \$1.8 million in cash and investments. Prior to the House of Delegates meeting, the BOD authorized the Finance Committee to present to the House of Delegates a budget deficit of \$475,000 for the 2009 Fiscal year in order to implement the action and vision plan. This plan includes hiring of staff as well as initiatives for marketing and promotions, coaching education and member services. The BOD also recommended a plan to increase dues \$2/year every year starting in 2010 for up to 8 years. The House of Delegates approved the budget deficit and an increase of \$2 for 2010.

**OTHER ITEMS:**

**ROB BUTCHER HAS BEEN HIRED AS THE NEW EXECUTIVE DIRECTOR**. He will be leading the charge as USMS moves from a volunteer organization to an administrative organization with paid staff members.

Susan Ingraham was selected as the **2008 USMS COACH OF THE YEAR**.

The **ARTHUR RANSOM AWARD** was presented to Barry Farsbender.

Maria Lenk, Robert Strand and Jim McConica (who incidentally sat at our table for the USAS awards ceremony) were inducted into the **INTERNATIONAL MASTERS SWIMMING HALL OF FAME**.

**A FEW POINTS OF NOTE FROM THE MEETINGS/WORKSHOPS/ROUNDTABLES:**

**COACHES:**

- Current coach certification is through ASCA and very outdated (1996). A new education process is being developed.
- Every club in USMS should have a page on the USMS website
- Face book groups and blogs were suggested to be added to team websites
- Coaches are encouraged to submit articles for USMS Magazine/Web content

**MARKETING:**

- USMS brochures and yearly planners can be obtained through Marketing

**HISTORY AND ARCHIVES:**

- Requests people to interview older swimmers while they are still with us. (Same initiative as last year.)
- USMS members should let them know of possible mistakes in the Top 10 rankings (like the same person listed twice under names with different spellings).

**OPEN WATER/LONG DISTANCE:**

- Postal events now only need to have splits recorded to the nearest second (rather than to the nearest 10th or 100th of a second)
- Wetsuits competitors may be eligible for awards in Non-Championship open water events, at the director's discretion. They are NOT eligible for awards at National Championships events or All Star rankings.

## FINA WORLD MASTERS TOP TEN 2007 SHORT COURSE METERS

Michelle Kagy-Schwartz (30-34) 1500 m FR  
6th 19:21.55

Kate Donald (25-29) 1500 m FR  
9th 19:23.31

(NOTE: If you earn a FINA TOP TEN, you will need to find it and tell me about it. It is not a searchable database as it lists swimmers only by country. Thanks to Dick Jackson, PAFC Coach, for sending me this information.

## USMS ALL AMERICANS 2007

"To be recognized as attaining All American status, a swimmer must post the fastest time in an event/age group in at least one course of the three official courses."

### W18-24 200 Free SCM

Chrissy Miller 24 OCSC 2:16.14



CHRISSY MILLER

### W25-29 200 Fly SCM

Kate M Donald 25 PAFC 2:43.48

### W30-34 200 Free SCM

Michelle C Kagy-Schwartz  
32 PAFC 2:18.28

### W30-34 1500 Free SCM

Michelle C Kagy-Schwartz  
32 PAFC 19:21.55

### W40-44 800 Free SCM

Laurie Hug 42 1776 9:39.47



LAURIE HUG

### W40-44 1500 Free SCM

Laurie Hug 42 1776 18:08.78

### W40-44 200 Fly SCM

Laurie Hug 42 1776 2:34.59

### W40-44 400 IM SCM

Laurie Hug 42 1776 5:22.15

### W40-44 1000 Free SCY

Laurie Hug 41 1776 0:51.82

### M18-24 50 Fly SCM

Ryan K Riebesell 24 PAFC 26.43

### M25-29 200 Back SCM

Adam Ritchie 29 UNAT 2:11.74

### M30-34 200 Breast LCM

Nicholas Mahler 30 CPAC 2:40.25

### M65-69 200 Fly SCM

Raymond D Loewe 65 PAFC 3:07.80

### M65-69 200 Fly LCM

Raymond Loewe 5 PAFC 3:16.93

### M70-74 200 Free LCM

David P Harrison 70 1776 2:32.48

### M70-74 400 Free LCM

David P Harrison 70 1776 5:31.53

### M80-84 100 Back SCM

Roger G Franks 80 1776 1:34.16

### M80-84 200 Back SCM

Roger G Franks 80 1776 3:25.46

### M80-84 100 Back LCM

Roger G Franks 80 1776 1:42.72

### M80-84 200 Back LCM

Roger G Franks 80 1776 3:39.22

### M80-84 200 Back SCY

Roger G Franks 80 1776 3:06.36

### M85-89 50 Free LCM

Clarence Webb 85 1776 54.07



ROGER FRANKS



OCSC RELAY ALL AMERICANS

### 2007 RELAY ALL AMERICANS OCSC

- Ahmed K AbdelaL 22
- Shane R Schwar 24
- Andrew J Wood 28
- Mark S Jamieson 25
- Wendy G Wallace 25
- Bruckner Chase 41
- Chrissy Miller 24

### PAFC

- Barbara B Burke 46
- Denise C Jaskelwicz 27
- Brighid Dwyer 28
- Dana Burkart 36
- Michelle C Kagy-Schwartz 32
- Kate M Donald 25

**CONGRATULATIONS TO THESE 2008 SCY TOP TEN SWIMMERS!**  
**#1 swimmers are in BOLDED CAPITAL LETTERS!**

**INDIVIDUALS:**

Women 18-24

9 100 FR Chrissy Miller 24 OCSC 55.63

Women 25-29

**1 200 BR CORRIE CLARK 25 1776 2:20.02**  
 2 100 FL Corrie Clark 25 1776 57.16  
 4 200 IM Corrie Clark 25 1776 2:11.17

Women 30-34

8 50 FR Michelle C Kagy- 32 PAFC 24.97  
 Schwartz  
 8 200 FR Michelle C Kagy- 32 PAFC 2:01.71  
 Schwartz  
 3 500 FR Michelle C Kagy- 32 PAFC 5:20.14  
 Schwartz  
 4 1000 FR Michelle C Kagy- 32 PAFC 11:21.37  
 Schwartz  
 3 1650 FR Michelle C Kagy- 32 PAFC 19:20.76  
 Schwartz  
 8 200 BA Sa Bausher- 31 UNAT 2:20.27  
 Grybosky  
 7 200 BR Sa Bausher- 31 UNAT 2:36.27  
 Grybosky  
 4 200 FL Sa Bausher- 31 UNAT 2:14.70  
 Grybosky  
 2 400 IM Sa Bausher- 31 UNAT 4:46.09  
 Grybosky

Women 45-49

7 500 FR Vibeke L Swanson 46 1776 5:28.82  
 8 1000 FR Vibeke Swanson 46 1776 11:36.00  
 4 50 BA Vibeke LH Swanson 46 1776 29.23  
 3 100 BA Vibeke LH Swanson 46 1776 1:01.83  
 2 200 BA Vibeke LH Swanson 46 1776 2:16.57  
 5 200 IM Vibeke LH Swanson 46 1776 2:18.59  
 3 400 IM Vibeke LH Swanson 46 1776 4:55.17



VIKYE SWANSON



MELINDA WOLFF

Women 55-59

8 50 FR Melinda Wolff 55 1776 28.62  
 7 100 FR Melinda S Wolff 55 1776 1:04.18  
 3 50 BR Melinda S Wolff 55 1776 35.62  
 6 100 BR Melinda S Wolff 55 1776 1:22.72  
 10 200 BR Stephanie Walsh Beilman 58 1776 3:06.54  
 8 100 FL Stephanie Walsh Beilman 58 1776 1:18.00  
 7 100 IM Melinda S Wolff 55 1776 1:14.05



STEPHANIE WALSH BEILMAN



MICHELLE KAGY-SCHWARTZ

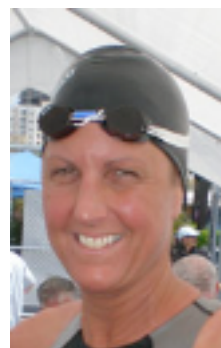


MICHELE HUYETTE



Women 60-64

8 50 FR Janet M Jastremski 60 1776 31.02  
 10 200 FR Janet M Jastremski 60 1776 2:38.35  
 7 100 BA Janet M Jastremski 60 1776 1:24.04  
 7 200 BA Janet M Jastremski 60 1776 3:05.26  
 10 50 FL Janet M Jastremski 60 1776 36.42  
 8 100 IM Janet M Jastremski 60 1776 1:23.43  
 6 200 IM Janet Jastremski 60 1776 3:02.58



KRISTINE JARECKI

Women 35-39

10 100 FL Michele M Huyette 39 FINS 1:03.28

Women 40-44

5 500 FR Laurie Hug 42 1776 5:24.73  
**1 1000 FR LAURIE HUG 42 1776 10:57.76**  
 9 1000 FR Kristine Jarecki 42 1776 11:25.28  
 9 200 BR Laurie Hug 42 1776 2:46.22  
 2 200 FL Laurie Hug 42 1776 2:19.90  
 9 200 IM Laurie Hug 42 1776 2:21.40  
 4 400 IM Laurie Hug 42 1776 4:55.12



JANET JASTREMSKI

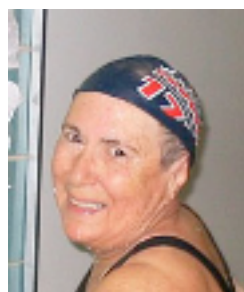
## MENS RESULTS



JANET MOELLER

## Women 70-74

7	50 BR	Janet Moeller	72	1776	48.78
7	100 BR	Janet Moeller	72	1776	1:52.25
9	200 BR	Janet Moeller	72	1776	4:08.49
8	100 FL	Janet Moeller	72	1776	1:56.95
8	200 FL	Janet H Moeller	73	1776	4:57.18
8	200 IM	Janet Moeller	72	1776	3:58.04
8	400 IM	Janet H Moeller	73	1776	8:52.52



JOAN WALDBAUM

## Women 75-79

6	50 FR	Joan Waldbaum	76	1776	42.84
10	200 FR	Barbara Johnson	75	1776	3:39.54
8	50 BR	Joan Waldbaum	76	1776	54.11
7	100 BR	Joan Waldbaum	76	1776	1:59.23
6	200 BR	Joan Waldbaum	76	1776	4:29.29
7	50 FL	Joan B Waldbaum	77	1776	55.26
7	100 FL	Marianna Hagan	78	1776	2:30.30
10	100 IM	Joan Waldbaum	76	1776	1:57.00
9	200 IM	Joan Waldbaum	77	1776	4:33.61

## Men 18-24

6	100 FR	Ryan M Smith	24	FINS	47.82
7	100 FR	Corey Welch	24	FINS	48.88
7	500 FR	Justin P Southard	21	OCSC	5:15.40
7	100 BA	Corey L Welch	24	FINS	56.12
9	100 BA	Ryan Smith	24	FINS	57.63
1	50 BR	COREY WELCH	24	FINS	26.84
1	100 BR	COREY L WELCH	24	FINS	59.52
1	200 BR	COREY L WELCH	24	FINS	2:13.75
9	200 BR	Drew A DeCagna	23	OCSC	2:26.96
8	50 FL	Ryan M Smith	24	FINS	23.72
2	100 FL	Ryan M Smith	24	FINS	51.17
3	100 IM	Corey Welch	24	FINS	54.40
4	200 IM	Corey L Welch	24	FINS	2:01.85
2	400 IM	Corey L Welch	24	FINS	4:26.37



TOM TULENKO

## Men 30-34

10	50 BA	Adam Ritchie	30	UNAT	25.84
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## Men 50-54

1	50 FR	STU J MARVIN	52	1776	21.87
1	100 FR	STU J MARVIN	52	1776	48.05
2	200 FR	Stu J Marvin	52	1776	1:48.25
8	1000 FR	Robert J Kannegieser	50	FINS	11:08.21
8	50 BA	Stu J Marvin	52	1776	27.00
4	50 BR	R Mark Schuman	52	1776	29.20
6	100 BR	R Mark Schuman	52	1776	1:04.73
3	100 IM	Stu J Marvin	52	1776	57.87
4	100 IM	R Mark Schuman	52	1776	57.93

## Men 55-59

7	100 FR	Craig W Stevens	55	1776	53.22
8	1000 FR	Craig W Stevens	55	1776	11:30.19

## Men 65-69

10	500 FR	Tom Tulenko	65	1776	6:38.39
8	1000 FR	Tom Tulenko	65	1776	13:45.86
5	1650 FR	Tom Tulenko	65	1776	22:40.03
9	50 BR	Raymond Loewe	65	PAFC	35.10
6	100 BR	Raymond Loewe	65	PAFC	1:16.88
5	200 BR	Raymond Loewe	65	PAFC	2:52.08

## Men 70-74

9	50 FR	David P Harrison	70	1776	29.01
9	100 FR	David P Harrison	70	1776	1:04.34
4	200 FR	David P Harrison	70	1776	2:16.92
1	500 FR	DAVID P HARRISON	70	1776	6:12.70
2	1000 FR	David P Harrison	70	1776	12:50.23
1	1650 FR	DAVID P HARRISON	70	1776	21:24.65

## Men 80-84

5	500 FR	Roger G Franks	81	1776	8:58.35
6	50 BA	Roger G Franks	81	1776	42.92
1	200 BA	ROGER G FRANKS	81	1776	3:23.54

## SCY TOP TEN 2008 RELAYS

## Men 18+ SCY (2008)

6	200 Medley	FINS	1:42.27
		Roger H Burleigh (23), Corey L Welch (24), Ryan M Smith (24), Thomas G Uybarreta (28)	
6	400 FR	OCSC	3:45.58
		Shane R Schwarz (24), Justin P Southard (21), Bruckner Chase (41), Ahmed K Abdelaal (23)	
6	400 Medley	OCSC	4:08.51
		Justin P Southard (21), Drew A DeCagna (23), Shane R Schwarz (24), Mohamed K Abdelaal (21)	
4	800 FR	OCSC	8:25.10
		Ahmed K Abdelaal (23), Drew A DeCagna (23), Mark S Jamieson (25), Bruckner Chase (41)	

## Men 45+ SCY (2008)

5	200 FR	1776	1:32.95
		Stu J Marvin (52), Michael G Casciato (48), Peter J Dardaris (49), R Mark Schuman (52)	
2	200 Medley	1776	1:42.38
		Peter J Dardaris (49), Michael G Casciato (48), R Mark Schuman (52), Stu J Marvin (52)	

## Men 55+ SCY (2008)

10	200 Medley	PAFC	2:04.79
		Geoffrey A Meyer (56), Jay R Platt (60), Paul B Sweeney (56), Gene T Kane (57)	
1	800 FR	PAFC	8:57.72
		GENE T KANE (57), GEOFFREY A MEYER (56), JAY R PLATT (60), PAUL B SWEENEY (56)	
Mixed 45+ SCY (2008)			
7	200 FR	1776	1:39.99
		Stu J Marvin (52), R Mark Schuman (52), Melinda S Wolff (55), Vibeke LH Swanson (46)	
4	200 Medley	1776	1:51.81
		Vibeke LH Swanson (46), Melinda S Wolff (55), R Mark Schuman (52), Stu J Marvin (52)	
Mixed 65+ SCY (2008)			
3	400 FR	1776	5:41.43
		Tom N Tulenko (65), Joan B Waldbaum (77), Janet H Moeller (73), David P Harrison (70)	

## LCM NATIONALS AT MT HOOD, ORE BY DICK JACKSON

The 2008 Long Course Nationals will be remembered for some time by those who participated in the meet. Normally, temperatures would have been in the 70-80 degree range, but instead a heat wave came through and the temperature was 102 - 106!! Of course, two days after we returned to Philly, it returned to the normal 70 degree range.

Aside from that, it was a well run meet with all of the assigned officials and volunteers doing an excellent job. Swimmers came from 43 of the 50 states and 5 foreign countries. Two teams from DVM were represented (Colonials 1776 and Pennypack). After talking to some of the swimmers regarding pool conditions, their response was : FAST, DEEP and the water was CRYSTAL CLEAR! After spending \$1.4 million in renovations last fall, the response should have been positive!

Other things that held the swimmers' interest were two socials Friday and Saturday nights and a half day trip to take in plenty of the scenic pictures with "Dick Tracy" or "brownie" cameras! As for the Pennypack swimmers, they all did well and will be looking forward to next year's Long Course Nationals.

### OTHER THOUGHTS:

Michelle Kagy-Schwartz: This was a wonderful meet for all of us from PAFC. Each of us achieved personal best times. In addition to great swims, we were able to catch up with old and new friends from across the country and cheer them on as well.

I was lucky enough to have my Father, Lee Kagy, come up from California to be the "team dad" for the week. To add to the family theme, my Aunt, Uncle and Cousins that live locally came out for a few days to watch our swims and cheer from the stands in the 100 degree heat. I would like to share my thanks and gratitude to each of them for sharing in this event with me.

Joan Waldbaum: it was hot, very hot.

### NATIONALS RESULTS:

#### PAFC

Michelle Kagy-Schwartz (33)

50 FR (1), 100 FR (2), 200 FR (3), 400 FR (1)

Dana Burkhart (37)

500 FR (4), 1500 FR (3), 50 BA (4), 100 BA (4)

Mike Matz (47)

50 FR (20), 50 BA (11), 50 FL (18), 50 BR (16)

Steve Dougherty (57)

50 BR (9), 100 BR (9), 200 BR (8), 100 FL (6), 200 IM (5)

200 MIXED MEDLEY RELAY 13th

200 MIXED FREE RELAY (11th)



PAFC NATIONALS TEAM: (L --> R):  
Steve Dougherty, Michelle Kagy-Schwartz, Mike Matz,  
Dana Burkhart, Dick Jackson

#### COLONIALS 1776

Alexis Murray (37)

50 BR (6), 50 FL (4)

Joan Waldbaum (77)

50 BR (5), 100 BR (4), 200 BR (3), 50 FR (4), 50 FL (2)

## NJ SENIOR OLYMPICS -- QUALIFYING FOR NATIONALS

Based upon their efforts in the NJ Senior OLYMPICS three DVM'ers have qualified for the National Senior Olympics in Stanford CA in summer 2009.

Marianna Hagan, 79, won the 50 and 100 Fly, 200 Back, 200 Breaststroke, 100 and 200 Individual IM.

Janet Moeller, 73, won the 50, 100 and 200 Breaststroke, 50 and 100 Fly and 200 IM.

Francine Clobes, 69, won gold in the 50 and 200 Free and 100 Back, silver in the 200 Back, and Bronze in the 50 Back and 100 Free.



L -->R: Marianna Hagan, Janet Moeller, Francine Clobes

# LCM COLONIES ZONES

The Colonies Long Course Meters Zone meet was a success for the few DVM'ers who attended.. Zone records were set by:

Laurie Hug (4), Vikye Swanson (1) James Broughal (1), Jarret Hitchings (1) and Michelle Kagy-Schwartz (1). Congrats also to David Gladfelter who competed successfully in ten events! Times can be found on the web at [http://www.terrapinmasters.org/CZ\\_results082508.htm](http://www.terrapinmasters.org/CZ_results082508.htm)

Here are the full results: (\*\* = ZONE RECORD)

1776

- THOMAS PATTERSON (31) 200 FR (3), 400 FR (1), 800 FR (1), 200 FL (1), 400 IM (1)
- LAURIE HUG (43) 200 FR (2), 400 FR (1\*\*), 800 FR (1), 100 BA (4), 200 BA (1), 200 BR (3), 200 FL (1\*\*), 200 IM (1\*\*), 400 IM(1\*\*),
- VIKYE SWANSON (47) 100 FR (1), 200 FR (1), 800 FR (1\*\*), 50 BA (2), 100 BA (1), 200 BA (1), 200 IM (1), 400 IM (1)
- MIKE CASCIATO (49) 50 BR (2), 100 BR (2), 200 BR (1), 50 FL (1)
- DAVE HARRISON (71) 50 FR (2), 100 FR (1), 200 FR (1), 400 FR (1), 800 FR (1)
- DAVID GLADFELTER (72) 100 FR (5), 200 FR (6), 800 FR (4), 100 BA (4), 50 BR (3), 100 BR (2), 200 BR (2), 50 FL (3), 100 FL (2), 200 IM (1)
- ROGER FRANKS (81) 200 FR (1), 50 BA (1), 200 BA (1)

### BETHLEHEM YMCA

- JARRETT HITCHINGS (23) 50 BR (1\*\*), 200 BR (1)
- MARTH FLORENZ (25) 200 FR (4), 200 BA (2), 100 FL (3)
- JAMES BROUGHAL (32) 50 FR (1), 200 FR (1\*\*), 100 FL (1\*\*),
- KIM MONCMAN (38) 50 FR (1), 200 BR (1)

Unattached

- BARBARA WEIDNER (44) 50 FR (5), 100 FR (4)

RELAYS:

- MIXED 160-199 400 MEDLEY RELAY (1)
- VIKYE SWANSON, THOMAS PATTERSON,
- MIKE CASCIATO, LAURIEHUG

### PAFC

- DONOVAN PREDDY (30) 200 FR (4), 200 BR (2), 100 FL (3)
- MICHELLE KAGY-SCHWARTZ (33) 800 FR (1\*\*),
- DANA BURKHART (37) 800 FR (1)
- JAY PLATT (61) 100 FR (2), 400 FR (2), 100 BA (2), 50 FL (4)



L -->R: Janet Jastremski, Anne Swenson, Ann Onton

## OPEN WATER 1 MILE CHAMPIONSHIPS

Janet Jastremski swam in the USMS 1 Mile Champion ships in Long Island sound off of Madison, CT and placed second. She says it was a very well organized competition at a beautiful venue.

## WHERE IS JACK KIRLIN? BY KRIS KESTER (HIS DAUGHTER)

This past winter, Jack Kirlin, a twenty year member of the Colonials, moved from his beloved Philadelphia to Atlanta, GA, where I have lived for 20 years. The weather is better here, and the cost of living helps stretch your dollar. As some of you know, my father was diagnosed with early Alzheimer's four years ago. My mother needed help with his care, so we started looking into continuing care communities. He and my mother are living in a wonderful place close to me with a swimming pool outside his window. He still loves people, food, and swims with a masters group two days a week. We fit in golfing with his grandson as often as possible. They also love his



L-->R: Jack, Debbie Carey (his coach), Granddaughter Lauren, Son in law, Steve.

entertaining stories! He would love to get a note or card from old friends, as he talks about you all a lot and reads the Lane Line. Jack's 70th birthday was on Thanksgiving and I am sure he would appreciate some cards from his Philly swimming buddies.

His new address is:

1220 Satellite Blvd. Apt. 208 Suwanee, GA 30024



## WHAT I LEARNED DURING 8 STRAIGHT HOURS OF SWIMMING BY BARNEY HELLER

US Masters Swimming held the inaugural 25K in a large lake northeast of Indianapolis on July 19, 2008. Swimming 25K (15.5) miles is the equivalent of running 2 marathons back to back. Only the fittest or the most foolish swimmers would attempt such an endeavor. The furthest I had ever swum at one time was 10K (6.2 miles), so we know which category I fell into.

The water was a warm 84 degrees and the surface was like glass, except in the afternoon when all the water skiers in other parts of the lake pushed their waves our way. We all had kayakers who were there to help us, but were probably more helpful in making sure that the power boats did not run us over. It's amazing what a pontoon boat will do after a few beers in the afternoon.

Greg, my kayaker, was the best. I may be biased because he is also my son, college graduate and no longer on the dole! Who could ask for more? Greg was by my side the entire race, no bathroom breaks, no shortcuts, always there to give me water or a gel pack or a power bar and even

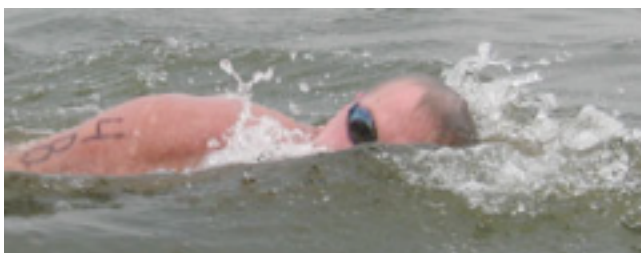


encouragement, "get moving and kick!" He was very helpful in letting me know where I stood in the pack at the beginning and supportive when I was a hurting buck-o.

The race began at 7 am. The in-water start with 44 swimmers was very simple. When one woman asked if anyone was going to be nasty and run her over, I told her that I train to manhandle people in an open water start. She looked worried, but there was no need. There was a lot of room. (And yes, she did beat me.)

The course was 5K (3.1 miles) each loop. There were 14 buoys to guide us around the coastline of this little inlet on Morris Lake. Everything was pretty well marked and with the help of the kayakers, it was straight forward.

The first lap was no problem. That is the distance of a good workout for me. I took watered down Gatorade at buoy 9 and 11 just to keep hydrated. On the second 5K, I took water at buoy 3, 5, 9 and 12. From 5K to 8K I felt great. I even did one of those dumb sets that Laurie Hug tries to get people to do; sprinting 20 strokes and coasting 20 strokes, then reduce the number by one each round. The distance went by fast.



At 8K, buoy 12, I hit a wall. My stroke fell apart. Mentally I was still doing well because I was just ahead of Jim Bayles (marathon swimmer featured in Swim magazine). Unfortunately, I could not get moving again. I tried a Power Gel at 11K, but it did not refresh me. I was a little intimidated because I was entering unfamiliar territory. I had never gone beyond 10K in a practice, race or anything.

Dehydration is always talked about, but it was never a problem. I accomplished a first (and a second) feat for me; the ability to tread water and pee.

Toward the end of lap 4, I tried a Clif bar. It tasted great. It was then that I realized that this eating thing was kind of important. Those who know me, realize that I do not miss many meals. With the early start, I did not have any breakfast because I was afraid that it would sit in my stomach and slow me down. I figured that I had plenty of reserves to power me through the swim, but there is pain that goes with burning those reserves. After the Clif bar and another gel pack, the pain lessened for a while, but I had put myself in such an energy deficit, it only temporarily eased the pain.



By the end of the 3rd lap, some clouds rolled in, and I was praying for lightning. During the 4th and 5th laps I told Greg to shoot me if I ever talked about doing something like this again. At 4 laps, I tried to quit, but Greg threatened me with his paddle. I am not sure that it would have caused any more pain.

Unbeknownst to me, at 500 yards to go, a drunken pontoon boat aimed their boat toward me. A combination of Greg and an official boat crew got the attention of the revelers and got them to miss me by a few yards. Where were they during lap 3?

Instead of finishing at my goal of 7 hours, I did not finish until 8 hours 1 minute and 58 seconds from the race start. I ended up 28th out of 38 finishers. On the bright side, I did accomplish my goals; Finish and not be Last. It was not pretty, but now I know that I can swim for 8 hours straight. Plus I learned valuable lessons.

Lesson 1 Eat!

Lesson 2 Drink!

Lesson 3 repeat above often

## IN THE POOL: BOWDOIN'S BIOMECHANICAL TRAINING

BOWDOIN COLLEGE, CAMPUS NEWS: STORY POSTED AUGUST 12, 2008

USED WITH PERMISSION

Bowdoin Swim Coach Brad Burnham loves to tell the story about the time Olympic gold-medal swimmer Ian Crocker visited Bowdoin.

Midway through swimming a lightning lap at Greason Pool, the Olympian was passed by a member of the Bowdoin Women's Swim Team speeding one lane over.

"We were towing someone else next to him and he couldn't see the string," chuckles Burnham, "so it looked like he was being passed by a relative novice."

What Crocker couldn't see was a filament of 50-lb. fishing line hooked by a simple harness to the swimmer's torso underwater.

At the other end, the line was attached to a small motor and drum housed at pool's edge. With a command from Burnham's laptop computer, the line retracted, pulling the swimmer past Crocker at a whopping three meters-per-second.

"Most of the swimmers scream the first time they are hooked up on it," says Burnham of his towing rig. "It's such a feeling of fun going world-record speeds or faster."

Burnham's apparatus for assisted swimming isn't merely an aquatic joyride. It is the latest in a series of biomechanical innovations in swimming that Burnham and his independent research partner Mark Glauth are pioneering at Bowdoin — assisted by volunteers from the swim team, Bowdoin professors and even some staff members.

They are advancements that could revolutionize the ways swimmers of all abilities measure and improve their performance. And at this point at least, Burnham and Glauth are lengths ahead of the competition.

Tethered swimming has long been a part of resistance training for swimmers, explains Burnham, who joined Bowdoin in 2000 as only the third swimming and diving coach in the College's history.

Most commonly, swimmers have worked it in reverse: building strength and endurance by swimming against stretch chords attached to various pulleys — some suspended over the pool, others underwater.

In recent years, however, some training programs — including the U.S. Olympic Swim Team — have experimented with towed swimming as a means of creating a "downhill" training course for swimmers.

In speed-training sports, explains Burnham, "the body needs to learn quickness more than force. You put the athlete into a situation where things are happening fast, where you're living on that edge and just have to use your instincts. Your brain will react and you quickly learn as you go.

"That's easy in skiing, where you can always find a steeper mountain, but in swimming there is no downhill. You have to propel as well as reduce resistance. Gravity won't take you to the wall."

While the idea behind Burnham's towing system is simple — motor, pulley, line — its automated mechanics and finely calibrated software are highly refined. They let him vary the force and speed of the towline almost infinitely. "We can program it to go five or 10 percent faster, so they can feel what the next step feels like," says Burnham, "or experience something really fast."

But there is another element that elevates Burnham's apparatus from mere towing machine to high-performance measuring instrument. He is actually collecting data from the swimmer as she makes her way down the lane.

Based on minute calculations of tension on the towline, Burnham's computer is recording vast amounts of data about the swimmer's position in the lane — her distance from wall to wall. That lets him extrapolate average speeds between thousands of positions, or benchmarks, in any given lap. The computer also calculates force by measuring how hard the machine has to "work" to pull her through the water, based on her body mass.

These combined measures show up on his laptop computer in wave patterns, much like an audio editing screen. The information is gathered from the swimmer every few milliseconds and is being relayed at half the speed of light.

Burnham has lots of recorded data on Bowdoin swimmers — both on and off the teams (some Bowdoin staff and faculty members have volunteered for trials) — which he can use to evaluate individual progress or analyze differences between swimmers.

"Look at this," Burnham says, comparing the recorded output on two swim lengths just completed by Megan McLean '07 during a lunchtime swim. She holds five individual school records for butterfly and freestyle and earned NCAA All-American Honors in 2005. She also has participated in hundreds of training runs since Burnham installed the equipment in April 2006.

"This one length shows her freestyle strokes. The peaks are moments of high velocity, or speed," he says, leaning in for a closer inspection. "Hmmm. It's funny what's happening. There is more variation in the beginning, then the wave tightens up as she goes. As I analyze it you can see there is a higher velocity average in here, toward the middle of her lap."

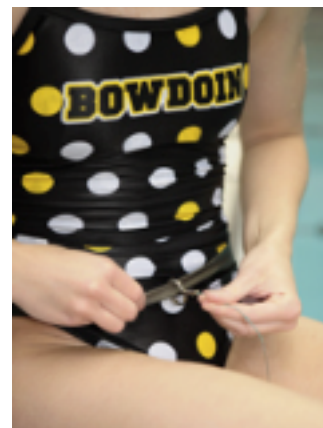
McLean bobs at the edge of the pool like seal, awaiting Burnham's feedback.

"This is good, real good," he says, wandering over. "Just remember to keep the long neck, right? And the abdominals should be tight. You tend to arch a little bit. Think more about cutting through the water. Okay, go."

She blips underwater and emerges in an all-out butterfly stroke. A small wake fans out behind her as she passes swimmers in the next lane; they seem almost geriatric by comparison.

"There are theories about what makes swimmers go faster, but there is so little measurement in this sport," says Burnham. "Without this machine, you'd be looking at her stroke and could time a length or two at a time, that's it. You wouldn't really know what went into those laps.

"Now we can really analyze her strokes and her streamlining — that moment when she comes from underwater to the surface. She races in about a week, so we're just getting ready for that."



## ZOOM ZOOM!



In a way, the sport itself urges Burnham to approach his coaching like a physicist (in fact, he says, he has consulted Bowdoin physics professors Dale Syphers and Mark Battle in developing his equipment). Because his athletes operate in water, he must take into consideration basic principles of fluid dynamics — whether doing traditional coaching or developing his biomechanical aids.

It's hardly an exact science he says, because people are not exact. "If you were building a destroyer at BIW, you'd have a good idea how much fuel it would take to send the ship through either calm or rough water at varying knots," he says.

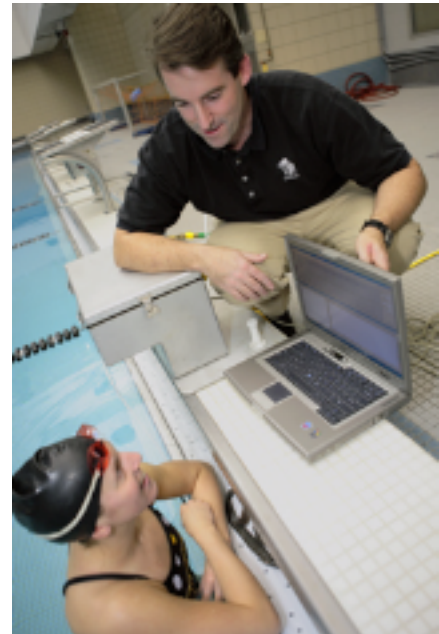
"They've tested it and can calculate it fairly well because the hull of the ship doesn't change.

"But humans are not that simple," he adds. "We move, we bend, we twist. The body is squishy. And beyond that even, every swimmer is different. They have a different size, shape, they have different mechanics. What we're trying to do is measure very directly what's going on with a particular body going through the water." Burnham hopes his Bowdoin swimmers will take the project to the next level by incorporating their particular results into their academic work at the College.

"In the end, we want these to be student-driven projects," says Burnham. "We hope to have kids on the team who could take their data files and start to analyze them in math and statistics classes. Then they can intentionally improve their swimming because they can measure this or that aspect of their strokes underwater. They will have some tools to really learn things."

Underwater video cameras synched with the tether are the latest development, allowing Burnham to isolate aspects of body position and stroke that affect velocity, and he says they are currently working on the data analysis tools.

"All of these devices only enhance coaching," he adds. "This is just another tool to work with. The sky's the limit in terms of what you can devise to help other people improve. You can work just as inventively on the mental aspect, or the physical, or physics and physiology, motivation. There really is so much to it that's interesting. You can go in any direction as a coach."



## SWIM LIKE A DOLPHIN BY TERRY LAUGHLIN

If you watch U.S. Olympian Michael Phelps swim, you'll notice that he doesn't swim faster than his closest rivals -- on the surface that is.

But in the first 15 meters of each 50-meter pool length (except in breaststroke), you're likely to see him gain several meters on his rivals. He'll still be underwater while they are on the surface stoking. When he finally joins them on the surface, he will have pulled ahead.

In other words, Phelps is the world's fastest swimmer, because he's better than anyone else at what coaches now call the "fifth competitive stroke," the subsurface dolphin kick. The first prominent swimmer to use SDK was David Berkoff, a Harvard graduate who, in 1988, set world records in the 100-meter backstroke, leaving rivals far behind while he stayed underwater for the first 35 meters.

As other swimmers adopted the "Berkoff Blastoff", FINA, the sport's governing body, moved to limit underwater swimming to 10 meters, later increasing it to 15 meters where it remains today.



In the hands (or legs) of Phelps, Natalie Coughlin, Ryan Lochte and a few others, the SDK has become such a devastating weapon that it is now practiced as much as any surface stroke by those who swim sprint and middle-distance races.

It may be that the SDK "arms(legs) race" deserves as much credit as the high-tech suits for the rush of record breaking this year, most of which has come in races of 200 meters or less.

The SDK has two great advantages when executed properly:

1) Because drag is far less underwater than on the surface, and a double-leg whip generates far more power than a single-leg flutter, it is faster than any stroke on the surface for those 15 meters.

2) Because the swimmer uses different muscle groups in the SDK than in any of the surface strokes, the muscle groups for stroking get some rest, allowing for more intensive swimming on the surface as well.



Michael Phelps with his streamline and SDK.

For Masters swimmers who would like to try this stroke, it is different from the dolphin kick you use while swimming butterfly. In the butterfly, the leg action is not really a kick; it is a whole-body action in which the legs whip much like a towel does when you snap it. Your upper body is the arm; your legs are the towel.

In contrast, it is essential to isolate the lower body in the SDK. The upper body should be held stable -- in essence you use your arms to pierce the water ahead of you and streamline the torso to fit through that spot. You drive your torso through the "hole" created by your arms by oscillating the lower body at extremely high rates -- in other work swimming just like a fish. The key to success is minimizing the drag with a streamlined upper body and maximizing propulsion with the whippy lower body.

Here are three exercises to help develop both

1) Vertical Shooters. In water that is 10-12 feet deep, push off the bottom, streamline and kick at a high rate through the surface. Continue kicking as you break through the surface, trying to dolphin yourself chest-high, or perhaps even waist-high above the surface.

2) Timed Vertical Dolphins. Cross your arms over your chest (or if you are a strong kicker streamline them overhead) and do vertical dolphins with your shoulders at or above the surface, while facing a pace clock. Complete 20 or more in 10 seconds.

3) Short Underwater Sprints. Measure a distance of about 10 meters, either across a small pool, or placing a marker on the bottom that distance from a wall. Repeatedly SDK to that distance, as fast as you can. If possible, ask a friend to clock you several times, aiming to break 10 seconds by as much as possible.

CAUTION: The SDK is a brief, high-intensity activity, not an endurance activity. Train for it in short, high-speed bursts. Don't push yourself to cover long distances underwater, especially if training alone.

Used with permission from Total Immersion.

Also check out this NPR story on the science of the SDK:

<http://www.npr.org/templates/story/story.php?storyId=93566627>

## MORE CONVENTION NEWS -- REGISTRAR REPORT BY PATRICK LEE LOY

- Registration Committee had contracted with Club Assistant to implement an online registration system for LMSC's registrars and swimmers. Swimmers can also print their USMS card. In 2009, USMS projects that 80% of the registrations will be done online. A club/team must register first before its swimmers can register for the club/team. If a club does not register, the swimmer will be registered as Unattached. If a club has been inactive for 5 years, their club abbreviation can be reused by another club. Registrars will email members of each team to inform them that they can now register online.

- Records and Tabulations presented the End-to-End Event Management (E2EEM) initiative. This online tool has been developed to support the meet results database and the top ten reporting. This includes all the tasks from obtaining a sanction or recognition, uploading results, verifying USMS swimmers, creating a top ten file generation. John Bauman and Barbara Dunbar are working on the Top Ten archives to get top ten data from 1971 to 1992 onto the USMS website. The committee is planning to maintain a pool length data base online.

- There has been an increase of inquiries to what it will take to combine USA Swimming and USMS swimming meets. It assumes that swimmers are members of USA Swimming, USMS or both. Swimmers must choose one organization to compete under for the entire meet. Dual competition cannot exceed the daily event limits imposed by either organization. The joint meets must have sanctions by both USA Swimming and USMS. USMS Record and Top Ten submissions must comply with all USMS documentation requirements.

# OPEN WATER 2008 SEASON END REPORT

BY: DELIA PEREZ

The 2008 Open Water Season was rather unpredictable due to changing dates and unexpected cancellations resulting from weather conditions or problems organizing a swim. Past Race Director and swimmer, **Polly Thielor**, the founder and organizer of the **Rainbow Channel Swim** 16 years ago, "retired" last year but worked with **John Glassey**, as the new race director with the Pleasantville Yacht Club in South Jersey, where the 2008 Rainbow Channel Swim found a new home. **Polly** and **George Thielor** volunteered to make the swim run more smoothly with the new location and organization managing this fundraising event. We give heartfelt thanks to **Polly** and **George** - swim buddies who managed one of the many swims that give us a great reason to swim as well as many happy memories with our swim buddies.

Our swim season was ridiculously chilly throughout June and July with cold ocean temperatures that kept swimmers shivering on shore until it finally warmed up in August. The cold water temperatures in the ocean off South Jersey became newsworthy as features on the weather segments for the local news - the "evil" West wind and the gulf stream helped to keep the warmer water out to sea - while fishermen found the warm water about one mile off the coast. At least the herds of jellyfish that swarm around swimmers in warm water did not make much of an appearance this season. Swim

conditions in the ocean were mostly uneventful and the races went off like clockwork unless thunderstorms were close enough to cancel a swim.

The Outstanding Male Open Water Achievement Award goes to 57-year-old, **Doug Frohock**, from Sea Isle City, New Jersey. For more than 25 years, Doug has consistently competed in open water events and swims in almost every open water event along the South Jersey shore and elsewhere. Doug 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. Lucky for Doug, he lives at the South Jersey shore and enjoys his morning swims in the ocean or the lagoons in the Back Bay wearing his wetsuit until it's time to return indoors to pool swimming again. Doug is a dedicated long-distance swimmer, who trains year round for open water events and especially for the 4.4 Mile Chesapeake Bay Swim - he has successfully completed his 20th crossing of the Chesapeake Bay and earned his 20th crossing award - and now he wants to complete 25 crossings. Warmest congratulations to Doug who has consistently improved his efficiency and speed in the water with his ocean training - he earned this recognition!



DOUG FROHOCK

The Outstanding Female Open Water Achievement Award goes to 47-year-old, **Vibeke Swanson**, from Oreland, Pennsylvania. A competitive pool swimmer, Vibeke has also embraced open water swimming and clearly enjoys the sport - her strength and strategic swimming has earned her fast finishing times - and she easily holds her own among the young teenage swimmers and finished as the 4th female swimmer in the 2-Mile September Splash Swim. She is another "usual suspect" thanks to her participation in open water events at the South Jersey shore and she is a wonderful mentor for younger swimmers - this year, she recruited 15-year-old, **Gerben Scherpbier**, to open water swimming and he is both comfortable and completely smitten with open water as he swims to keep up with Vibeke in these events.



VIKYE SWANSON

Special recognition goes to 17-year-old, **Andrew Gemmell**, from Wilmington, Delaware, who is clearly a phenomenal open water swimmer. He has competed in South Jersey open water seasons and trains with **Ray Peden**, who swam the English Channel and is also an accomplished open water swimmer. Andrew competed in both September Splash Swims (2-Mile and 1-Mile) taking 1st place overall in both events. Andrew may be a future Olympic contender and be sure to remember his name for the next summer Olympics in 2012. The 2008 Open Water Season offered 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.

**May 25th** and the **Jim McDonnell Lake Swims** in Reston, Virginia, provided swimmers with pleasant weather for a late-May day in Virginia. The 65-degree water temperature was fairly tolerable without a wet suit, but wet suits predominated since many participants want that extra "competitive edge" in their "rubber suits," with warmth as another factor this year. The One-Mile Swim starts its first wave of swimmers at 8 a.m. and the Two-Mile Swim starts its first wave at 9:30 a.m. Some swimmers actually compete in both distance swims and awards are based on either the non-wetsuit or wetsuit division of participants. The water was calm and flat like a big outdoor pool. The swims were run very well even with the race director attempting to manage excited swimmers who have a tough time being quiet for pre-race instructions.

**May 31st** and the **2008 Potomac River Swim** became the **Lake Conoy Swim**, due to 17 to 25 knot winds that canceled the actual Potomac River swim course as they substituted Lake Conoy for the course. **Cheryl Wagner**, the race director for the Potomac River Swim, reported the 2008 Potomac Swim celebrated its 15th year, and had a record number of participants. A total of 48 swimmers signed up for the swim. However, despite the enthusiasm of all, the weather turned very windy preventing the official crossing. On race day, **29 swimmers** gamely completed the 3-Mile Swim, **9**

**swimmers** did the 6-Mile Swim and **1 swimmer** completed the **9-Mile Swim** (involving repeated completions of the 3-Mile Lake Conoy course). An additional seven swimmers ventured out into the Potomac River with a few brave kayakers and completed a **4-Mile Swim** (2 miles directly out from Point Lookout beach and then back again). Three of the swimmers were MIT students looking for adventure and were very enthusiastic about their rough water experience. The first swimmer to complete the **3-Mile Swim** was 30-year-old **Tim Methric** (wetsuit) finishing in 1 hour and 8 minutes. The 2nd swimmer was 25-year-old **Reid Owen** (no wetsuit) who finished right behind the first swimmer (1 hr. 8 min. & 28 sec.). The 3rd place swimmer was 44-year-old **Kate Jenkins** (wetsuit) (1 hr 11 min & 44 sec.). The 1st swimmer in the **6-Mile Swim** was 44-year-old **Kathy Kirmayer** (wetsuit) finishing in 2 hours and 25 minutes and 52 seconds. Just behind Kathy and finishing in 2nd place was 60-year-old **William Knarr** (wetsuit)(2 hr. 34 min. & 16 sec.). And earning 3rd place was 32-year-old **Jen Marquardt** (wetsuit) with her fiancé kayaking for her (2 hr. 35 min. 17 sec.). **Jen Marquardt** went on to swim the course a third time and **she was the only swimmer to finish the 9-Mile Swim** in 3 hours 50 minutes & 24 seconds. The top fundraiser was physician **Tripp Bradd** (54-year old swimmer in the 3-Mile Swim) of Front Royal, Virginia who loaded a video on the web and contributed over \$2300. All swimmers combined contributed over \$15,000 with proceeds going to the Chesapeake Bay Foundation, Southern Maryland Sierra Club, Potomac River Association, Interstate Commission on the Potomac River Basin, The Potomac Conservancy, West Virginia Rivers Coalition, Eastern Shore Land Conservancy, Ridge Rescue, and St. Mary's River Watershed Association. Much gratitude is expressed to our volunteers from the Chesapeake Paddlers Association, our boaters, the Coast Guard, DNR Police, the Dee of St. Mary's, the Episcopal Church Women, and everyone else who supported our event. Complete results can be viewed at: <http://artemis.crosslink.net/~cherylw/prs-08/prs2008-results.htm>. Next year's Potomac Swim is scheduled for May 30th 2009.

**June 1st** and the **3rd Annual Nav-E-Sink or Swim** (1.2 Mile or 2.4 Mile) Distance Festival was held in Rumson, New Jersey. **Ray McKendall** reported these swims offer a 1.2-mile or 2.4-mile loop in the Navesink River at its northeastern end and the swim is near the river's ocean confluence, where the green-gray water is brackish and reminiscent of South Jersey's back bays. This swim event and festival has grown quickly since its 2006 inception and it helps to kickoff the Open Water Swim Season along the Jersey Shore. The participants were treated to a picture-perfect June morning with sunny skies and comfortable temperatures along the riverbank and in the water. A moderate breeze created some light but easily navigated chop and swimmers managed the slight opposing current during the outbound course and were aided by the current for their return to the finish. A surprisingly large turnout briefly delayed the 8 a.m. start of the swims to allow all the incoming swimmers to register for their events. The friendly organizers announced the explanation for the delay and on one seemed to mind the extra wait. There were two waves of swimmers this year with the male swimmers starting out first and then followed by the female swimmers three minutes later. Most of the swimmers wore wetsuits in this early season event. Pre-registered swimmers receive a sweatshirt and onsite registrants receive a tee shirt - after swim refreshments include water and bagels with peanut butter and jelly options. There were **153 swimmers** in the 1.2 Mile Swim and **93 swimmers** in the 2.4 Mile Swim. Some of our "usual suspects" who participated in the 2.4 Mile Swim included **Ray McKendall, Amy Sclarsky, Richard Wallace** and **Pete Cruikshank**.

**June 8th** and time again for **The Great Chesapeake Bay 4.4 Mile Swim** in Stevensville, Maryland, with **602 swimmers** who enjoyed somewhat difficult race conditions for the Great Chesapeake Bay Swim. Brilliant sunny skies with an excessive heat index over 100 kept swimmers out of the sun as much as possible during the pre-race wait at Sandy Point State Park - the air temperature was already 85 degrees at 10 a.m. that morning. With an average water temperature of 76 degrees throughout the swim, many

swimmers did not wear a wetsuit especially the faster competitors - those who wore wetsuits experienced overheating, dehydration, and severe leg cramps in the warm water this year. The final turn of the swim resulted in shallower water that was about 85 degrees and with a wetsuit - it was too hot to sprint to the finish - even without a wetsuit. No waves to speak of and only a little chop with mostly flat water. The swimmers fought a slight flood tide going out and an ebb tide going into the shore to the finish - most swimmers were slower this year than last year - the swim was surprisingly difficult. The first competitive swim was held in 1986 and 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. The course is well patrolled and kayakers are attentive in watching over the swimmers. The refreshment boat is 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 sunny conditions. As you approached the final mile to the finish, the kayakers were very encouraging and even provided water to thirsty swimmers attempting to 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 attempt to stand and try to work the cramps out of their legs ... because just ahead is 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 fills up quickly in less than an hour after opening online registration. As an alternative, the **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 **350 participants** competing in the **1-Mile Swim** that started at 9 a.m. and seasoned swimmers know the distance is longer than a mile (as the finishing times show) but that's just the way it goes. The outbound leg includes the "bunching" of swimmers as the group thins out towards the first turn buoy and this is the longest leg of the swim - the second leg usually runs directly into the current as well as choppy water - the final leg is usually when you are warmed up enough and ready to sprint but this year, it was just too hot (estimated water temperature was at least 85 degrees along the ramp from the bridge) to try and sprint to the finish. Also, the exhaust from the cars driving down the causeway from the bridge makes it tough to breathe as you approach the finish. This event is 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 around the bridge foundations 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! **Delia Perez** (National Park, NJ - earned a 2nd in the F55-59 age group) in the 1-Mile Swim and really enjoyed taking it easy after her event. At the finish you'll find water and fruit but the **hoagies are reserved for the 4.4-Mile Swimmers** - and a cold-water shower with a courtesy hosing off the back of the local fire truck is available for all swimmers. Congratulations to **Kevin Jones** (age 18 from Clemmons, NC) who was 1st overall in the 4.4-Mile Swim in 1 hour 30:26 minutes (last year he was 2nd overall but five minutes faster). **Brian Benda**

(age 37 from Parkton, MD) took 2nd place in the 4.4-Mile Swim in 1 hour 30:28 minutes and **Otho Keller** (age 31 from Baltimore, MD) who was 3rd overall in the 4.4-Mile Swim with a time of 1 hour 31:01 minutes. **Bruce Brockschmidt** (age 41 from Mount Laurel, NJ) took 6th overall in 1 hour 35:11 minutes and he was first overall in the "non-wetsuit division" and took 1st in his age group. **Colin Stang** (age 16 from Columbia, MD) was 1st overall in the 1-Mile Swim with a time of 24:40 minutes) and he also won 1st overall last year but with a finishing time about one minute faster last year. Other honorable mentions go to **Barney Heller** (42nd overall), **Doug Bergen** (66th), **Joe Petrochko** (113th), **Doug Frohock** (219th) and earning his award for his 20th swim across the Chesapeake Bay), **Richard Wallace** (303rd), **Viki Anders** (308th), **Michael Doyle** (354th), **Karen Alecxi** (402nd), **Kuni Mihara** (446th) **Jerry Klein** (502nd), **Dave English** (546th), **Petey Cruikshank** (560th), **Walter Salzmann** (578th), and **Phil Gibbs** (587th). **Brian Early** (age 47), who was the initiator of this event years ago, finished 65th overall 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 21st** and the **13th Annual Plunge for the Patients Ocean Swim**, Wildwood, N.J., maintains its original Saturday evening venue with a 6 p.m. start time for the 1-Mile Swim and all other events scheduled for the one day - a wonderful event for evening swimmers!!!! In addition to the 1-Mile Ocean Swim, runners participate in a 5-K Beach Run that also begin at 6 p.m. in the evening. We swim parallel to the shore and sometimes the dolphins keep us company. Each swimmer writes the name of the cancer patient they are swimming in honor of written on their arm and swims a personal best for that patient. Unfortunately, swim conditions were not ideal and the Plunge for Patients (swim and run and walk events) was **CANCELLED due to offshore thunder and lightening strikes**. The water temperature was in the low 60s and swimmers wore their wet suits while waiting for the Wildwood Beach Patrol to make their decision about allowing us to enter the water. At 5:55 p.m., the beach patrol decided **NOT** to allow us to swim because of the offshore storms and **CANCELLED** the **Plunge for Patients**. The offshore storms created a strong breeze throughout the evening and the participants who remained for the commemorative evening activities shivered while waiting in the seating area under the tent by the water park at Morey's Pier. After the Plunge for Patients is finished, race directors, **Viki Anders** and **Charles Straining III**, host the evening event to honor the oncology patients and their families. The Plunge for Patients activities were 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! Check the



VIKI ANDERS AND CHARLIE

website [www.plungeforpatients.org](http://www.plungeforpatients.org) for more information about the annual Plunge for Patients.

**June 22nd** and the **Lehigh River Swim** included about **50 swimmers** overall with about half competing in the 2-Mile and the rest doing the 1-Mile Swim. Cloudy skies and occasional showers greeted the swimmers throughout registration that morning, and the rain conveniently ended just in time for the dry boat ride upriver to the start. **Ray McKendall** reported that the Lehigh River was calm and flat with a favorable current providing easy swimming conditions. Ray was the only "usual suspect" participating in this swim near Allentown, Pennsylvania, and mentioned there was a relaxed and amicable crowd registered for the two swims. The water temperature was refreshing, with only a bit of chill from splash down but then you warmed up swimming. Boaters kindly pointed out low water and high vegetation levels and accordingly directed swimmers down the center of the course. The parking for the swim, 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 leave your bags at the club during the swim. Powerboats 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 riverbanks 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 the dock exiting with a 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 finished by 11 a.m. when the awards were all presented. Ray reported a good water conditions - it's dark water with a bit of grass and twigs along the way, but nothing to discourage serious open water swimmers.

**June 27th** and it's an unsettled and stormy Friday evening for the **22nd Annual Independence Day One Mile Bay Swim**, Kennedy Park in Somers Point, NJ. We coped with the chilly 66F degree water (and then found other warmer spots as we swam through the course) and the breezes (chilly just standing around waiting for the swim to start) that evening. The swim was delayed due to thunderstorms and the distance was shortened to a **1/2-Mile Swim** since there was the chance of another storm cell approaching the area. There were **139 swimmers** with an in-water start, oval course, well marked, with the current on the outbound, and against the current on the way back, and fairly calm water conditions, leading to fast finishing times. The tide was going out and the return course had us swimming through some seaweed and detritus - plus the smell of the marsh along with the low tide. In addition to shortening the course and allowing wetsuits this year, the swimmers now line up parallel to the pier, instead of perpendicular to it, for the start of the swim - but it took awhile to get everyone's attention to be quiet and pay attention to the pre-swim instructions. This is the second year for the change in starting the race and it seems to ease the "body crunch" around the initial turn for the first buoy along with the concomitant crush of swimmers. It's a good adjustment. Next, and better still, a second

buoy was added at the turn-back point. The two buoys are separated by about 25 yards and parallel to the causeway requiring the swimmers to turn both of these before returning back on the course. This provides the very welcome effect of eliminating the risk of head-on collisions with just a single turning buoy. 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. Finishing times were not as fast as last year even with the shortening of the swim to the half-mile distance. This is a great 1st timer's race - it's a salt-water swim usually without the waves! The 1st overall male, 16-year old, **Sean McCall** (Wenonah, NJ), finished in 9:20 minutes and the 1st overall female, 15-year old, **Maureen McCotter** (Cherry Hill, NJ) finished in 9:23 minutes. It was great to see **Mike Toy** (swimming with his daughter, **Melissa Toy**), **John McShane**, **Susan Reich**, **Louise Nunan**, **Jim Waddington**, **Paul Sweeney**, **Dave Hirsch**, **John Dawson**, **Jack Wixted**, **Steve Gazsi**, **Raymond McKendall**, **Carin Cohen**, **Wendy Levin**, **Doug Frohock**, **Bob Notorfrancesco**, **Tom Douris**, **Marilyn Brahams**, **Don Walsh**, **Delia Perez**, **Lynn Dunn**, **Nancy Trimmer**, **Barney Hungerford**, **Linda Vanocker**, and **Barbara Johnson** - all had good swims with many course and current tales to tell over and over again. Special thanks to Race Director, **Louise Nunan**, who waited out the storm and persevered with a shortened swim and also had pizza delivered to the swimmers at the end of the swim.

**June 28th** and the **3rd Annual Asbury Park Ocean Mile** was held in Asbury Park, New Jersey. **Bob Notorfrancesco** reported about this swim that the New Jersey Race Club refers to as their "Triple Crown Ocean Race Series." The other races in this series are the Sea Bright Ocean Mile and the Belmar Ocean Mile. The Asbury Park race had ample free parking near the registration area. Bathrooms were available for changing one block from the start and finish point. There were showers on the beach to rinse off after the race. The course was triangular in shape, basically down and back with two buoys, 50 yards apart, at the turnaround to allow some separation to avoid collisions. The benefit of this type course helps to eliminate the question of what to do with your bag. There were **115 swimmers** competing in this early morning swim. The ocean was relatively calm, but that was a trade-off for the rather chilly mid-sixty-degree water. Awards were given within five-year age groups and the results were available shortly after the last swimmer completed the race. You could enjoy the post race bagels while you waited for the results, but if you didn't feel like hanging around, results were posted within a day or two on [www.raceforum.com](http://www.raceforum.com). The "usual suspects" included **Ray McKendall** and **Bob Notorfrancesco**.

**July 5th** and the **Bradley Beach Swim** was another morning swim facing threatening skies and scattered showers as swimmers drove to this event with a posted rain date. **Ray McKendall** reported that this is the first of several no-frills races for the North Jersey shore. The rain held off and most of the swimmers decided to swim without their wetsuits in the chilly water. This swim attracted its largest field of 285 swimmers in 2007 and there were about **150 swimmers** participating in 2008. The easy surf had just enough chop to qualify calling the race an ocean swim and the "usual suspects" included **Don Walsh**, **Raymond McKendall**, **Mari Schaefer**, and **Pete Cruikshank** - check <http://mysite.verizon.net/rmckendall/ows/bradley.htm>. The overall 1st place winner was **Matt Nunnally**, a Bradley Beach lifeguard, who finished in 17:00 minutes and the 1st place female was **Nicole DelNero**, a Spring Lake lifeguard, who finished in 19:13 minutes. More results can be found at <http://www.raceforum.com/2008/jackwright.htm>

**July 12th** and the **7th Annual Avon Ocean Mile** was held in Avon-By-The-Sea, New Jersey. **Bob Notorfrancesco** reported that **151 swimmers** competed in this swim that started on the beach at Norwood Avenue at 8:00 AM. The town is barely a half-mile long, so this course was set up in the

familiar triangular shape. The weather was sunny and warm, but the water temperature was in the mid-sixties. The ocean was calm, but when you approached the turnaround point, which is close to the Shark River Inlet, the swells got larger and there was a bit of chop. It was nothing bad, just enough to make this quick mile swim interesting. Bottled water was provided after the swim for competitors. The "usual suspects" included **Ray McKendall**, **Bob Notorfrancesco** and **Mari Schaefer**.

**July 12th** and the **12th Annual Ocean Swim for the Dolphins** was held in Wildwood Crest, NJ. The 64F degree water and the wind from the north created ocean swells and "bouncy" swimming conditions to navigate the one-mile course to the finish. The swimmers had to swim from south to north - into the winds and against the choppy waves that tortured the seasick swimmers to the end. Even with my 2 years of open water swimming, I'm (Delia Perez) a "seasick swimmer" and with the wetsuit making me even more buoyant in the ocean, I was seasick throughout most of the swim - and finally felt better after I rounded the final turn buoy and stopped swimming over the bouncy waves. About half-way through the swim, I also realized that as I stroked into the water, I touched something very solid - and my next stroke went right into a smooth muscular surface - and I realized that a dolphin was right under me as we swam north. The swim started at 6:30 p.m. and **265 participants** (a large number of swimmers but 21 less than last year) made the start of the race look more like a riot in the water - and some of the scantily clad or novice swimmers bagged the swim because of the cold 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 race director, **Bill Kindle**, learned from Dave Hirsch (initial race director) what swimmers need after a swim - towels, ice tea, water, pizza and hoagies, bananas and oranges, live music, and great door prizes! **John Maloy** (age 18 from Wildwood Crest, NJ) was the overall winner and he finished in 21:44 minutes. **Greta Reichert** (age 16 from Stone Harbor, NJ) was the first female finisher in 23:18 minutes. The "usual suspects" included **Ron Marks**, **Bruckner Chase**, **John McShane**, **Dave Hirsch**, **John Dawson**, **Linda Hoke**, **Doug Frohock**, **Raymond McKendall**, **Rachel Sclarsky** (followed by her "slower" parents) **Dave** and **Amy Sclarsky** (and her brother) **Ethan Sclarsky**, **Tom** and **Meg Douris**, **Karen Alecxih**, **Bob Notorfrancesco**, **Wendy Levin**, **Dennis Regan**, **Marilyn Brahms**, **Mari Schaefer**, **Nancy Trimmer**, **Delia Perez**, **Diane McVey**, **Barney Hungerford**, **Molly Williamson**, and **Pat Timmins**. Race results are tallied promptly by L & M Sports and posted on their website ([www.lmsports.com](http://www.lmsports.com)).

**July 19th** and the **17th Annual Maryland Swim for Life** event features a 5-Mile Swim (go to: <http://www.swimdcac.org/Swim4Life.html> for more information). The event planners do their best to arrange for beautiful weather (but you never know for sure) and it's a well-done experience with informal management, and a friendly and relaxed staff who happily accommodate the swimmers. The Chester River provides a flat-water swim with little boat traffic. The water was comfortable and refreshing, and a wet suit not necessary, though somewhat popular (especially for the 5-Mile Swim). And after the swim, you can find a large assortment of edible amenities tastily enjoyed by the participants. There were **37 swimmers** in the 1-Mile Swim - **53 swimmers** in the 2-Mile Swim - **21 swimmers** in the 3-Mile Swim - **11 swimmers** in the 4-Mile Swim - and **16 swimmers** in the 5-Mile Swim.



**July 19th and the 10th Annual 5K & 1.3 Mile Bridge-to-Bridge Swims** that was to be held in Atlantic City, New Jersey, was **CANCELLED**. There was no explanation and the Atlantic City Aquatic Club that managed the event last year posted a cancellation notice on their web site. The ACAC coach, **Garr Kerr**, merged the Mid-Atlantic and Bridge-to-Bridge Swims last year and these swims were both scheduled for this open water season but the web page notice cancelled the swims. **Sid and Kara Cassidy** managed both of these swims when they were living in the area but their relocation to Florida resulted in the loss of good race management as well as the loss of a good race director. The **Cassidys** not only promoted the swims to the younger swimmers entering the sport but also to the masters swimmers who have an abundance of experience in open water swimming - and who can also informally coach new swimmers on what to expect in an open water swim. The **Bridge-to-Bridge Swims** finish at the Atlantic City Crew House and the **Mid-Atlantic Championship** swim is held in front of the 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) had an evening start last year at 6:30 p.m. The **1.5 Mile Swim** swimmers were bused to the start that began at 4:30 p.m. Bottled water, fruit, warm showers, and bathrooms were available at the Atlantic City Crew House, and it provides spectators with a great spot to watch the finish. Check the Atlantic City Aquatic Club web site ([www.acacswim.org](http://www.acacswim.org)) next year for more information.

**July 19th and the 34th Annual Andrew B. Manning Ocean Swim** took place in Sea Bright, New Jersey. **Bob Notorfrancesco** reported that this was the second swim of the NJRC Triple Crown Race Series. Previously, this race was held in the evening with a 6:30 PM start, but this year it was changed to an early morning start at 8:30 AM. Free parking was set up at the Sea Bright Municipal Beach Lot near the registration area. In the same location there were beach showers to rinse off after the swim and bathrooms to change in. There were **116 swimmers** who enjoyed great conditions with sunny and warm weather; the water was calm and in the upper sixty-degree range. The start time was not the only change for this year's race - in past years, the course was a straight mile parallel with the beach, but this year's course was a triangular shape similar to the Asbury Park swim. Swimming the first leg was a challenge against a fairly strong current, but once you made the turn, coming back was a breeze. After the race, cold bottled-water and fresh bagels were provided. Unfortunately, this year's early morning start conflicted with the popular Spring Lake Ocean Mile that was held the same day with a 9:30 AM start. Here's hoping the race directors of these two events can agree to better scheduling next year that will allow swimmers to enjoy both swims. Results for the Andrew Manning Swim are available at [www.raceforum.com](http://www.raceforum.com) and the "usual suspects" included **Bob Notorfrancesco**.

**July 19th and the 12th Annual Spring Lake Ocean Mile Swim** was held in Spring Lake, NJ, starting at 9:30 a.m. that morning. Unadvertised swim with no pre-registration and wetsuits allowed but disqualified from awards. **Ray McKendall** reported that it was a hot and humid morning with clear and sunny skies. The water temperature was just warm enough at about 67 for comfort and felt refreshing on such a muggy morning. The surf was a little "spicy" for Spring Lake and that helped to make the swim more interesting. The awards are normally too slow in coming - but once begun, at least, they were dispatched quickly. Phone the beach patrol (732-499-8005) for more information about this swim now known as the Jack Meyer Memorial Mile At Spring Lake. The event is managed by the Spring Lake Recreation Department. It is well organized but race results may not be available since they use index cards with the overall finish number on each card, and it seems highly unlikely that any of the

handwritten results are transferred to a spreadsheet. Registration fee (\$15) and you sign up at the pavilion at the foot of Ludlow Street. Last year, the swim was dedicated to the memory of Jack Meyer, a long time Spring Lake resident who died suddenly and in his memory, the t-shirts feature his artwork reflecting his affection for Hawaii, and swimmers were given (real) Hawaiian Leis at the finish line. 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. 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. There were only about **80 swimmers** and this year's turnout was noticeably smaller than usual - presumably because the Manning Sea Bright Swim was rescheduled in conflict with the already scheduled Spring Lake Swim. These two events competed for the same swimmers to participate in their races at the same time rather than making accommodations in scheduling to allow full swimmer participation in both swims. Our "usual suspects" included **Linda Hoke, Ray McKendall** and **Mari Schaefer** who enjoyed their morning swim in Spring Lake.

**July 26th and the 29th 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 treated swimmers to cold water - down to 62F degrees in some spots - and more bouncy wave conditions to torture our sensitive "seasick swimmers." And with the colder ocean water, a warm-up swim before the beginning of your swim heat just didn't seem like a good idea! Other than the cold water temperature and wind, the conditions were terrific for an evening swim and it was easy sighting the course (4 orange buoys and 3 flags) as we swam north along the shore to the finish. Swimming to the first turn flag was tough because you could feel the water get cooler 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. We swam a northbound course with two waves of swimmers - under 50 men @ 6:30pm, the women and over 50 men starting ten minutes later. There were **310 swimmers** (66 swimmers less than last year) who finished this event. **Blake Trabuchi-Downey** (age 18 from Vineland, NJ) was the overall winner in 15:57 (almost 7 minutes faster than last year) and **Chelsea Martin** (age 15 from Linwood, NJ) was the first place female winner in 17:52 minutes (almost 6 minutes faster than last year). **Ron Marks** (age 49 from Beesleys Point, NJ) was the 1st male masters swimmer finishing in

16:53 minutes (almost 8 minutes faster than his time last year when he was also the first male masters swimmer to finish). **Laurie Hug** (age 43 from Ambler, PA) was the 2nd place female winner (and 1st female masters swimmer) in 17:52 minutes (almost 7 minutes faster than her finishing time from last year). Some of the "usual suspects" surviving this cold water evening swim included: **Jamie Hemmerle** (2nd male masters swimmer who finished in 17:51 minutes) and **Tracey** (his daughter), **John Kenny**, **Graham Parker**, Bruckner Chase, Craig Stevens, John McShane, Susan Reich, Jim Waddington, Melanie James-Cosgrove, John Dawson, Michael Keating, Tina Hirshland, Mike Hamilton, Jack Wixted, **Doug Frohock**, Steve Gazsi, Jack Donnelly, **Bob Notorfrancesco**, **Polly Thielers**, **Don Walsh**, **Dawn Young**, **Delia Perez**, Phil Gibbs, **Mari Schaefer**, Nancy Trimmer, Marilyn Brahm, **Molly Williamson**, Barney Hungerford, **Pat Timmins**, and Doug Farrell. 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. Once on the beach, the "semi-frozen" swimmers rushed to dress in warm dry clothes, and then find a warm beverage to warm up their core temperature while counteracting the chill caused by the cold water and evening breeze. Race results are tallied promptly by L & M Sports and posted on their website ([www.lmsports.com](http://www.lmsports.com)).

**July 26th** and the **Monmouth Beach Swim** enjoyed a perfect summer morning for an ocean swim with calm seas. **Don (Donnie Dolphin) Walsh** (Spring Lake, NJ), one of the "usual suspects" who is also New Jersey's first swimmer to swim about the Isle of Jersey, reported there was lots of sunshine to keep those slender types warm in the ocean. All the usual gang from the central Jersey Shore were there for the event including Murray, Mikie on motorcycle, **Petey Cruikshank** (to make sure that no one knew the course), **Walter Salzmann**, Ken (from my Manhattan Marathon days), and the very talented swimming duo Nansae & Meshell (of team Seashell) - and then there were those young speedsters to make us feel more like a bowling team than swimmers! The swim started at 8 a.m. and the course was easy to navigate. We swam directly offshore and rounded the first buoy with a right turn and headed south (unlike Petey's instructions to go north) and swam approximately    mile south to the second buoy. As usual, I was so far behind at the start that I thought that I was in first place! I didn't see on my approach to the buoy that Petey was hiding waiting to attack! As I turned the buoy, Petey grabbed my suit and tried to pull it down! It was a good thing that I had it tightly tied or I would have finished sans suit!!! Well Walter, Petey, and I had a big laugh over that one!!! Not easy to get back to swimming after laughing so hard at the start of a race. At the second buoy we made another right turn and headed north towards the first buoy. Now here's the tricky part ... while swimming south to the second buoy, we had to navigate through, around, over, and under the speedsters returning to the first buoy! It's amazing that we all started at the same time, because those young swimmers were so far ahead of me. Upon arriving at the second buoy, Petey was up to his usual tricks! He was holding the buoy in the air and saying ... "If you don't touch the buoy, you're DQ'd!" Of course Walter and I almost drowned because we were laughing so hard. After getting Petey to put the buoy down, we all rounded the mark and headed north. It was an easy swim back as we didn't have to dodge any of those young speedsters again. On our return towards the finish, Walter and I swam next to one another and I figured that Murray the racer was going to take 1st place in our age group. **I told Walter to get on my shoulders coming out of the water and I would carry him up the beach and over the finish line - this way, we would tie for 2nd place and Petey would get 3rd place in our age group.** We did and it worked! The officials weren't sure what to do with us at first when we crossed the line, but after I explained what we were doing they loved it! It just

doesn't get any better than that! The people hosting the race were very friendly and made sure that we had water and power bars & snacks waiting for us at the finish - and our **Donnie Dolphin "Cub Reporter"** made sure everyone had a great laugh to remember the Monmouth Beach Swim.

**August 2nd** and the **16th Annual Rainbow Channel Challenge Swim and Paddle Competition** was held in its new location in **Lakes Bay at the Yacht Club of Pleasantville, New Jersey**. The new race director, **John Glassey** ([drijgfromac@aol.com](mailto:drijgfromac@aol.com)), agreed to take over the Rainbow Channel Challenge, since he manages the unpublished "Donny Swim" that takes place in Lakes Bay in early June - and this year, swimmers and paddlers alike were entitled to a "Donny" shirt, tank shirt, or shorts for participating in today's event to help ailing children in South Jersey. Our previous race director, **Polly Thielers** (who initiated this swim 16 years ago to benefit Alzheimer's Disease Research) volunteered with today's event along with her husband, **George Thielers**, to help with the transition to the new location and venue. Polly's swim is a cherished event for morning swimmers with their perky "**morning person attitude**" vs. the still groggy evening swimmers. Strong and severe thunderstorms and blinding rain delayed the start of the events for almost an hour - and the **Quarter-Mile Kids Swim** finally started at 10 a.m. Then the 2-Mile Kayak, Paddle Board and Surf Board Event followed the Kids Swim. Sometime after 10:30 a.m., the **1-Mile and 2-Mile Swims** had a simultaneous in-water start where the crowd had to be quieted down to actually hear the **Thielers** begin the race without the benefit of a loud speaker or horn or whistle. Prior to the severe weather, Lakes Bay was calm and flat - afterwards, the wind kicked up the water and made for very choppy conditions - the choppy water wasn't noticeable from the Yacht Club dock area but as soon as we swam past the shelter of the dock area, the water was bouncy and choppy. Even with the very pleasant **78F degree water temperature** (our first comfortably warm swim of the season), it was tough swimming on the outbound leg of either the 1-Mile or 2-Mile Swim. We swam sideways over the choppy water and the course was minimally marked with just a buoy at the **Eighth-Mile point**, the **Half-Mile point**, and then the **One-Mile point** - and with the choppy water and distant location, the last buoy was almost impossible to see from the water. The inbound swim back to the Yacht Club along the same outbound course was a little less choppy but our **seasick swimmers** were well represented at today's event! The **Thielers** managed the timing for all of the events with the assistance of other volunteers - but only manual results were available with an estimate of 175 to 200 participants in all events. The well meaning volunteers at the Yacht Club did their best to accommodate so many people bunched inside to stay out of the rain - but the greasy smoky cooking smells made our "queasy" swimmers really feel their worst once they starting swimming in the choppy water and totally enjoyed their seasickness in the water! After the swim events, hot dogs and hamburgers were available for purchase and the smoke from the grills along with the greasy cooking smells were "free of charge" with your purchase - plus the bar was open for all "of-age" participants. There is a hose outside for a fast cold-water rinse and bathrooms inside the Yacht Club for a convenient change of clothes. The **Thielers** also managed the presentation of awards to the swimmers with their hand-printed "paper" results for today's event. Here's hoping that next year's swim has better swim conditions, better ventilation at the Yacht Club, and better access to event results available from a website. Some of the usual suspects swimming in the 1-Mile and 2-Mile events included **Nancy Churchman**, **Peter Churchman**, **Carin Cohen**, **Jack Conner**, **Doug**

Frohock, Phil Gibbs, Barney Hungerford, Wendy Levin, Rich McLaughlin, Diane McVey, Bob Notorfrancesco, Delia Perez, Kathy Pramuk, Mari Schaefer, Amy Sclarsky, Jerry Smith, Vibeke Swanson, Michael Toy and his daughter, Melissa Toy, James Waddington, Richard Wallace, Don Walsh, Jim Whelan, Jack Wixted. As always, the "usual suspects" who usually participate in the shore events represented us well and if any names are missing, please excuse me because there is no listing available of everyone who participated.

**August 3rd** and the **John Boyd Memorial Swim** was held at 6:30 p.m. on a Sunday evening 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. 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 may be a little confusion about where to leave swim bags during the race and experienced swimmers usually select the roped-off area set aside for the after-swim beach barbecue near the finish. **Ray McKendall** reported that **99 swimmers** were treated to an unusual August day boasting sunny and clear skies, moderate temperatures and low humidity. There are a dozen markers along the course and it is easy to follow - the surf was in the 70's and the air temperature was pleasantly mild. The flat surf was deceiving because an opposing southerly current made northbound swimmers work for their cookout fare. 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 "usual suspects" included **Ray McKendall, Bob Notorfrancesco, Mari Schaefer, and Kristina Shore.**

**August 9th** and the **1st Annual Belmar Ocean Mile Swim**, the final race of the NJ Race Club Triple Crown Series, was held in Belmar, New Jersey. Swimmers that competed in all three races of the series received a special commemorative t-shirt. **Bob Notorfrancesco** reported that there was a surprisingly large turnout for this inaugural race with **168 swimmers** competing. There was a bit of a chill to the morning air, but otherwise conditions were ideal. The ocean was tranquil and pleasant with 76-degree water temperature. Considering the warm water, there was a large number of people wearing wetsuits. There were a few jellyfish of the non-stinging variety. The course was the reverse of the familiar triangle layout. It had two buoys at the start and one at the turn-around point. Starting on the beach you swam out past buoy number one that was about 100 yards off shore. You continued to buoy number two that was about 300 yards out, and turned southbound angling towards the beach and buoy number three. Once you made the turn northbound at buoy number three, you angled towards buoy number one that was passed at the start. At that buoy you turned left and it was just a short sprint to the beach and the finish chute. All races in this series had the same timing set up. There was a clock at the finish and you were given a Popsicle stick with your overall finish number. You took the stick to the scoring table and your place was recorded on the appropriate age group sheet. Post-race refreshments consisted of cold bottled water and bagels and **Bob Notorfrancesco** was the only "usual suspect" who participated in this inaugural swim. Results for the Belmar Ocean Mile Swim can be found at [www.raceforum.com](http://www.raceforum.com).

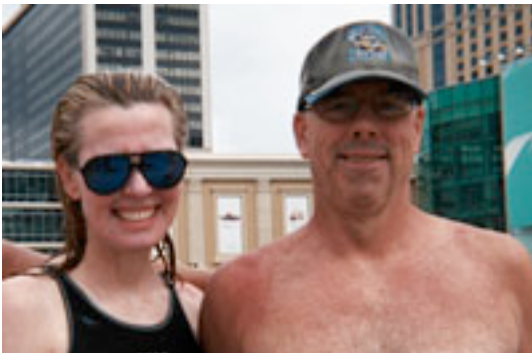
**August 9th** and the **Mid Summer Ocean One-Mile Ocean Swim** was held in **Lavallette, New Jersey**, instead of its previous Seaside Park location. Political changes within Seaside Park Township prompted the move and the swim was shortened to 1-Mile from the previous 1.5-Mile distance. Light but plentiful refreshments replaced the former "breakfast buffet on the beach" because of Lavallette ordinances. This year, the 1-Mile Swim offered both USMS and open divisions in separate heats since it was a qualifying USMS sanctioned One-Mile Open Water Swim. According to **Jeff Jotz**, New Jersey LMSC Open Water Chairman, this was their first ever USMS-sanctioned open water swim and you can reach Jeff Jotz at [jjotz@yahoo.com](mailto:jjotz@yahoo.com) about next year's swim. **Richard Wallace** (Manahawkin, NJ) reported about the new venue and the main problem with the Lavallette location is there are no restrooms. Check-in and registration is at the middle of the course, and swimmers walk a half mile one direction for the start (no bag transportation) and then, if you parked near registration (street parking only, which requires early arrival), it's another half mile back. The walk is not the problem but the complete lack of facilities anywhere along this course for the events is an issue. A good suggestion is the rental of several portable-potties if the race organizers intend to continue and expand this swim over the years. The water temperature was delightful. There were red and stinging jellyfish but not too many for the first half of the swim and they were more plentiful during the last half of the race. The ocean was just short of being flat as a pancake so that visibility of the buoys was good. The ocean swim had a funky finish: you turned the last big buoy in toward shore and then there were two more smaller buoys that you had to bend-around (a sort of boomerang effect with a curve to get home) to avoid being disqualified before landing on the beach. Kudos to the beach patrol because they had guards in the water at these last buoys making sure everyone swam around them and prevented unnecessary disqualifications for the swimmers. The results were posted at the beach and eventually via [www.compuscore.com](http://www.compuscore.com) with both an open and a Master's start separated by (as the swimmers were informed) ten minutes. A number of swimmers commented about the posted results and participants suspected that perhaps the 10-minute differential was not uniformly calculated for all finishing times. They used Compuscore (Dave Siconfli) for the timing with ankle chips. According to the web page results, there were **43 swimmers in the Masters Division** and **153 swimmers in the Non Masters Division**. It was a great day for a swim and hopefully, there will be more improvement by the race organizers for next year. The "usual suspects" included: **Lynne Dunn, Ray McKendall, Richard Wallace, and Don Walsh.**

**August 16th** and the **1 Mile Yates Swim**, Atlantic City, NJ - the 2nd event in the "triple crown" of South Jersey swims. The Yates Swim usually provided lots of excitement because of its previous location in the inlet between Brigantine and Atlantic City - swimmers took advantage of the swift current in the inlet requiring skilled navigation to successfully stay on course for the finish in Gardner's Basin - but for a second year, the Yates Swim was held in the back-bay waters by the Atlantic City Crew House and **NOT** in the preferred inlet course. For a second year, swimmers were generally disappointed, though understanding, about the relocation of the course forced by severe beach erosion at the former start along Absecon Inlet. Instead of a fast swim in the inlet, the swimmers had to manage the four turn flags for the new rectangular course. Two years ago, there were 115 swimmers participating in the event and only 89 swimmers entered in the 2007 Yates Swim - and the 2008 Yates Swim succeeded in



MILLIE AND DON WALSH, BARNEY HUNGERFORD, DOUG FROHOCK

attracting only **80 swimmers** for the Back Bay location. The swim starts at 6:45 p.m. with an in-water start - and the water was a very pleasant 75F degree with an enjoyable calm and delightful summer evening. The newer course also required swimmers to negotiate the unfamiliar turn flags and that led to some body bashing as some swimmers attempted to swim over each other at the turns. **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. This year, **Lieutenant Joseph Dilks**, who has worked with Captain Bennett during the previous four or five years, is now taking the lead in managing the Yates Swim. At the 2007 Yates Swim, the top age group for this event moved to **60 & Up**, and **both Lieutenant Dilks and Captain Bennett agree about expanding these age groups to include 60 to 64, 65 to 69, and 70 & Up** for upcoming swims. This would be terrific, especially with the level of skill, interest, and competition in open water swimming demonstrated by our more experienced Masters Swimmers. With the change in swim venue and location, the swimmers went without the usual cold-water rinse with a hose after the race and everyone missed the tasty free "pasta buffet" that was always provided by the Flying Cloud Restaurant when we finished in Gardner's Basin. But **Lieutenant Dilks shared good news with the swimmers - the 2009 Yates Swim will be relocated to an ocean course starting at Albany Avenue and the Beach** (swimming parallel to the beach - either north or south - depending on ocean current conditions) **and the Atlantic City Beach Patrol plans to provide a barbecue on the beach after the Yates Swim** - and the swimmers were pleased to hear about the relocation of the swim for next year. **Morgan Swain** was the first place female finisher in 17:29 minutes. **Justin Rau** was the first place male finisher in 16:39 minutes.



PAM PAPARONE AND JACK MARTIN

The "usual suspects" included **Mike Toy** (finishing 3rd overall) and his daughter, **Melissa Toy** (finishing 17th overall), **Jim Waddington, Jim Whelan, Steve Gazsi, Doug Frohock, Jack Donnelly, Don Walsh, Marilyn Brahms, Jean Buchenharst, Stan Pandza, Barney Hungerford, Phil Gibbs, Nancy Trimmer, Molly Williamson, Christine Tucker, Barbara Johnson, Doug Farrell, and Alisan Henderson.**

**August 19th** and the **Ray Licata Memorial Long Branch Ocean Mile Swim** was held on a Sunday morning in Long Branch, NJ. **Ray McKendall** reported the Long Branch swim continues its growth spurt with **260 swimmers** finishing the 4th Annual 1-Mile Swim. Swimmers enjoyed easy water conditions, convenient logistics, and enthusiastic volunteers. The "usual suspects" included **Ray McKendall** and **Bob Notorfrancesco.**

**August 23rd** and the **12th Annual Captain Jim Turner Memorial Ocean Swims** were held in Longport, NJ. It was a very pleasant evening on the beach in front of the 33rd Street Lifeguard Station and the ocean water was a fabulous 74F degrees - it was heavenly to enjoy an ocean swim without wishing for the warmth of a wetsuit. There were a total of **54 swimmers** who enjoyed the **Half-Mile Ocean Swim** (parallel to the shore) and a few who also competed in the **200-Meter Swim** (an out and back swim to the finishing buoy). The swimmers who participated in both events had their overall finish place in the 200-Meter and Half-Mile Swim scored with awards to the Top Male and Top Female overall thus earning the coveted title of **Aquaman** or **Aquawoman**. **Captain Jim Turner** was head of the Longport Beach Patrol for 20 years as and joined the Coast Guard when he was 17 years of age. He commanded the Atlantic City Station until after WWII and was famous for his dramatic rescues in the 1930s and high-speed chases of rumrunners during prohibition. The Coast Guard Captain escaped death more than once and earned his heroic reputation after a dramatic rescue of the sloop "Anna" when he braved icy Atlantic waters in hurricane conditions to rescue the crew. This evening's events began at 6:45 p.m. and we swam with the current heading south - the course was marked with three orange inflatable buoys - and we had a running start and running finish up the shoot for finishing times and Popsicle sticks. The small swells in the ocean made it tough to see the finish buoy because we were swimming into the setting sun and looked for swimmers ahead to keep on course and not swim too far out to sea or too close into shore. With the warm ocean temperature, we had jellyfish for company but they were the big saucer-sized ones with the "sand paper" tops slithering under our arms as we swam through the course - and with the incoming tide, we encountered seaweed and other debris. Awards were presented at



L --> R: Don Walsh, Delia Perez, Doug Frohock, Marilyn Brahms, Curt Sulzur, Ron Marks, Barney Hungerford. In front: Steve Gazsi

the Lifeguard Station for young swimmers (two year age groups) and the over 20 years of age swimmers received awards in their 10-year age groups with 60-plus as the final division. Following the awards, we were treated to pizza and soda - and it was just like our own "backyard" swim with friends - a really terrific fun evening for everyone. The "usual suspects" swimming in this event included **Marilyn Brahms, Doug Farrell, Doug Frohock, Dave Hirsch** and his son, **Jonathan Hirsch, Steve Gazsi, Barney Hungerford, Ron Marks,** and **Delia Perez.** And "swimming legend **Curt Sulzur,**" was there to cheer us on and mentioned that his son, **Kyle Sulzur** (another good swimmer), said to him, "Dad, no one is going to remember that you're a swimming legend unless you start swimming again."

**August 24th** and the **Bayfest 2008** hosted the **14th 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, **39 swimmers** enjoyed the 6:30pm swim with its 77F degree water and 75F air temperature for this balmy summer evening. 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. This year, **Barney Hungerford** reported that that the unexpected 20mph SSW wind clobbered the swimmers with a crosswind and choppy water as soon as the swimmers cleared the last houses sheltering this Back Bay swim. The return swim was much easier to sight and thankfully returned the swimmers to the more sheltered course out of the wind as they swam to the finish. Awards were computed in a timely manner with trophies in the 10-year age groups for swimmers aged 10 to 75 years. **Jack Martin** was the overall swimmer who finished in 22:20 minutes and enjoyed the cool trophy he won as well as the photographs taken of the winners for publication in the local **Brigantine CURRENT.** The "usual suspects" included **Marilyn Brahms, Barney Hungerford, Jack Martin, Jim Waddington,** and **Pam Paparone,** who completed her first open water swim this season. We extend special congratulations to **Kathy Pramuk** who won her (50-59 female) age group. Swim with us next year, so 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.

**August 24th** and the **Manasquan Ocean Mile** was held in Manasquan, New Jersey. **Raymond McKendall** reported the North Jersey open water swim season closed with another well-managed Manasquan swim on a beautiful Sunday morning. An unusually punchy surf and bumpy bottom prompted an anticlimactic and comical start as swimmers just ambled into the waves at the whistle - and calm water and easy conditions awaited them beyond the breakers. The "usual suspects" included **Raymond McKendall, Bob**

**Notorfrancesco, George and Polly Thielier, Don Walsh, and Richard Wallace.**

**August 30th** and the **79th 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 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! Race director, **Norm Draper,** arranged for another original **Joe Duffy** design for our long sleeve tee shirt - showing a single swimmer in the water and capturing **Duffy's original 1996 "King Neptune and his Queen Mermaid"** reflecting in the goggles of the swimmer on the back of the unbleached white long-sleeve cotton shirt. The day was hot and muggy and sunny with strong waves - there was a slight current heading south with a very comfortable 73F degrees ocean water temperature throughout the race. The swim towards the Ocean One Pier us a good workout in stroking through the swells that pushed swimmers somewhat into the shore - requiring course corrections while avoiding the lifeboats urging swimmers back out to sea. We enjoyed a great workout in comfortable and clear water to finish our final ocean swim for the season. This year, there were a total of **144 swimmers** who finished the Pageant Swim as compared to last year's 162 participants. 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. **Ian Keyser** (age 17) finished 1st overall in 23:54 minutes, **Jeff Terrell** (age 18) finished 2nd overall in 24:04 minutes, and **Andrew Gemmell** (age 17) finished 3rd overall in 24:20 minutes. **Laurie Hug** (age 43) finished 6th overall and 1st female swimmer in 24:48 minutes, **Erin Curry** (age 15) finished 12th overall and 2nd female swimmer in 25:58 minutes, and **Chelsea Martin** (age 15) finished 14th overall and was the 3rd female swimmer in 26:07 minutes. The age group awards are 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 **Mike Toy, Ron Marks, Vibeke Swanson, Nancy Steadman-Martin, Ray Schailey, Jack Martin, Susan Reich, Melanie James-Cosgrove, Gerben Scherpbier** (age 15 and enjoying his open-water training with Vibeke Swanson), **Kyle Sulzer** (son of the "swimming legend Curt Sulzer"), **Jim Whelan, Jim Waddington, Michael Keating, Steve Gazsi, Raymond McKendall, Doug Frohock, Richard Wallace, Dave Hirsch** and (his son) **Jonathan Hirsch, Doug Bergen** and (his son) **Jack Begen, Rich McLaughlin, Don Walsh, Viki Anders,**

Tom and Meg Douris, Jean Buchenharst, BJ Schuler, Marilyn Brahms, Bob Notorfrancesco, Delia Perez, Phil Gibbs, Barney Hungerford, Nancy Trimmer, John Zarych, Petey Cruikshank, Lynne Dunn, Pam Paparone, Kathy Pramuk, Arleen Chapman, Molly Williamson, Barbara Johnson, Alisan Henderson, Doug Farrell, and Norm Drapper (Atlantic City Beach Patrol), our race director for the Pageant Swim. The race results can be found at [www.aksts.com](http://www.aksts.com) or at the home page for the Atlantic City Beach Patrol [www.acbp.org](http://www.acbp.org).

**September 20th** and the **September Splash Two-Mile Bay Swim**, was held at 9 a.m. in Wildwood Crest, NJ, with a **1-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 or need to sleep in later). Unfortunately, we continue to cope with the Irish Festival and traffic - but three years ago, we were lucky because this swim 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. The new race director, **Gina McNeal**, is managing a good race, is very supportive of the swimmers, and she can be reached at (609-408-6728). It was an overcast morning with a bone-chilling breeze that gradually cleared after the One-Mile Race for the final open water swim in the South Jersey area. The water was a tolerable 68 to 69F degrees but the unrelenting winds made some of most seasoned open water swimmers slither into their wetsuits. Using a different perspective, yours truly (Delia Perez, with 22 seasons of open water swimming experience who lacks abundant personal insulation against the cold water) decided to swim with just a long-sleeve rash guard over the swimsuit and reasoned that the water was comfortable enough (mind over matter) by swimming in a deliberate heads-down approach - and finished without too much of a chill. Last year, the starting area for the swim was moved from The Bayview Inn property over to a "public stairway" that leads right into the bay water. In 2007, the low tide greatly handicapped the swimmers for the 2-Mile event because they slipped over the algae-covered stairs (at the base) and the slippery rocks as they made their way to the deeper water for the in-water start. Some swimmers fell on the rocks or cut their feet after finishing their swims. This year, the swim organizers planned to move the rocks and also place mats over the sharp surfaces but the high tide eliminated the need to cover the rocks by allowing the swimmers to swim over most of the jagged rocks. Volunteers helped the swimmers enter and leave the water at the base of the wooden staircase with the added handicapped of algae covered stairs that were under water and very slippery - they helped the swimmers climb out of the water but this also delayed finishing times for some of the swimmers because the volunteers asked them to wait for assistance. The "square" shaped course is set so you usually have to squint with the sun in your eyes at some point and this usually happens when you are desperately searching for the last turn buoy (4 buoys). The course for the Two-Mile Swim requires 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 chilly high winds created a very choppy swim course and the second leg was the worst - with so much choppy water that it was best to swim with you head down but it also made sighting difficult to find the second turn buoy. The swim to the third turn buoy was tough with the wind blowing swimmers somewhat sideways while trying to keep sighting ahead. A total of 52 (18 less swimmers than last year) swimmers (30 male and 22 female) competed in the 2-Mile Swim and 141 (1 less swimmer than last year) swimmers (71 male and 70 female) competed in the 1-Mile Swim. In the Two-Mile Swim for the men overall, **Andrew Gemmell** (age 17 from Wilmington, DE) took 1st place (35:50) in 9 seconds faster than his winning time last year, **Sean Minderlein** (age 16 from Mullica Hill, NJ)



Pageant Race Director Norm Draper and Nancy Steadman-Martin

was 2nd (36:14), and **Eric Materniak** (age 17 from Hockessin, DE) was 3rd (36:16) finishing almost 1 minute faster than his finishing time last year. Overall for the women, **Nicole Vernon** (age 15 from Newark, DE) was 1st (39:53 minutes and almost 2 minutes slower than her first place time last year), **Katie Stevens** (age 17 from Newark, DE) was 2nd (39:59), and **Kaitlyn Jones** (age 13 from Newark, DE) was 3rd (40:17). The "usual suspects" participating in the 2-Mile Swim include **Vibeke Swanson** (13th overall and 4th female), who took 1st in her age group (F40-49) finishing in 42:39 minutes (almost 2 minutes slower than last year) along with her swimming buddy, **Gerben Scherpbier** (age 15 from Fort Washington, PA, who took 18th overall finishing in 45:53 minutes) who is now completely smitten with open water swimming; **Garr Kerr** (7th overall) took 1st in his age group (M40-49); **Bruckner Chase** (11th overall); **Jocelyn Saunders** (Newark, DE) and her daughter, **Brooke Saunders** who finished 17th and 16th overall; **John Dawson** (25th overall); **Doug Frohock** (28th overall) took 1st in his age group (M50-59); **Raymond McKendall** (29th overall) took 5th in his age group (M40-49); **Jack Wixted** (33rd overall); **Bob Notorfrancesco** (45th overall) took 10th in his age group (M40-49); **Walter Salzmann** (46th overall) and 2nd in his age group (M60 & over); and **Petey Cruikshank** (50th overall) took 3rd in this age group (M60 & over). In the One-Mile Swim for the men, **Andrew Gemmell** (age 17) took 1st place overall for all swimming with a winning time of 16:42 minutes (almost 1 minute faster than his winning swim last year), **Sean Minderlein** (age 16) was 2nd (17:23), **Eric Materniak** (age 17) was 3rd (17:26), and **Michael Toy** (age 51) was 8th (18:56) with a winning time 11 seconds faster than his time for this event last year. For the women overall, **Nicole Vernon** (age 15) was 1st (17:54) and finishing almost 1 minute faster than her first place female finisher last year, **Kaitlyn Jones** (age 13 from Newark, DE) was 2nd (18:53), and **Madison Meyer** (age 14 from Washington Crossing, PA) was 3rd (19:27). Many of the "usual suspects" also participated in the 1-Mile Swim and the September Splash is the last official swim of the summer - **Michael Toy** (and his daughter, **Melissa Toy**), **Jack Martin**, **Susan Reich**, **Blair** and **Jocelyn Saunders**, **Stuart Arasim**, **Diane Muntzer**, **Jay Platt**, **Des Nunan**, **Wendy Levin**, **Otis Reich**, **Dennis Regan**, **Patty Lynch**, **Barney Hungerford**, **Marilyn Brahms**, **Pam Paparone**, **Delia Perez**, and CONCLUDED ON PAGE 24.



**Molly Williamson**, Race Director of the Plunge for Patients, **Viki Anders**, swam both the 1-Mile and 2-Mile Swims as a non-competitor and decided that she now prefers to enjoy swimming more this way without all the focus on winning and placing in a swim event - in other words, swimming for the sheer pleasure of swimming. After the swim, bottled water is available and a cold hose shower is located nearby The Bayview Inn. The top finishing swimmers received their age group awards by the registration area and The Bayview Inn restaurant allowed us to change into our dry clothes in the rest rooms. Wetsuits are allowed and **Barney Hungerford** (who was on the "disabled list" last year due to knee surgery that kept him out of the water but this year, he competed in 8 open water swims) was "thrilled to bits" with his fast finishing time - he wore his wetsuit and finished ahead of some of his swimmer friends who have a similar pace in the water - and he gleefully told **Delia Perez** that he was way ahead of her in the swim - and she politely reminded him that she didn't wear a wetsuit, works for a living, and spent a long evening packing for her vacation enduring an early morning departure from home just so he could beat her in today's swim! Race results are tallied promptly by L & M Sports and posted on their website ([www.lmsports.com](http://www.lmsports.com)). The September Splash is a fun race that also marks the end of our 2008 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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22 CHATHAM ROAD  
ARDMORE, PA 19003