

THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

FALL 2005

www.dvmasters.org

THE CHAIRMAN'S MESSAGE: By STEVE KELLY



WHAT'S INSIDE?

2 YOUR EDITOR SPEAKS!

2 YOUR DVM OFFICERS

3 USMS 2006 REGISTRATION

4 OPPORTUNITIES FOR FEMALE SWIMMERS -- THEN AND NOW

5 USMS POSTAL PENTATHLON

6 TRIATHLETE'S CORNER:
USMS 1 HOUR POSTAL

7-8 PHYSICAL THERAPIST'S
CORNER: ANTERIOR KNEE PAIN

9-11 NEW USMS BACKSTROKE
AND BREASTROKE RULES

11 CALL FOR COLONIALS 1776
RELAYS FOR WORLDS 2006

12 DVM FINA WORLD
RANKINGS FOR 2003

12 TOP TEN FINA 1986 -
2004

13-14 TOP TEN SCY FOR 2004

14 FAVORITE WORKOUT

15 COACH'S REPORT

16-17 MERRYMAN MEET
REPORT

18 OPEN WATER REPORT

24 NATIONAL SENIOR GAMES
REPORT

26 LCM NATIONALS RESULTS

The LMSC recently had its annual meeting and there are many exciting things to report. For one, I am pleased to announce the elections of Laurie Hug as our Vice Chair and Pat Timmins as our Treasurer. Please welcome both Laurie and Pat in their new roles. Their commitment to the LMSC and their experience will surely make us a better organization.

This year's Short Course season may be the busiest ever. Ten different aquatic facilities have expressed interest in hosting a meet for the upcoming season. However, some facilities are vying for the same date. Stay tuned as we try to iron things out between the facilities and determine the best dates for all. Check the web site for updates and .pdf entry forms.

Circle your calendars for June 17 & 18. It will be the DV-LMSC "Celebration Weekend". The first day of celebration will be on Saturday night, the 17th when DVM will host its first ever annual awards banquet at the Crowne Plaza Hotel. It will be a night that recognizes achievement in a festive atmosphere with a dinner buffet, a cash bar, awards and music. On Sunday, the Upper Main Line YMCA will host the 2nd annual Jeanne & John Merryman Memorial LCM Swim Meet to celebrate the lives of two very special people. Please plan to attend both events. The hotel has offered us special rates for those people who want to stay overnight at the hotel.

November 1st marks the beginning of the USMS "new" year, so it is time to register for the upcoming 2006 season. Once you receive your membership card from Art you can begin to enjoy the benefits of USMS membership.

ADVANCE NOTICE MARK YOUR CALENDARS NOW!

****PUT ON YOUR PARTY HATS****
1ST ANNUAL AWARDS BANQUET
SATURDAY, JUNE 17, 2006

Join us for Dinner, Drinks, Laughs, & Awards!
See you at the Crowne Plaza in King of Prussia

26 LCM ZONES RESULTS

27 DVM POOL MEET SCHEDULE

28 NATIONAL POOL MEET SCHEDULE



YOUR EDITOR SPEAKS!

Judy Michel

swimichel@mac.com

PAGE 2 of 28

WELCOME to the Fall Edition of the Lane Line. You will find this issue PACKED with information, from summaries to future events, to injury analysis and, of course results.

Your DVM committee meets twice a year -- in the Fall and Spring to discuss ideas to further the organizations. Officers, committee chairs and team representatives are expected to be at the meeting. We discuss meet schedules, budgetary affairs, news from USMS, and lots of other stuff. Vikye Swanson, secretary, has posted notes from the October 17th meeting on the web site.

Fortunately, folks are taking lots of digital photos which they are sharing with me. It is nice to know what our members look like... Remember that the Lane Line is a **newsletter** for and about the DVM swimmers. Please feel free to send me your news and especially your photos.

Our local pool meet schedule is still in the tentative stages. Please check the web site for dates, entry forms and when the meet is over -- results.

Please welcome **Sara Cierski** as the new Social Chair for DVM. Sara comes to the Philly area from the Lehigh Valley where she swam for Emmaus High school and EMAC. She continued swimming at the U of Delaware,



mostly in the 100 and 200 events. She continues to swim and is beginning to train for triathlons. Sara works in center city as a conference administrator for PICPA. Sara has made the arrangements for our 1st Annual Awards Banquet in June!

Please also welcome Tony DeRose who has volunteered to select a Favorite Workout for each Lane Line. Tony is a recent Drexel graduate who joined USMS in 2005. He trains with the Spring Valley YMCA team in Limerick. Tony is a freestyle specialist -- any distance



including open water events. One of his goals is to swim the English Channel in August 2007!

Check out this issue's workout on page 14.

DELAWARE VALLEY MASTERS OFFICERS:

(EMAIL ADDRESSES ARE AVAILABLE ON THE WEBSITE.)

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

L -->R: VIKYE, PAT, LAURIE, STEVE

COMMITTEE CHAIRS:

COACHES: DICK JACKSON
FITNESS:
LONG DISTANCE/OPEN WATER: DELIA PEREZ
MARKETING:
NEWSLETTER EDITOR: JUDY MICHEL
OFFICIALS: STEPHANIE WALSH-BEILMAN
PUBLIC RELATIONS:



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SAFETY:
SANCTIONS: PATRICK LEE LOY
SOCIAL: SARA CIERSKI
TOP TEN RECORDER: JIM ROBLES
WEB MASTER: PETER WOHLSEN

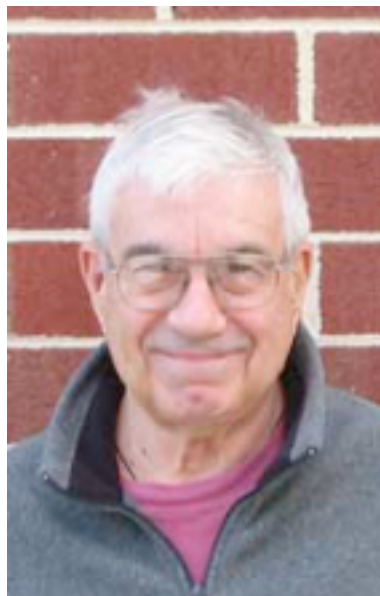
2006 USMS REGISTRATION: RENEW NOW!

Now is the time to renew your USMS 2006 Membership. The Delaware Valley Masters form is posted on the web site.

All swimmers and coaches who participate in group practices must be USMS (or USA) members for insurance purposes. If only one swimmer or coach at the practice is not a USMS/USA member, NO ONE at the practice is covered.

Art Mayer, the DVM Registrar, urges people to WRITE LEGIBLY so he can read the information. He will send you your new card as soon as he receives the stock from the national office. His contact information is on the registration form. **PLEASE DO NOT WAIT UNTIL JANUARY TO RENEW.**

If you have a **CHANGE OF ADDRESS** during the year, please notify Art immediately, as he must then notify the USMS home office. Since the National Office uses the information to print the labels for SWIM Magazine,



Art Mayer
DVM Registrar

you might miss an issue or two if you forget to tell Art about the change. The deadline is the 15th of each month not to miss out on the issue two months out. Currently, about 6% (~200 people) change their addresses per month! (They know this because of the returned issues of the magazine!) WOW! Do not be a statistic!

IMPORTANT NOTE:

If you are planning to participate in the January One Hour Postal Swim (some of the proceeds this year go to Katrina Funds), you must send in a copy of your 2006 USMS membership card by the deadline date. They plan to adhere strictly to this requirement. If you do not have all your information to them by the deadline, your results will not be recognized no matter how far you swam...

NEWS FLASH! October 27, 2005

THE IOC HAS VOTED TO INCLUDE A 10K OPEN WATER SWIM IN THE 2008 BEIJING OLYMPICS. See Sid Cassidy's notes about the meeting in the OPEN WATER REPORT.

BY: Stephanie Walsh Beilman

STEPH is a longtime Colonials 1776 Masters swimmer who now competes in the 55-59 age group. Her aquatic experience includes several years swimming with the Vesper Boat Club in Philadelphia and coaching stints at Suburban Swim Club, Danbury (CT) YMCA, Upper Main Line YMCA, the Harvard Women's team and the Valley Forge Masters group at UMLY. She is a many-time national Masters champion, works out at UMLY with the 5:30 am group, is a former Chair of the Delaware Valley Masters Swim Committee and Zone Chair of US Masters Swimming and is a lifelong enthusiastic cheerleader for the Masters swimming program.

Wow, have times changed! Female athletes today take for granted what we who came before them fought so hard to win - equal access to the opportunities to excel, the coaching, pool and workout time, scholarship money and of course, attention. Every four years, a female swimmer who won Olympic gold would grab the headlines (for example, Donna deVarona or Debbie Meyer), but for the most part, we who swam prior to the mid-70s worked out in pretty depressing pools, mentored by excellent, but under-appreciated and un- or underpaid coaches, strictly for the love of the sport. We had to find other outlets for our athletic talents and abilities once we got to college.

In my pre-college years I swam for Vesper Boat Club and Mary Freeman Kelly (a 1952 Olympian herself). We used a 3-lane, 25-yard pool at Penn in the winters and Kelly Pool (she had connections there!) in the summers. My goals were to qualify for and place in the short course and long course national championships by meeting qualifying times set by the Amateur Athletic Union (AAU), the precursor to USA Swimming, and of course, I wanted to make the Olympic team, the ultimate dream.

In the late 1960s, when I was deciding where to go to college, I wrote to several swim coaches of quality men's programs, including University of North Carolina, Stanford, Indiana, etc. I asked if there were a women's team starting or, if not, could I train with the men's team? I figured I might be able to stay up with the slower men, as I had now placed 6th in both the 100 and 200 butterfly events at nationals. Most of the coaches did not answer at all, but UNC's coach wrote back with a "Thanks, but no thanks". So I decided on Marymount, a two-year college in Arlington, Virginia, so I could train with the topnotch Northern Virginia Aquatic Club a few miles down the road in preparation for the 1968 Olympic Trials. I had a great swimming year and improved my 200 fly time by three seconds, to 2:09.7, and went under a minute in the 100 fly at the AAU Nationals at the University of Pittsburgh.

Fast forward five years to the emergence of Title IX. The first college to take a step out of the box and offer scholarships to female swimmers did it in style - University of Miami gave full rides to five swimmers, a star in each stroke and a very fast individual medley swimmer. Schools that had "club level" teams



refused to swim the Hurricanes, but the time was now ripe. By the Women's Collegiate Nationals in 1976 at the Hall of Fame pool in Fort Lauderdale, there were dozens of teams, many awarding scholarships to their swimmers, and the top scoring team was the same University of Miami, whose star swimmer that year had shaved her head and on it had put her school logo in Miami's colors. The championship meet was organized by AIAW (Association of Intercollegiate Athletics for Women) at that time.

That same year, I was interviewed among 75 candidates for the first full-time coaching job in the country for women's swimming - at Radcliffe College in Cambridge, Massachusetts. The pay they were offering was terrible but the opportunity was great. Plus, the financial backing and support of Harvard University was in place as Radcliffe and Harvard were in the process of a merger, which would greatly enhance opportunities in many respects for female students and athletes. I was chosen as coach, but had my work cut out for me. First, I had to let the student body know we'd be having a *competitive* swimming team. (Radcliffe actually took part in the first women's collegiate swim meet ever in 1923, with events like "Plunge for Distance", "elementary backstroke" and "underwater breaststroke"; their competition was Sargent College, now a part of Boston University).

I put ads in the two Harvard campus newspapers which said "Women's Swim Team - no competitive experience necessary". We therefore got all shapes, sizes and levels of experience. I did more teaching than actual coaching, but it was a wonderful experience! The highlight for the swimmers was going to Easterns at University of Pittsburgh (six of my team members qualified), and wearing lycra "skin" suits for the

first time. They swam in the same pool where I had done my very best times 8 years before. I even had a backstroker who qualified for the Fort Lauderdale national meet. Princeton, in a different manner than Harvard, first admitted women in the early 70s, and sought out student *athletes* and was therefore very competitive right from the start.

We had 24 swimmers and divers during the 1975-76 season and the team grew to about 36 by my final season five years later. During the first year in 1975-76 we had our first meet against Wellesley College at Halloween time and one of the swimmers arrived as a Wheaties box! The following year when we swam Tufts, we had "Hat Day". Most of our meets were local, the sweat suits were white, cotton and heavy (totally impractical), and the locker room we used at Harvard was filled with men's urinals. Our workouts were 1-2:30 and 2:30-4 pm (the men's team had prime time of 4-6 pm and Mon-Wed-Fri mornings) in 6 short course lanes, and when I introduced morning workouts before classes on Tuesdays and Thursdays, the swimmers thought it was "instead of" and not "in addition to" the afternoon workouts.

Recruiting rules were few in those days, nor were many schools flying girls in for recruiting trips. There was no money, and for us in the Ivy League, there were no scholarships based on athletic ability (there still aren't), only on need. Our budgets were small and I recall going to Ivy League Championships at Penn in 1977 and putting four women in each hotel room. I recruited via AAU coaches I knew and from the New England and Middle Atlantic areas, where people might have even heard of Radcliffe and Harvard. I sought high school seniors who were: #1 - smart, #2 - had some swim experience and #3 - wanted a Harvard education.

When we moved into brand new Blodgett Pool (with 14 short course and 10 long course lanes) in early 1978, we were in heaven. The men's and women's teams could all swim at the same time. The weight training facility was a two-minute walk away, and

the men's and women's teams could alternate a.m. in-water practice with dry land workouts, plus have a three hour p.m. session.

This was a very exciting time in women's intercollegiate swimming. In 1978, Harvard women's team placed 4th in the National (small college division) AIAW Championships. Just about then the NCAA was seeing some potential to make money in women's sports and it ultimately talked all colleges into letting them run women's intercollegiate athletic competition, including most post-season National Championship events. Harvard moved into Division I in 1980 and remains there today.

The Ivy League has been a leader in providing opportunities for female athletes to compete, with their "Athletics for All" goals. In fact, during my five-year stint at Harvard, four of the eight Ivy League women's swimming coaches were from that same Vesper Boat Club team that Mary Kelly had coached in the 1960s: Eve Atkinson at Yale, Jane Barkman at Princeton, Kathy Lawlor at Penn, and myself at Harvard. That says quite a bit about Mary and her coaching philosophy at that time: "Ladies first and swimmers second". I'm sure you wouldn't find anyone preaching that philosophy today, but we were ready and able to make the transition from no competitive opportunity after high school to big time athletics through college and beyond, thanks to the preparation we received as swimmers, totally out of the limelight, but with big dreams. Thank you, Mary!

I'm glad that the young women of today don't have to fight the battles we fought. It's nice to know that our daughters and granddaughters will have every opportunity to reach any level of success they desire, both in the pool and out. Meanwhile, many of us from those "old days" are enjoying a wonderful Masters swimming adventure.

USMS POSTAL PENTATHLON

This unique postal event should appeal to all types of swimmerS (except those freestyle specialists!) from sprinter to long distance. The event has really three parts: a SPRINT course, a MIDDLE DISTANCE course and an IRON MAN course.

For the SPRINT:

Swim 50 for each stroke and the 100 IM.

For the MIDDLE DISTANCE:

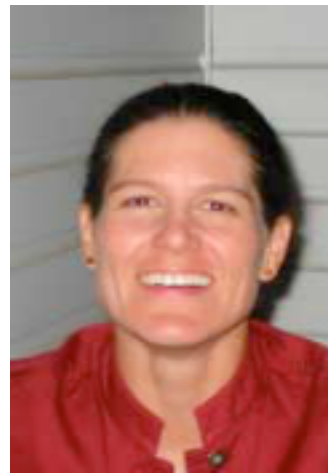
Swim the 100 for each stroke and the 200 IM.

For the IRON MAN:

Swim the 200 for each stroke and the 400 IM.

The entry fee is \$10.00 for each course (so \$30.00 if you do all three.) The events for a course MUST be completed on one calendar day. The last day to swim is December 15, 2005. Your age group is determined by your age on December 16, 2005 and entries must be postmarked by December 24, 2005. The entry form is posted on the DVM web site.

THE TRIATHLETE'S CORNER: USMS 1-HOUR POSTAL SWIM BY LAURIE HUG



Now that the triathlon season has come to an end and the days are getting shorter and colder it is a perfect time to focus on your swimming. Triathletes who do not come from a swimming background often seem hesitant to enter swim meets; however, swim competitions are great tools to see how your training is progressing. In addition to traditional swim meets, USMS offers several postal events during the year. A postal event can be swum in the comfort of your own local pool. You then submit your results to the meet director who will publish a listing of the results by age group for all the entries received throughout the country (and often other parts of the world). The most popular postal event is probably the 1-hour swim, which is held in January each year. It is exactly what it sounds like - try to go as far as you can in one hour. No equipment is allowed, nor is circle swimming. All triathletes should consider entering this event as it can be used to help determine training paces. It should be particularly appealing to those who plan on competing in an Ironman distance race in the upcoming season as it allows you to assess your current fitness level and test out your pacing. Most triathletes take an hour or more for the swim portion of an ultra distance triathlon, so it can provide a confidence boost to complete a nonstop 1-hour swim. Yeah, I know, most of you are probably thinking, "Swimming nonstop for a whole hour? YAWN!" Well, you are allowed to stop and rest if need be but with proper preparation that shouldn't be necessary.

OK, so how do you train for this beast? In the months leading up to the 1-hour swim you should be working on building your endurance. The workout possibilities are endless but basically you want to determine your goal pace and try to hold that pace in your training sessions. One suggestion is to swim 15-20 100-yard repeats trying to maintain your goal pace on each repeat on a set interval that allows 5-10 seconds rest. Say you are aiming for 4000 yards, that is a 1:30 average per 100 yards. You would try to do 15 or more 100s on a 1:40 sendoff and try to come in at 1:30 for each repeat. Three weeks later try the set again. If you had no trouble making 20 on the 1:40 the first time, then drop the interval to a 1:35. If you only made 10 on your goal pace last time, try to make 15 this time. Every three weeks or so, you can redo this set, altering either the sendoff or the number of repeats. These sessions should give you a good idea of whether your goal pace is reasonable or should be adjusted. Another suggestion is to do a 15-minute swim for distance in October aiming to hold your 1-hour goal pace the whole way. Try to keep a steady pace from the beginning without fading, if possible. Then in November, try a 30-minute swim at your 1-hour goal pace. Hopefully you can see the pace clock to monitor your splits and help keep you on

pace. Finally, in December go for a 45-minute swim at your 1-hour goal pace. These sessions should help you build up your endurance for the 1-hour swim and help your body get accustomed to the goal pace. A third suggestion is to do a few over-distance type practices. Try doing one workout per month that is 50 to 100% longer than your standard training session. So if you normally do 3500 yards in a workout, try to do a few workouts that are 5000-7000 yards in length. You might try doing three rounds of (1000 yards descending each 200 with a minute rest after / 500 yards at goal pace with two minutes rest after) as the main set in addition to a proper warm-up and cool down. This type of session will make swimming for an hour seem like nothing. You can tame the beast that is the hour swim, with proper training!

Now, to those who say that the 1-hour swim is too boring, perhaps you need to come up with a pre-swim strategy. Just slogging through an hour's worth of laps probably would bore just about anyone; however, if you devise a cunning plan the hour swim goes by a lot quicker. If you have prepared properly you should have a good idea of what sort of pace you are capable of swimming. Try breaking the swim into manageable chunks. If you are aiming for 4000 yards, try thinking of it as 4 x 1000s or 8 x 500s or whatever size chunk appeals to you. If you know you will have trouble seeing the pace clock, work out a way to have your counter signal whether you are on your goal pace or need to adjust. My strategy has been to cruise the first 1000 yards, then break the rest into a pattern. For instance, after the first 1000, someone aiming for 4000 total could then attempt 3 rounds of 400/300/200/100 where each portion has a different pattern:

400: 100 focusing on good technique/200 fast/100 technique

300: 75 fast/25 count strokes/50 fast/50 - 1 less stroke per length (s.p.l.) than the previously counted 25 /25 fast/75 - 2 s.p.l.

200: 50 technique /100 fast/50 technique

100: fast

CONTINUED ON PAGE 8

THE PHYSICAL THERAPIST'S CORNER: PATELLOFEMORAL PAIN SYNDROME (ANTERIOR KNEE PAIN) BY LISA SEMELS



When we think of injuries associated with swimming, the first thing that comes to mind is the shoulder and rotator cuff involvement. However, there are other areas of the body that do suffer from the repetitive stress of intense training: the foot and ankle, low back and the knee. Almost all knee injuries are related to the whip kick in the breaststroke. The most common injury is medial collateral ligament (MCL) sprain that results from repetitive valgus (inward force) stress on the ligament on the inside of the knee. A less common injury is patellofemoral pain presenting with anterior knee pain beneath the patella (knee cap.)

Patellofemoral pain, also called retropatellar pain syndrome, refers to anterior knee pain emanating from the patellofemoral joint and supporting soft tissues. The patella (attached to the quadriceps muscle above and to the patellar tendon below) fits into the groove at the end of the femur (thigh bone). With repetitive bending and straightening of the knee, the patella may not be tracking properly in the groove, which can stretch supporting tissue or rub against cartilage or bone. This condition can be an early indication of cartilage softening that can progress to cartilaginous damage, or chondromalacia. Even with proper tracking, overuse injury may occur with repetitive submaximal loading without adequate

recovery, causing fatigue and microtrauma. Cumulative microtrauma, with continued activity can lead to wear and tear, or degenerative changes.

What would prevent the kneecap from gliding smoothly in the patellar groove?

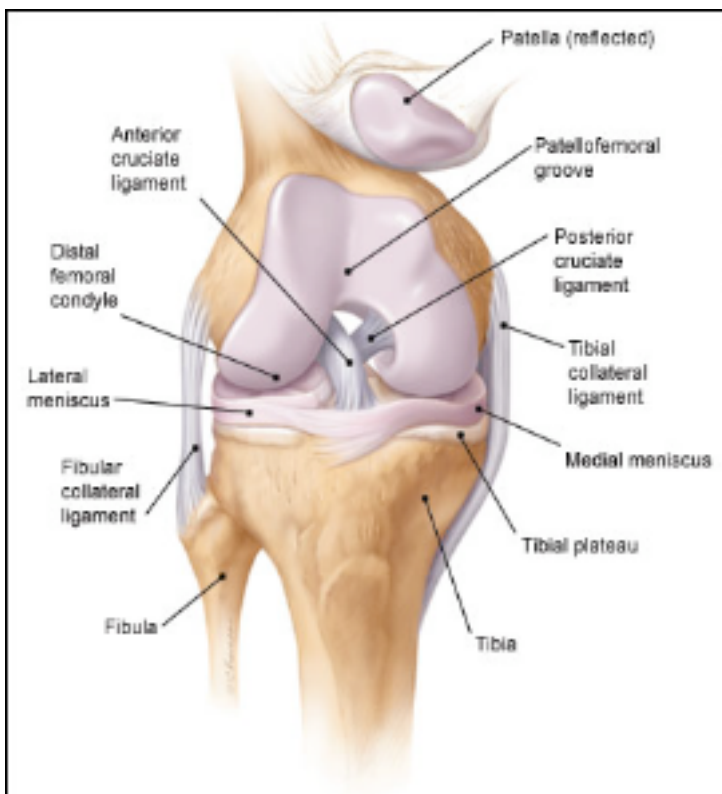
In runners, examples of causative factors include quadriceps weakness, reduced flexibility in the hamstrings, calf muscles, hip rotators and/or iliotibial band, and adhesions in lateral soft tissues. Too many long runs, without speedwork or hill sessions can make the hamstrings too strong, in comparison to the quadriceps. Excessive pronation (rolling in) of the foot can also lead to knee pain, which can be corrected with prescription orthotics and proper shoe wear.

Knee pain is the most common lower-extremity overuse problem in cyclists. During one hour of cycling, a rider may average up to 5,000 pedal revolutions. Therefore, the smallest amount of misalignment can lead to pain, dysfunction and impaired performance. With cycling, other contributing factors include improper bicycle fit (saddle position, cleat rotation), equipment, and cycling technique.

Patients usually report that anterior knee pain is worse when the knee is loaded. For example, when climbing or descending stairs, during prolonged sitting, jumping or squatting. They may also experience a popping or grinding sensation with walking or moving the knee. In cycling, often the pain occurs after the activity, rather than during the ride.

A sports medicine physician or physical therapist can be helpful in identifying the mechanism of the injury and developing a treatment program. The treatment will first address pain relief, followed by restoring deficiencies in flexibility, strength, endurance and proprioception (balance) Lastly, sports specific exercises will be included with the appropriate technique modifications.

[continued on page 8.](#)



Pain-relieving modalities such as ice, heat, and electrical stimulation may be used in combination with soft tissue mobilization techniques early on in the rehabilitation. Manual mobilization of restricted areas such as the iliotibial band and fascia around the lateral knee may be necessary to improve mobility of the patella. The patient can be instructed in self mobilization, as well. The use of tape or bracing may also help to reduce pain. Although the tape or braces do not cause mechanical changes in the patella's alignment, they do stimulate cutaneous receptors in the surrounding tissues.

A strengthening program will be developed depending on the severity and irritability of the condition. It is important to know that as the knee changes position, so does the stress applied to the under surface of the patella. This stress also changes when the knee is acting in an open kinetic chain activity (sitting knee extensions) or closed kinetic chain activity (squats or step ups.) Doing exercises incorrectly, or at the wrong angle, can exacerbate the condition. In addition to the quadriceps, other muscles which influence the mechanics of the patellofemoral joint, are the hip abductors and extensors, and trunk musculature (abdominals and back extensors). These muscles provide stability and reduce stress on the patellofemoral joint.

Simple balance exercises to stimulate the joint receptors that do not stress the patella can be initiated early. Proprioceptive activities may begin with static balance exercises such as stork standing, with eyes open or closed. These may then

progress to unstable surfaces, such as a trampoline or balance board, followed by dynamic balance and agility training.

Treatment begins with identifying and correcting the causes of the patient's anterior knee pain and symptom reduction. Rehabilitation follows a logical and progressive program including flexibility, strength, proprioception and agility. A gradual return to activity is recommended to avoid further injury and improve performance.

For more information about knees injuries, or specific exercises to target flexibility, strength or balance, contact Lisa Semels at lsemels@excelphysicaltherapy.com.

References:

American Family Physician, Evaluation of Patients Presenting with Knee Pain: Part I. History, Physical Examination, Radiographs, and Laboratory Tests, Walter L. Calmbach, M.D., University of Texas Health Science Center at San Antonio, Tx, September 1, 2003.

Knee Pain and Bicycling, Fitting Concepts For Clinicians, The Physician and Sports Medicine, Vol 32, No. 4, April 2004, CPT Chad Asplund, M.D., Col Patrick St. Pierre, M.D. Runner's World, November 2000, p. 27

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TRIATHLETE'S CORNER (continued)

If there is time remaining, then either start the pattern again or just keep going fast till the hour is up. This type of approach really helps to break up the swim mentally. Interestingly, in analyzing my own splits I have found that the technique and stroke count portions usually are just about as fast as the "fast" portions. It seems that if you have trained your body to go a certain pace it will hold it regardless of whether you are doing technique or trying to go fast.

No doubt about it, the 1-hour swim can be challenging, both mentally and physically. If you have never tried it, I hope you will consider attempting it this January along with a few friends. It is actually kind of fun to see how many miles per hour you can swim. To make it more manageable mentally try to recruit a friend or two to join you. Some local training groups have a special workout just for the hour swim, such as the FINs and the Germantown Academy Masters groups The

FINs even use it as a fund-raiser, so suffering through the 1-hour swim can be for a good cause. You can also submit relays for 3 members of the same sex or mixed relays consisting of two males and two females. I think in our group most people agree the best part is when we go out for some food and beverages as a reward after the swim. After swimming hard for an hour you need to replenish those calories after all!

NOTE: we will most likely be holding the hour swim at Germantown Academy on the 3rd or 4th Friday of January from 7:30-10pm (2 heats of up to 12 swimmers per heat) and welcome swimmers from other training groups as long as there is room. If other Colonials 1776 swimmers are doing the swim, let me know (hug_l@yahoo.com) and I can organize relays.

For more information see the long distance section of the USMS web site: <http://www.usms.org/longdist/>

NEW USMS BACKSTROKE AND BREASTROKE RULES.

Changes to the USMS Rules of Competition as a Result of Actions Taken by FINA and USA-Swimming September 22, 2005

Actions taken by USA-Swimming during and after the recent annual meetings of USA-Swimming and USMS in response to actions taken by FINA have caused changes to the USMS Rules of Competition as described in Section 601.4.6 of the USMS Code. The House of Delegates accepted portions of these changes at last week's meeting. The rules as they now stand are shown below. Those that occurred after the meeting are also shown in the standard form to show differences. These rules were effective September 21, 2005.

101.2 Breaststroke

101.2.1 – Start

The forward start shall be used.

101.2.2-Stroke

From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

101.2.3- Kick

After the start and after each turn, a single downward butterfly (dolphin) kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly (dolphin) kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.

101.2.4- Turns and Finish

At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

INTERPRETATION: The official interpretation for the changes to the breaststroke (101.2) is that during, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it must be followed by a breaststroke kick. It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is **not** permissible prior to the arm pull-down. In addition, there is now a requirement for all movements of the legs to be "in the same horizontal plane and without alternating movement". This was previously not included in our rules. **NOTE:** This interpretation is subject to change based upon further consultations with FINA at a meeting scheduled for October.

The updated version of the backstroke rules are shown below:

101.1.2 Backstroke Start

- B All courses**—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes over the lip of the gutter or bending the toes over the lip of the gutter before or after the start is prohibited. A backstroke starting block may not be used.

101.4 Backstroke

101.4.2—Stroke

Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on the back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish, and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

101.4.3—Turns

Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.

Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a “continuous turning action.”

101.4.4—Finish

Upon the finish of the race, the swimmer must touch the wall while on the back.

INTERPRETATION: The official interpretation for the change to the backstroke rules is that the toes are no longer required to be under the surface of the water at the start. However, the toes are still not allowed to be above the lip of the gutter or curled over the lip of the gutter. The change was made so that when full-face pads are used (pads that extend above the gutter) there is no requirement to have the toes under the water. From a practical standpoint there is no change when using touch pads that hang on the pool gutter.

Changes to 101.3.2, 101.4.3 and 101.4.4 simply incorporate the language used by FINA and do not represent any changes to the stroke or to the manner in which is currently being judged.

The changes to the backstroke rule enacted since convention are shown below with underlined text being new and text removed being lined out:

101.1.2 Backstroke Start

- B All courses**—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. ~~Prior to the command “Take your mark,” and until the feet leave the wall at the starting signal, the swimmers’ feet including the toes shall be placed under the surface of the water.~~ Standing in or on the gutter, placing the toes over the lip of the gutter or

bending the toes over the lip of the gutter before or after the start is prohibited. A backstroke starting block may not be used.

101.4.2—Stroke

Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on the back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it ~~shall be~~ is permissible for the swimmer to be completely submerged during the turn, at the finish, and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

101.4.3—Turns

Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. ~~Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action.~~ The swimmer must have returned to a position on the back upon leaving the wall.

Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a "continuous turning action."

101.4.4—Finish

Upon the finish of the race, the swimmer must touch the wall while on the back. ~~The body may be submerged at the touch.~~

Leo Letendre, Chair
USMS Rules Committee

COLONIALS 1776 CALL FOR RELAYS FOR WORLDS 2006

Next summer, there will be no LCM Nationals. Instead, FINA has awarded the XI FINA WORLD MASTERS CHAMPIONSHIPS to the USA. This multi water sport event, opens on Friday, August, 4th and ends on Thursday, August 17th. Host Stanford University boasts the largest swimming facility in the nation and is heralded as one of the fastest and finest.

Pool swimming (3 events/day) will be contested from Tuesday the 6th to Thursday the 10th, ending with a 3 K open water swim in San Francisco Bay on the 11th. Diving will be held the 11th to 16th; Synchronized swimming the 13th to 17th; and Water Polo from the 6th through the 12th.

Tuesday, August 8th has been set aside for just RELAYS! The following relays will be contested: 200 Mixed Medley (W/M); 200 Mixed Free, 200 Free (W/M); 200 Medley (W/M).

Remember that for LCM, the heats are organized according to the TOTAL AGES of the swimmers, so you can really mix and match to get the best team. Also remember that your age for the meet is the age you turn or will turn in 2006. So even if you don't turn 60 until December, you can still swim as a 60 in August.

COLONIALS 1776 WOULD LIKE TO ENTER AS MANY RELAYS AS IT CAN. IF YOU ARE EVEN REMOTELY THINKING OF GOING TO SF FOR THIS MEET, CONTACT STEPH WALSH BEILMAN (STEPHSWIM1@AOL.COM) AND SHE WILL PUT YOU ON A LIST TO BE CONTACTED AS THE DATE NEARS.

Deadline date for entries will be posted on the website: www.2006finamasters.org.

CONGRATULATION TO THESE FINE DVM SWIMMERS WHO ACHIEVED FINA TOP TEN LCM FOR 2003. THIS IS A WORLD RANKING!

TOM TULENKO 1500 FR (10)

DAVE HARRISON 100 FR (9), 200 FR (3), 400 FR (3), 1500 FR (1)

JAMIE HEMMERLE 1500 FR (1)

LAURIE HUG 400 FR (8), 800 FR (5), 1500 FR (1)

VIKYE SWANSON 400 IM (5)

CONGRATULATIONS TO THESE DVM SWIMMERS WHO CONTINUE TO BE RANKED IN THE FINA TOP TEN FOR THE YEARS 1986 TO 2004.

SHORT COURSE METERS:

GREG OXLEY

40-44 100 BR (6), 200 BR (10)

45-49 50 FR (6), 100 FR (8), 50 BR (3), 100 BR (2), 200 BR (1), 100 IM (1), 200 IM (3)

LAURIE HUG

30-34 1500 FR (6)

35-39 800 FR (1), 1500 (2), 400 IM (7)

VIKYE SWANSON

35-39 200 IM (8), 400 IM (9), 100 BA (8), 200 BA (9)

40-44 200 FR (5), 400 FR (9), 50 BA (4), 100 BA (2), 200 BA (3), 100 IM (8), 200 IM (4), 400 IM (3)

LONG COURSE METERS:

GREG OXLEY

45-49 50 BR (8), 100 BR (2), 200 BR (6)

JAMIE HEMMERLE

45-49 1500 FR (9), 200 BR (7), 200 IM (9), 400 IM (5)

CRAIG STEVENS 45-49

1500 (8)

DAVE HARRISON

60-64 200 FR (9), 400 FR (8), 800 FR (7), 1500 FR (7)

65-69 200 FR (8), 400 FR (5), 800 FR (3), 1500 FR (3)

CONGRATULATIONS TO THE FOLLOWING DVM SWIMMERS WHO ACHIEVED TOP TEN FOR THE 2005 SCY SEASON

INDIVIDUAL RESULTS:

WOMEN:

Place Event Name Age Club

Women 18-24

2	100 Free	Mollie K Grover	24 BCAT	54.36
5	200 Free	Mollie K Grover	24 BCAT	1:58.36
9	500 Free	Wendy O Wallace	23 ACST	5:29.26
10	1000 Free	Michelle A Pizzo	24 1776	12:04.47
6	100 Back	Mollie K Grover	24 BCAT	1:02.71
1	200 Back	Mollie K Grover	24 BCAT	2:12.54
4	200 Back	Wendy O Wallace	23 ACST	2:17.10
9	200 Breast	Kathleen M Donald	22 PAFC	2:40.52
10	200 Breast	Denise Jaskewicz	24 PAFC	2:42.96

Women 25-29

8	200 Free	Alicia L Markey	25 1776	1:59.89
9	200 Free	Chrissy Miller	27 PWM	2:00.08
6	500 Free	Samantha Bausher Grybosky	27 1776	5:22.70
5	1000 Free	Alicia Markey	25 1776	11:19.36
7	200 Breast	Samantha Bausher -Grybosky	28 UNAT	2:37.78
8	100 Fly	Chrissy Miller	27 PWM	59.49
5	200 Fly	Samantha Bausher -Grybosky	28 UNAT	2:14.33
4	200 IM	Chrissy Miller	27 PWM	2:13.06
2	400 IM	Samantha Bausher -Grybosky	28 UNAT	4:46.58
5	400 IM	Alicia L Markey	25 1776	4:50.58

Women 30-34

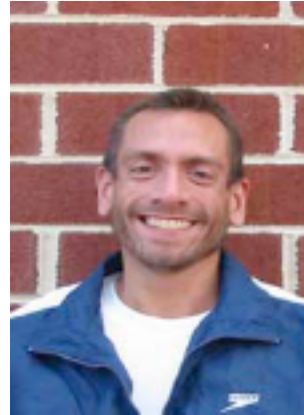
10	100 Free	Fran McDermid	33 BCAT	56.32
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Women 35-39

6	200 Free	Laurie Hug	39 1776	2:01.47
4	500 Free	Laurie Hug	39 1776	5:16.68
2	1000 Free	Laurie Hug	39 1776	10:49.36
2	1650 Free	Laurie Hug	39 1776	17:53.37
4	200 Fly	Laurie Hug	39 1776	2:15.99
7	400 IM	Laurie Hug	39 1776	4:51.66

Women 40-44

10	200 Free	Laurie Hug	40 1776	2:03.10
3	500 Free	Laurie Hug	40 1776	5:15.96
1	1000 Free	Laurie Hug	40 1776	10:36.42
1	1650 Free	Laurie Hug	40 1776	17:46.31
5	50 Back	Vibeke Swanson	43 1776	29.67
3	100 Back	Vibeke Swanson	43 1776	1:02.49
2	200 Back	Vibeke Swanson	43 1776	2:13.61
4	200 Back	Laurie Hug	40 1776	2:19.82



Jim Robles
Top Ten Chairman

10	100 Fly	Laurie Hug	40 1776	1:03.87
6	200 Fly	Laurie Hug	40 1776	2:18.52
7	100 IM	Vibeke Swanson	43 1776	1:03.54
4	200 IM	Vibeke Swanson	43 1776	2:13.88
6	200 IM	Laurie Hug	40 1776	2:18.57
2	400 IM	Vibeke Swanson	43 1776	4:47.51
4	400 IM	Laurie Hug	40 1776	4:56.21

Women 45-49

9	50 Free	Janet H Bright	49 1776	26.59
8	50 Back	Debbie Salomone	45 UNAT	32.07
7	100 Back	Debbie Salomone	45 UNAT	1:08.99
8	200 Breast	Janet H Bright	49 1776	2:46.53

Women 55-59

9	50 Back	Stephanie Walsh Beilman	55 1776	37.93
8	200 Back	Stephanie Walsh Beilman	55 1776	2:54.24
9	100 Breast	Stephanie Walsh Beilman	55 1776	1:27.76
3	200 Breast	Stephanie Walsh Beilman	55 1776	3:04.82
3	50 Fly	Stephanie Walsh Beilman	55 1776	33.04
7	100 Fly	Stephanie Walsh Beilman	55 1776	1:17.58
8	200 IM	Stephanie Walsh Beilman	55 1776	2:51.88

Women 70-74

7	200 Back	Janet H Moeller	70 1776	3:55.87
3	50 Breast	Janet Moeller	70 1776	49.24
10	100 Breast	Joan B Waldbaum	73 1776	2:01.46
5	200 Breast	Janet H Moeller	70 1776	4:06.14
10	200 Breast	Joan B Waldbaum	73 1776	4:25.98
10	50 Fly	Janet Moeller	70 1776	53.56
5	100 Fly	Janet Moeller	70 1776	1:57.99
4	200 Fly	Janet Moeller	70 1776	4:37.91
8	100 IM	Janet Moeller	70 1776	1:44.78
5	200 IM	Janet Moeller	70 1776	3:58.57
4	400 IM	Janet H Moeller	70 1776	8:26.97

Women 75-79

7	1650 Free	Ruth Aaron	75 1776	34:13.13
10	200 Back	Marianna M Hagan	76 1776	4:16.81
8	100 Breast	Ruth Aaron	75 1776	2:08.53
6	200 Breast	Ruth Aaron	75 1776	4:24.67
8	100 Fly	Marianna Hagan	76 1776	2:11.85
5	200 Fly	Marianna Hagan	76 1776	4:50.10
9	200 IM	Ruth Aaron	75 1776	4:26.17
10	200 IM	Marianna Hagan	76 1776	4:38.39
10	400 IM	Marianna M Hagan	76 1776	10:15.21

Women 80-84

8	200 Breast	Mary Wixted	82 1776	7:43.63
3	200 IM	Mary Wixted	82 1776	6:40.00

MEN:

Men 25-29

9	200 Breast	Nicholas K Mahler	28 YBRC	2:17.25
9	50 Fly	Shawn W Markey	27 1776	23.80

Men 30-34

8	100 Free	Christopher Z Perry	31 UNAT	47.91
4	200 Free	Christopher Z Perry	31 UNAT	1:44.78
10	50 Fly	Christopher Z Perry	31 UNAT	23.83
5	100 IM	Christopher Z Perry	31 UNAT	54.08
1	200 IM	Christopher Z Perry	31 UNAT	1:57.02

Men 40-44

7	200 Fly	Scott D Brown	42 SVM	2:03.97
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Men 45-49

4	50 Free	Jay Stewart	49 1776	22.76
7	1650 Free	Robert J Kannegieser	47 YBRC	17:58.25
10	400 IM	Robert J Kannegieser	47 YBRC	4:40.96

Men 50-54

1	50 Free	Paul T Trevisan	53 1776	22.07
5	100 Free	Paul T Trevisan	53 1776	49.28

Men 65-69

6	100 Free	David P Harrison	67 1776	1:01.75
1	200 Free	David P Harrison	67 1776	2:12.94
3	500 Free	David P Harrison	67 1776	6:08.70
2	1000 Free	David P Harrison	67 1776	12:36.47
1	1650 Free	David P Harrison	67 1776	21:00.27

Men 70-74

10	50 Fly	Paul Croley	70 1776	35.85
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Men 75-79

1	50 Free	Hal Begel	75 1776	28.59
6	100 Free	Hal Begel	75 1776	1:13.63
10	200 Free	Hal Begel	75 1776	2:58.79
6	50 Back	Hal Begel	75 1776	40.21
2	50 Fly	Hal Begel	75 1776	36.33

Men 80-84

3	200 Breast	Norman Garsoe	81 1776	3:55.29
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RELAYS:

Men 25+ SCY

10	400 Free	1776	3:30.11
Chris Otmani (28), Greg E Roth (42), Les A Szekely (41), Micheal F Fortmann (28)			
4	400 Medley	1776	4:00.45
Chris Otmani (28), Shawn W Markey (27), Scott J Dallamura (26), Paul T Trevisan (53)			
5	400 Medley	1776	4:03.42
Micheal F Fortmann (28), Ward G Schultz (47), Michael J Gambale (33), Greg E Roth (42)			

Women 25+ SCY

4	400 Medley	1776	4:50.73
Shannon L Duff (28), Tara McClimon (28), Alicia L Markey (25), Erica A Flickinger (26)			

Mixed 25+ SCY

4	200 Free	1776	1:35.51
Paul T Trevisan (53), Janet H Bright (49), Alicia L Markey (25), Shawn W Markey (27)			
7	200 Medley	YBRC	1:48.74
Kirsten E Kenyon (29), Nicholas K Mahler (28), Brian C Burns (31), Kelly J Murphy (26)			
2	400 Medley	YBRC	3:59.50
Kirsten E Kenyon (29), Nicholas K Mahler (28), Brian C Burns (31), Kelly J Murphy (26)			

FAVORITE WORKOUT: A LONG DISTANCE WORKOUT
BY TONY DEROSE (dolphinsswimmer@tncderose.net).

Warm-up

500 Kick	500/500
1000 Pull	1000/1500
Kick performed 50 easy, 50 sprint	

Main Set

3 x 700 Free	2100/3600
12 x 50 Free	600/4200

Rest 5 sec between 700s
 50's done 25 DPS, 25 Sprint; rest 10sec between 50s

3 x 400 IM	1200/5400
1 x 500 Free	500/5900
Rest 15sec between 400s	
500 is done as an all out sprint	
Cool Down	
100 Free Easy	100/6000

**CONTACT TONY TO HAVE YOUR
 FAVORITE WORKOUT POSTED!**

COACHES REPORT: LONG COURSE NATIONALS BY DICK JACKSON, PAFC COACH

This year's Long Course Nationals at Mission Viejo was an event that for some will be remembered for a long time. The weather, places to see and things to do plus the meet itself was superb. With just over 600 swimmers at the entry deadline, money wise it would have been a disaster. By extending the deadline a few days, they rounded up another 400 swimmers. there were three teams from the DVM: Colonials 1776, Big Cat and Pennypack. The meet was well run and produced many world and USMS record swims.

The placement of teams this year was different. In the past, there were small, medium and large team categories. Each one consisted of men's, women's and combined. Starting this year, there are only three divisions: men's, women's and combined, and that's it. A team who entered only ten swimmers won't do as well in the standings as a team who entered 100 swimmers.

Weather wise, you could not have asked for anything better. Most mornings were overcast and cool which made for good swimming. early afternoon, the sun broke through and warmed things up, but the humidity was low. Some of the Pennypack swimmers got together and drove 20 minutes to Laguna Beach to check out the ocean. The water was cold as it usually is off of California, but it didn't seem to bother anyone. the fact that they were in the Pacific Ocean was all that mattered.

There were many restaurants in the are, but we found one in particular that stood out: Peppino's Italian restaurant, one block from the Best Western. It is a cozy family owned restaurant with lots of parking, good food and reasonable prices. It was like being back in South Philly!

To all swimmers in the Delaware Valley Masters -- good luck in the new season!



PENNYPACK
NATIONAL TEAM AT
MISSION VIEJO, CA.

BACK ROW (L--> R): BRIAN FURLONG, FRANCOIS SPRINGUEL, JOEY MOROZIN, COACH DICK JACKSON
FRONT ROW (L--> R): KATE DONALD, DENISE MORALES, CAROLINE STEIN, JANICE LUKASIK



BRIAN FURLONG: FIVE 1ST PLACES!



KATE DONALD, FRANCOIS SPRINGUE, DENISE MORALES, BRIAN FURLONG

FROM CAVE DIVING TO RUNNING A SWIM MEET: THE POSSIBILITY TO ACHIEVE.

PAGE 16 of 28

My Masters swimming coach, Barney, looked down at me in the lane and asked, "How would you like to run a swim meet? Think about it and get back to me in two days".

Run a swim meet? That seemed more difficult and frightening than raising my two teenage girls. (Which is like trying to nail Jell-O to a wall). Is he kidding? How do I run a swim meet and why did he ask me?

Let me take you back in time to my "in depth" experience...

With almost 1,000 logged scuba dives all over the world, since 1984, I obtained my scuba cave diving certification on my 40th birthday. A few years prior to that, cave diving had never entertained my mind. It's too dangerous, difficult and absolutely *insane*. That year of becoming cave certified, after a year of intense training, was the same year that I learned to swim for the first time, through the Masters swim program at the Upper Main Line YMCA (UMLY). Learning to swim was so scary!

How is it that someone who was a volunteer scuba diver for 6 years at the aquarium in Camden, NJ, who dove in a 760,000 gallon open ocean tank surrounded by dozens of sharks and has over 60 logged cave dives in north central Florida and Akumal, Mexico, can fear a 100 IM? I am a fish with gills. I belong UNDER the water- not on the surface!

On May 23, 2004, I had the fortunate accident of breaking 4 bones in my right ankle. I say "fortunate" because I counted my blessings. While the initial pain was worse than child birth, the injury could have been a lot worse. It was merely a freak accident which resulted from a stupid slip on wet level grass while attending my oldest daughter's softball tournament in Allentown.

My scuba activities came to an abrupt halt. My 20 years of obsessive and continuous scuba diving, cave diving, and working as an assist scuba instructor, sank into oblivion. My days of swimming ended as quickly as they had become- just 3 1/2 years after I took my first freestyle stroke. The days of hearing coach Barney's insistent yelling at me were terminated. Working as an early morning lifeguard at UMLY had ended earlier than expected too.

A titanium rod running down my tibia and 3 large screws through my tibia and fibula caused much pain. From the end of May to early September I endured this leg pain, somehow coping. But to be without my swimming friends was an ache tougher to deal with. I missed my friends terribly.



Linda VanOcker
Merryman Meet Director

To much of my delight I received many phone calls and lunch visitors. Flowers, cards, gifts and LOTS of chocolate helped to heal my spirit. Jeanne Merryman was one of those frequent callers.

On July 17, 2004, almost 2 months after my accident, Jeanne Merryman passed away. We were all in shock...

As the weeks progressed I dove into physical therapy. My therapy consisted of water walking in the outside 50 meter pool at UMLY. Gradually I was able to swim 50's with a pull buoy but could not push off the wall yet. Swimming just did not feel right without Jeanne there. It felt noticeably different. I heard her encouraging me but I could not see or touch her. Sometimes I cried.

More weeks passed and I gained strength. But still no Jeanne, which constantly saddened all of us.

Shortly after the Thanksgiving holiday, there was talk going around the UMLY "water cooler" expressing disappointment because there were no plans for a LCM swim meet this summer. Normally this would not have bothered me but for some odd reason it tugged at me. Somehow there was a connection between this swim meet next summer and myself... but what? I had no clue to this puzzle.

Coincidentally, within a few weeks, coach Barney asked me if I would consider running the meet. God put the words in my mouth and I said that "I" will hold the meet next summer. Not only that, but it will be for Jeanne.

Wait a minute! Am I nutz? I can barely swim let alone run a swim meet! What am I thinking??? I have only been to 5 or 6 swim meets. What if this and what if that happens? What do I know about swim meets? Nothing!

By December the waves were in motion. Barney Hungerford, Joan Waldbaum and I had planning meetings. I had an outline of what to do and in what order. Time to get started with baby steps. I was scared stiff!

I needed the help and support of so many people. When I asked for assistance it was not an expected reply of "Sorry" or "Maybe another time" but "How can I help you?" and "This is what you need to know". Stephanie Walsh-Beilman, Katie Crombie & Gudrun Graesser, how can I thank you for all the direction and support you provided?

My goal was not just another routine swim meet. This was about JEANNE and that meant fun, fun, fun. I added the t-shirt relay. I wanted a 300 fly with fins but that got voted down somehow. Bummer. We arranged really cool "goodie bags" and prizes. When was the last time you got tattoos from a swim meet goodie bag or won a professional family portrait or oil change for your car?

Lisa Charleston, a dear friend of Jeanne's, from the "sisterhood" of the Woman's Plus Center at UMLY, came to a decision to get a memorial bench for Jeanne and John Merryman. Lisa took charge of this task and donations were collected to pay for the bench, which was to be presented to UMLY, on June 19th at the meet, by Jeanne and John's family.

Father's Day, the day of the meet, arrived with attention and awareness. How could you miss that frigid overcast morning? Wasn't it just in the 90's a few days ago? The pool water was really cold too! But in spite of the coldness of air and water temperatures, hearts were warmed by smiles and good friends.



L --> R: Christine Merryman, Pat Gifford, Linda VanOcker, Joan Waldbaum, Richard Merryman, Grace Merryman

After the completion of the first event, the 400 free, the Jeanne & John Merryman memorial bench was presented by the Merryman family. There were some special words spoken then the bench was christened with pool water.

Over 40 people volunteered as officials, timers and other important roles. Over ninety (90) amazing swimmers participated in 17 swim events. All with laughter, glory, excellence and pride that Jeanne would have expected.

So, my dear friends, that wraps up another episode of my life that involves the possibility of the impossible. I thank you all. It feels really good to give back to Jeanne all that she has given to all of us.

Now if I can only do that 100 IM without fins...

May all your laps be happy,

2006 OPEN WATER SEASON END REPORT

By: Delia Perez (DVLMSC-Long Distance)

OPEN WATER AWARDS:

The 2005 Open Water Season was a peaceful and placid season with unusually warm ocean temperatures and fairly good balmy weather. The dry summer didn't produce much rain and the ocean swims were fairly calm this year. Swim conditions in the ocean were uneventful and the races went off like clockwork. We swam without rough water conditions and we were treated to almost 80F degree water in the ocean for some of our swims! The Yates Swim was the only swim this season with some excitement because of the swift current in the inlet requiring skilled navigation to successfully stay on course for the finish in Gardner's Basin. [The Outstanding Open Water achievement goes to 45-year-old Raymond McKendall](#), from Philadelphia, Pennsylvania. He is a consistent competitor in open water events, who swims in almost every open water event along the South Jersey shore and elsewhere. Ray in one of the "usual suspects" whose passion for open water swimming lures him to South Jersey for our seasonal swims. This season, Ray enjoyed a break from work and took advantage of the additional time to train and swim as much as possible, while having fun improving his open water skills. Ray finished the Great Chesapeake Bay Swim in just a stroke or two past two hours and continued his strong swimming streak throughout the summer. Ray competed in more than a dozen open water events this season and even completed three swim events on the same day!! Ray is a dedicated long-distance swimmer and one of our "usual suspects" who also trains year round for open water events. Warmest congratulations to Ray - he worked hard and earned it!



RAY MCKENDALL

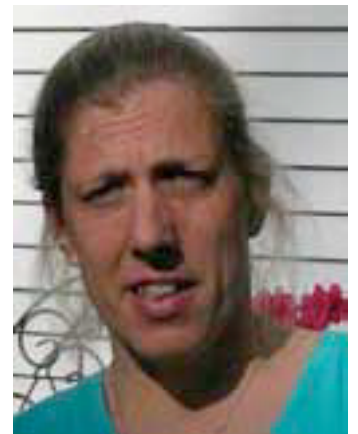
Our Male Masters Open Water award goes to [John Kenny](#) (Wildwood Crest, NJ) for his first place finish in every race he swam in this summer (he is also a member of the USA Long Distance Swim Team). [Linda Hoke](#) (Philadelphia, PA) is our Female Masters Open Water swimmer of the year since she re-embraced her passion for the challenge of open water swimming by competing in more of these events again and usually taking first place in her age group with her winning times. [Maureen Kilgariff](#) (Drexel Hill, PA) earns a special acknowledgment for her dedication to open water swimming with a wonderful season as a winning swimmer this summer. Kudos also to [Vibeke Swanson](#) (Oreland, PA), a champion open water swimmer (she is very strong in the water and consistently a top-finisher) who also shares her enthusiasm for swimming by recruiting younger swimmers to come along and compete in these events. An honorable mention to [Ray Peden](#) (New Castle, DE, and the race director for the Escape from Fort Delaware Swim), a successful English Channel swimmer who swam the Chesapeake Bay Swim this year to celebrate his 50th birthday. And all good wishes to [Meg Douris](#) for a speedy and healthy recovery from a boating accident - and we look forward to seeing you back in the ocean again next summer! This was another good season with 45 races within a day's drive of our area. The only shark attacks were of the land variety, and even the jellyfish and sea mites were fairly well behaved this year.



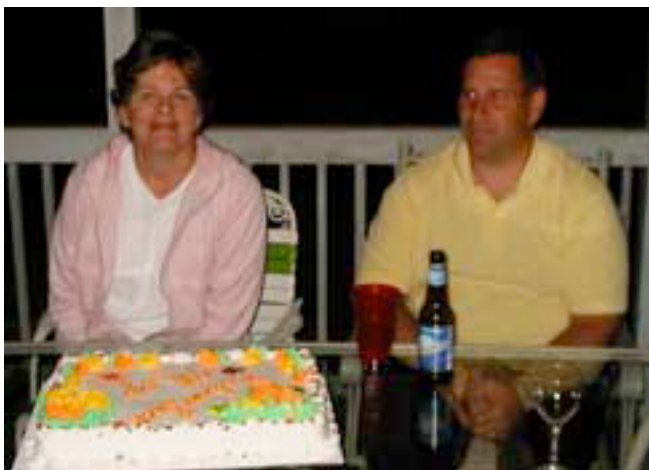
MAUREEN KILGARIFF



LINDA HOKE



VIKYE SWANSON



MEG AND TOM DOURIS



JOHN KENNY

COMING IN THE WINTER
2006 LANE LINE: AN
INTERVIEW WITH JOHN
KENNY!

SAD NEWS FOR US; EXCITING NEWS FOR SID AND FAMILY:

In mid-July, Sid Cassidy announced the Cassidy family would be moving to Florida in early September. Sid told us the following story: "A good friend of mine (and possibly yours) ascended to the position of Executive Director for the International Swimming Hall of Fame in Ft. Lauderdale and I called to congratulate him. In the course of our conversation he encouraged me to consider applying for a coaching and Aquatic Director position at one of Florida's most prestigious schools, Saint Andrews Prep School in Boca Raton. I did just that and the result is that we worked out an agreement that will have me moving my family back down to the Sunshine State by early September! Of course it has been an agonizing decision for both Kara and me, because of the many close friendships and incredible professional success we have both developed over the past seven years in South Jersey.

"The factors in favor of accepting this offer are just too strong to ignore: the school has recently completed a beautiful new 50-meter aquatic facility and lesson pool; the strength training room and gymnasium facility are second to none; the administration is asking me to shape the entire aquatic program to include Prep Team, USA Swimming Club, Lessons, Masters, Water Polo, Diving, Summer Camp and Special Events; the stunning campus is located less than five miles from the Atlantic Ocean in one of this nation's most beautiful cities (and just nine miles from Kara's parents); the school will allow our children to learn in an exceptional educational environment; and Kara and I will be able to work together in a setting where only our imaginations will limit the possibilities for growth. We simply cannot turn it down.

"In announcing this bittersweet change in our lives to the Atlantic City Aquatic Club team, I brought attention to some beautiful words spoken by the late Mother Teresa of Calcutta, she said: "Spread love everywhere you go. Let no one come to you without leaving happier." It may seem difficult for those we leave behind to consider the emotion of happiness at this moment, but all should know that we have truly done our very best to scatter joy into the lives of all that we touched...and certainly our Jersey swimmers and friends have left us much happier. Thanks to all... we loved this chance to dance and now look forward to this next exciting chapter in our lives! See you in Florida - the Cassidys ('Sid', Kara, Quinn & Kate)."

OLYMPIC 10K IN BEIJING 2008 (UPDATE: THIS EVENT HAS BEEN APPROVED FOR 25 SWIMMERS OF EACH SEX.)

Again in early October 2005, Sid Cassidy sent the following message to update our swimming community about his hopes for the 10K as an Olympic event. "Since many of you have long been a part of *The Dream* I want to bring you up to date on the latest news regarding what we are now calling the "Olympic Marathon Swim" and the possibility of a 10K event being included in an upcoming Olympic Games. I just returned from Hong Kong where our meetings with the FINA Technical Open Water Swimming were incredibly positive. A few weeks ago the International Olympic Committee Executive contacted FINA and explained that they are planning to discuss adding the men's and women's 10K swims during their October 2005 program meetings. Perhaps the most encouraging news here is that they called us. Cornel Marculescu, Executive Director of FINA and the one who brought us this news, could be described as cautiously optimistic that this all may happen for Beijing 2008! I was assigned to chair a sub-committee on the proposed Olympic selection process and they have approved our selection proposal for this event. Mr. Marculescu was very pleased with our proposal on this and he is getting it to the IOC this week. Evidently, we have several members of the 15-member IOC Executive Board championing our efforts, including Mr. Rogge himself. As it was explained to us, the Olympic television contract commitment was originally structured to include baseball and softball, both now dropped from the program. The IOC is looking to simply add these two swimming events with little or no cost to help fulfill that obligation. The plan to use the Olympic rowing venue and the great television ratings of FINA Swimming in Athens have been major selling points. Of course the continuous years of hard work by many people cannot be overlooked. In particular I would like to

recognize and thank my colleague from Australia, Mr. Chris Guesdon, whose tremendous contributions were paramount in our efforts. Chris, without you we would certainly not be where we are today. I'm writing to thank all of you for your assistance through the years and simply make you aware of the brewing excitement. Of course, there are no guarantees as anything can still happen, but if it goes through, prepare to move quickly on the many preparations to come. Just cross your fingers and keep your ears open for any news out of Lausanne. Hopefully I'll have more soon - Sid." If you would like to learn more, then contact Sid directly at his office e-mail address: sid.cassidy@saintandrewsschool.net

We wish the Cassidy Family all the very best as they establish their new home in Florida. Before leaving the Atlantic City area, Sid told us that they plan to return to the South Jersey shore every summer and continue to manage the Bridge-to-Bridge Swim in Atlantic City. We look forward to seeing them again next year and especially appreciate their efforts to keep this special swimming event on the Open Water Schedule for 2006.

SEASONAL RESULTS:

For a few of us, the season starts on **New Years Day 2005** in Fort Lauderdale, FL, with the International Swimming Hall of Fame 1-Mile Ocean Race. About 500 swimmers (including college swimmers in town for the Hall of Fame Forum) kicked off the open water season. They were greeted at 8 a.m. with storm warning flags, no swimming, and Man-of-War caution signs. And what happened ... they held the race any way. With 72F degree water and 4-foot waves, about 450 finished the event (900 swimmers usually enter this race). About 100 swimmers were treated for Man-of-War stings but on one went to the hospital. Masters Swimmers had about 70 participants. Jim Howat won the M70-74 age group and Barney Hungerford was there but got scared off by Jim. This is a morning race with slow results that are not available until noon. Nice awards given in front of the International Hall of Fame - so you don't mind waiting. However, the manual results system they use still needs to be improved for faster race results.

June 4th 2005 and the **7.5-Mile Across the Mouth of the Potomac River** was held in Virginia and 22 swimmers competed in the event. Delaware Valley Masters Swimmer, Alicia Markey (wearing a wet suit and finished in 3:19.25), accompanied by her kayaking husband, narrowly beat Igor Meskelis (no wet suit 3:22.35) of Arlington, VA, and Max Kukoy (no wet suit 3:23.28). Joe Stewart, who started the swim in 1993, did the first Potomac Swim relay with Julie Vianello. This year they had their first father and daughter swimmers, Joseph and his daughter, Anna Battiatia. Swimmers were surprised to swim into a large regional immersion baptism ceremony when they reached the finish line (coincidentally occurring at the same time). Conditions featured water temperature of 65F degrees, overcast skies, 5-10 knot winds, 1-foot waves with a significant ebb current. Normally, this is a cold-water swim lasting 4 hours plus - it is very limited on who can enter and/or finish this race. **Cheryl Wagner** runs this race and escort boats are required. With the water in the high 50's or low 60's, plus the long distance, it is a very draining race! Contact Cheryl Wagner for more information about next year's (June 3rd 2006) swim: (cherylw@crosslink.net)

June 12th and time again for **The Great Chesapeake Bay 4.4 Mile Swim** in Stevensville, Maryland, with **621 swimmers** who toughed out very choppy yet warm (73F degrees) water conditions - an overly sunny day with washing machine conditions all across the bay - crosswinds from the Southeast helped to toss water in your face and a lot of swimmers talked about queasy stomachs especially during the first mile of the course. The first competitive swim was held in 1986, and this year's event was not one of the worse but it definitely took work to get across to the other side. The mid-center proved to be a safe course to swim this year (especially after last year's unexpected strong current that pushed nearly 50 swimmers under the South Span of the two bridges) and many swimmers hugged the North Span side just to make sure they stayed on course. You must stay on course between the bridges swimming from the Annapolis side (Sandy Point Park) to Kent Island on the other side without going under either of the twin spans; otherwise you are disqualified from the

event. Each stroke across the bay required us to reach over the chop, pull through the water, finish the pushback, and then do it all over again -- it felt like swimming in a washing machine. The course is well patrolled and kayakers are attentive in watching over the swimmers. This year the refreshment boat was actually located in the center of the course (instead of near the North or South spans) and easily accessible to the many swimmers who were coping with dehydration due to wearing a wet suit in the warm water and sunny conditions. As we approached the final mile to the finish, the kayakers were very encouraging and even provided water to thirsty swimmers attempting quench their thirst and eliminate leg cramps, as they coped with the final mile to the finish. After the final turn as you swim along with the rocks to your left, you can eventually stand and many swimmers attempted to stand and try to work the cramps out of their legs ... because just ahead was the finish and the final run or walk up the short beach. It truly is a humbling and memorable event! The 600 plus swimmer limit filled up this year in less than 2 hours after the Feb. 5th opening entry day on the web. A 1-Mile swim is held in the Kent Island finish area for swimmers who missed the entry deadline or who don't want the longer distance. At the finish you'll find water, fruit and hoagies and a cold-water shower with a courtesy hosing off the back of the local fire truck. Congratulations to **Bruce Brockschmidt** (age 38 from Mount Laurel, NJ) was 2nd overall in the 4.4-Mile Swim with a time of 1 hour and 29:24 minutes) and **John Shewell** (age 41 from Blackwood, NJ) was 1st overall in the 1-Mile Swim with a time of 25:07 minutes) both from the South Jersey Wahoos. **Christopher Morrow** (age 18 from Baltimore, MD) took 1st place in the 4.4-Mile Swim in 1 hour and 28:06 minutes and **Matthew Wisthoff** (age 19 from Catonsville, MD) took 3rd place in the 4.4-Mile. The top three female swimmers for the 4.4-Mile Swim include **Ally St. Claire** (age 18 from Silver Spring, MD) took 1st place in 1 hour and 34:51 minutes, **Emily Watts** (age 37 from Sparks, MD) took 2nd place in 1 hour and 38:41 minutes, and **Dana Woody** (age 35 from Webster, NY) took 3rd place in 1 hour and 40:10 minutes. Other honorable mentions go to **Jamie Hemmerle** (29th overall in 1 hour and 41:06 minutes), **Greg Charbeneau** (37th overall), **Richard Ehrlich** (70th overall), **Doug Bergen** (80th), **Craig Stevens** (92nd), **Tom Fallon** (121st), **Ray Peden** (127th), **Maureen Kilgariff** (156th), **Linda Hoke** (172nd), **Raymond McKendall** (178th), **Steven Gazsi** (232nd), **Andrea Haines** (239th), **Joe Petrochko** (241st), **Doug Frohock** (253rd), **Richard Wallace** (291st), **Stan Pandza** (337th), **Michael Doyle** (341st), **Jerry Smith** (365th), **Gerald Klein** (425th), **Chris Ames** (431st), **Dave English** (445th), **Kuni Mihara** (447th), **Phil Gibbs** (455th), **Mari Schaefer** (493rd), **Neil Semmel** (507th), **Judy Michel** (542nd), **Delia Perez** (575th), and **Pete Cruikshank** (596th). **Brian Early**, who was the initiator of this event years ago, finished 45th 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.



VIKI ANDERS, CHAIR OF THE PLUNGE FOR PATIENTS, SURROUNDED BY DOUG FROHOCK AND DELIA PEREZ.

June 24th and it's a balmy evening for the **19th Annual Independence Day One Mile Bay Swim**, Kennedy Park in Somers Point, NJ. We were treated to 73F degree water and cool breezes (chilly just standing around waiting for the swim to start) that evening. There **132 swimmers**, in-water start, oval course, well-marked, against the current on the outbound, assisting current on the way back, and fairly calm water conditions, leading to fast finishing times. The tide

was really out and we swam through tons of seaweed and detritus - we were covered in muck and lots of it coated the insides of our suits. With such a low tide, many swimmers were stroking back to the finish in shallow water and hitting the bottom - and the low tide allowed many swimmers to walk around the final turn buoy. There were fast finishing times this year. This is a great 1st timer's race - it's a salt-water swim without the waves! The 1st overall male, 24-year old, **John Kenny** (Atlantic City, NJ) finished in 16:42 and the 1st overall female, 15-year old, **Joanna Thomas** (Linwood, NJ) finished in 17:51minutes. It was great to see **Mike Toy**, **Jamie Hemmerle**, **Bob Pugh**, **Rick Erlich**, **Louise Nunan**, **Craig Stevens**, **Susan Reich**, **James Waddington**, **Raymond McKendall**, **Steve Gazsi**, **George Thieler**, **Polly Caffrey**, **Don Walsh**, **Pam Paparone**, **Chris Ames**, **Bill Brooks**, **Delia Perez**, **Richard Kershner**, **Phil Gibbs**, **Marilyn Brahms**, and **Barney Hungerford** (photographing) - all had good swims with many course and current tales.

June 26th and the **10th Annual Plunge for the Patients Ocean Swim**, Wildwood, NJ, attempted to start on Sunday at 8 a.m. near Morey's Pier but the fog delayed the 1-Mile Swim and eventually caused the cancellation of the 3-Mile Swim. It's the morning after the race directors, **Viki Anders** and **Charles Straining III**, hosted the evening event to honor the oncology patients and their families from Johns Hopkins Hospital. Each swimmer writes the name of the cancer patient they are swimming for on their arm and swims their best for that patient. There was a slight southbound current with 1-foot waves and we swim parallel the beach, and sometimes the dolphins keep the swimmers company. The sunny and warm weather along with the cool ocean water at 66F degrees created the fog that greatly limited swimmer and beach patrol visibility. Wet suits are optional and with the cool water at **66F degrees**, many swimmers opted to wear them! The swim was delayed for nearly an hour and the 1-Mile swimmers waited on the beach as the 3-Mile swimmers were bused to the start of the 1-Mile Swim. The fog began to burn off and as it approached 9 a.m., the swimmers were instructed to get into the water for the start of the event. We stood there waiting for the final swimmers to join us and just as they were hurrying to join everyone in the water, the race began. With swimmers from both events now combined into just the 1-Swim, there were now **212 swimmers in the 1-Mile Ocean Swim** with a winning time of 17:15 by **John Kenny** (24 years old from Wildwood, NJ) and **Lauren Schulman** (21 years old from Villanova, PA) was the first female swimmer in 18:39 minutes. Local swimmers included **Paul Mangen**, **Bruce Brockschmidt**, **Ron Marks**, **Vibeke Swanson**, **Jack Martin**, **Susan Reich**, **Linda Hoke**, **Steven Gazsi**, **Maureen Kilgariff**, **Raymond McKendall**, **Matt** and **Beth Rocca**, **Rich McLaughlin**, **Amy** and **Dave Sclarsky** (and their son, **Ethan**), **Polly Caffrey**, **George Thieler**, **Wendy Levin**, **Dave English**, **Bob Notorfrancesco**, **Doug Frohock**, **Dennis Regan**, **Bill Martin**, **Phil Gibbs**, **Don Walsh**, **Mari Schaefer**, **Kuni Mahara**, **Pam Paparone**, **Delia Perez**, **Judy Michel**, **Pete Cruikshank**, **Marilyn Brahms**, **Barbara Johnson**, **Doug Farrell**, and **Diane McVey**. The Beyond the Breakers Swim is for beginners and it's a great way to introduce your kids to open water swimming - it's out past the breakers and back in to finish the swim with awards for all the young swimmers. The swimming events are followed by a complimentary lunch provided by Morey's Pier and you can spend the rest of the day enjoying the water park. Kudos to **Viki Anders** and **Charles Straining** who continue to run a fantastic race series for a great cause!

July 2nd and the **7th Annual 5K & 1.3 Mile Bridge-to-Bridge Swims** were held in Atlantic City, NJ. **Sid** and **Kara Cassidy** manage these events that are held in the late afternoon and early evening. Previously, the swim began and finished at the Wonder Bar & Grill, but **George Thieler** upset the diners at the restaurant by his under-the-towel quick change from his Speedo into his shorts. Now the event starts and finishes at the Atlantic City Crew House. With an in-water start and finish, the **5K+ Swim** (start at the Atlantic City Crew House to swim under the Albany Avenue Bridge to swim around the Dorset Avenue Bridge and return) started at 4 p.m. The **1.5 Mile Swim** swimmers are bused to the start that began at 6:30 p.m. Fortunately, the Back Bay offered blissfully warm 74F degree water temperatures and the warm water was especially welcome by the swimmers entered in the longer event. The back-bay tides offered no current assistance for the 5K+

Swim and on the return loop, the incoming tide created a rather annoying current to swim against to the finish. The nasty sea mites hitched rides on some of the swimmers and nibbled along the way ... **Judy Michel** reported 60 itchy bites while **Delia Perez** suffered with a mere 16 bites. Bottled water, fruit, warm showers, and bathrooms are available at the Atlantic City Crew House, and it provides spectators with a great spot to watch the finish. This year, the swimmers were offered the option to swim in the 5K Swim and then follow this event by swimming the 1.3 Mile Swim. There were **92 swimmers in the 5K Swim** and **91 swimmers in the 1.3 Mile Swim**. The 5K Swim was won in 1:01:16 and the 1.3-Mile in 27:53. In the women's division for the 5K Swim, **Noelle Bassi** (age 21 from Ambler, PA) won 1st overall female in a winning time of 1:03:35. Other master's swimmers included **Vibeke Swanson** who finished 18th overall, **Maureen Kilgariff** (26th), and **Linda Hoke** (27th). Female swimmers in the same age group, **Robin Dunikoski** (Pam Paparone's sister) finished 34th overall, **Delia Perez** (35th), and **Pam Paparone** (36th). **Judy Michel** took first in her age group with her 37th overall finish. In the men's division for the 5K Swim, **Jamie Hemmerle** (age 49 and USMS World record holder) finished 21st in 1:11:19 behind most of the teenagers and **John Kenny** (age 24 - 1:01:16) took 1st overall. **Ed Brown** (24th), **Paul Mangen** (25th), **Jack Martin** (26th), **Craig Stevens** (27th), **Jim Whelan** (36th), **Steve Gazsi** (40th), **Doug Frohock** (41st), **Ray McKendall** (43rd) and **Phil Gibbs** (52nd) enjoyed the swim. The swimmers who finished the 5K Swim and who chose to relax instead of also entering the 1.3 Mile Swim, were treated to the rare opportunity of showering, changing, relaxing and sitting by the bulkhead to watch their buddies swim towards the finish - and that's rare indeed since we usually are all entered in the same event and never get to see an open water race as a spectator. In the women's division for the 1.3 Mile Swim, **Vibeke Swanson** (age 43 from Orelan, PA) finished 6th overall 33:18 minutes and **Susan Reich** (age 46 from Ocean City, NJ) finished 7th overall for females in 33:38 in this event; these masters swimmers were both behind the 1st place winner, **Greta Reichert** (age 13 from Stone Harbor, NJ) who finished in 29:27 minutes. **Amy Sclarsky** finished 22nd, **Linda Hoke** 23rd, **Polly Caffrey** 33rd, **Marilyn Brahms** 34th, and **Barbara Johnson** finished 39th with a good swim to the finish. In the men's division of the 1.3 Mile Swim, **John Kenny** (age 24) took 1st overall in 27:53 minutes and **Mike Toy** (age 48 from Ventnor, NJ) blazed a trail behind him by finishing 2nd overall in 29:25 minutes, and **Bill Howarth** (age 50) finished 5th in 31:59 minutes. Following the other young guppy swimmers, **Jim Waddington** was 18th, **Dave Hirsch** was 25th, **George Thieler** (28th) **Ray McKendall** (37th), **Otis Reich** (38th), **Jack Donnelly** (40th), **Stan Pandza** (42nd), **Chris Ames** (age 73 and finished 43rd), **Barney Hungerford** (age 72 and finished 45th), **Lee Bergen** (age 71 and finished 46th), **Craig Stevens** (52nd) and **Gary Shutz** proudly nailed 53rd overall as the final male finisher. And the swimmers "double dipping" by competing in both the 5K Swim and the 1.3 Mile Swim included: **Linda Hoke** and **Vibeke Swanson** - and **John Kenny**, **Ray McKendall**, and **Stan Pandza**. Finally, the swimmer who competed in both events plus swam the Bradley Beach 1 Mile Swim at 9:30 a.m. that morning was **Ray McKendall**, who was still smiling at the end of the day.

July 16th and the 9th Annual Spring Lake Ocean Mile Swim was held in Spring Lake, NJ. Wetsuits allowed but disqualified from awards. This year's event enjoyed good weather even though it was overcast and foggy - the ocean was choppy (the waves seemed to zigzag and so did the swimmers) yet comfortable with water temperatures in the mid-70's for the start of this 8 a.m. morning swim. Phone the beach patrol (732-499-8005) for more information. The event is managed by the Spring Lake Recreation Department. It was well organized but race results may not be available since they used index cards with the overall finish number on each



BARNEY HUNGERFORD

card, and it seems highly unlikely that any of the handwritten results were transferred to a spreadsheet. Registration fee (\$15) and you sign up at the pavilion at the foot of Ludlow Street - tee shirts but no swim cap provided. There is easy and free parking nearby (restrooms right there too). You walk one mile down the boardwalk to the start and you leave your bag at the finish by the registration area. The race is run in two heats and you pick your own heat. Three inflated-buoys (orange in color and two more buoys would be more helpful to mark the course) and lifeguards were along the way. You swim parallel to the beach. After the swim, orange juice, bottled water, coffee and the best tasting bagels were available. A cold-water shower and rest rooms are nearby. Results may be available on the Internet at this website: <http://www.raceforum.com/spring2002.htm> or try phoning Lou and Cindy Lustrino (732-449-4629) for more information. Prizes are awarded to first (male and female) overall, first (male and female) over 35, and first (male and female) over 50 winners. Ribbons are awarded for the usual male and female, 5-year age groups. The overall winner finished in 18+minutes. Somewhere between 160 and 170 swimmers participated in the event, and **Mari Schaefer** and **Barbara Johnson** and **Ray McKendall** enjoyed their morning swim. Ray, Mari and Barbara competed in this event and also the Swim for the Dolphins held later in the evening. According to Mari and Barbara, they "didn't feel too tired doing both swims that day."

July 16th and the 9th Annual Ocean Swim for the Dolphins was held in Wildwood Crest, NJ. The 78F degree water provided a northbound current with the course and the mild ocean breeze made perfect swimming conditions to navigate the one mile course to the finish. There were a lot of first-timers doing their first ocean swim and they were very nervous before the start of this evening's event, and the veteran swimmers did their best to keep them calm so they wouldn't panic. The swim started at 6:30 p.m. and **346 participants** (the highest number of swimmers so far for this event and 35 more than last year) made the start of the race look more like a riot in the water. The turn flags were easy spot and the swim was extremely pleasant once you cleared the traffic jam of thrashing swimmers. Along the way, **Delia Perez** felt an "upwelling turbulence" in the water, stopped to look around, swam and felt it again, stopped to look and just in front was the form of a "gray circle" sinking into the water - a dolphin!!! After the swim, **Barney Hungerford** mentioned that he felt some turbulence in the water and thought it was a kayaker paddling nearby but then realized the dolphins were swimming with him too! Wetsuits are permitted. This event benefits the Marine Mammal Stranding Center and our race director, **Dave Hirsch**, is a swimmer who knows what swimmers need after a swim - towels, ice tea, water, pizza and hoagies, bananas, and oranges, live music, and great door prizes! **John Maloy** (age 16) was the overall winner and he finished in 21:58minutes. **Victoria Lederer** (age 16) was the first female finisher in 22:44 minutes. The "usual suspects," **Ron Marks**, **Mike Toy**, **Jamie Hemmerle** (11th overall and 3rd in his age group), **Chris Gamble**, **Mary Ellen Bergan** (husband, **Doug** and son, **Jack**), **Jack Martin**, **Susan Reich**, **John McShane**, **Linda Hoke**, **James Waddington Jr.**, **Steve Gazsi**, **Maureen Kilgariff**, **George Thieler**, **Doug Frohock**, **David Hirsch**, **Raymond McKendall**, **Tom and Meg Douris**, **Jean Tunney**, **Bob Tieckelmann**, **Polly Caffrey**, **Dennis Regan**, **Viki Anders**, **Pam Paparone**, **Otis Reich**, **Jack Donnelly**, **Marilyn Brahms**, **Phil Gibbs**, **Delia Perez**, **Mari Schaefer**, **Pat Timmins**, **Pete Cruikshank**, **Barney Hungerford**, **Barbara Johnson**, **Richard Kershner**, **Doug Farrell**, and **Alisan Henderson** ("the little engine that could") was the oldest finisher and finished with 40 other swimmers behind her. Finally, **Amy Sclarsky** finished first in her family, followed by her husband, **Dave** (one minute behind her), daughter, **Rachel** (almost five minutes behind), and son, **Ethan** (seven-and-a-half minutes behind her).

July 30th and the 26th 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 them 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 provided tougher swimming conditions with waves that pushed you toward the shore and it was

difficult sighting on the course (4 orange buoys and 3 flags) because of the waves. The ocean water was pleasant but as usual, there are just too many people in the water at the start of each of the two heats. Remember your "combat swimming" techniques that you will need to swim along with all the "brat packs" that are typically normal with this event. The brat packs comprise swimmers who swim together in packs of 3 or more - stop swimming together in a line - then they breaststroke kick as they sight ahead to find the next flag. Experienced swimmers have to be prepared to encounter these packs - they will swim across you, stop in front of you and kick you as they try to find the course. This year we swam a southbound course with two waves of swimmers - under 40 men @ 6:30pm, the women and over 40 men starting ten minutes later. The water temperature was 73.6F degrees, cool breeze and ocean swells making navigation to the finish tougher. There were 401 swimmers (last year there were 302 swimmers). Flags and orange buoy balls marked the course. Wetsuits were not permitted. John Kenny (age 24) was the overall winner in 21:33 minutes and Laurie Hug (age 40) was the 1st place female winner in 24:37 minutes. Some of the "usual suspects" enjoying this race to the finish include: Jamie Hemmerle and son, Chris, Ron Marks, Louise Nunan, Brenda and Dave Bartlett, Bill Howarth,



BARBARA JOHNSON, JUDY MICHEL, AND RAY MCKENDALL AWAIT THE START OF THE YATES SWIM

Doug & Mary Ellen Bergen and Katy (their daughter), Ray Peden, Susan Reich, Jason Klugman, Jim Waddington, Tom Tulenko, Maureen Kilgariff, Steven Gazsi, George Thieler, Jean Tunney, Ray McKendall, Christine Schroder, Amy Scarsky, Doug Frohock, Polly Caffrey, Tom Douris, Bill Brooks, Bob Notorfrancisco, Barney Hungerford, Delia Perez, Phil Gibbs, Patricia Timmins, Doug Farrell, Barbara Johnson, Joe Schmidt, (first-timer) Linda Vanocker, Alisan Henderson, Marilyn Brahms, Jack Donnelly and Bill Pugh. 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. It was so much fun playing in the waves for this year's Master's Ocean Swim that it was too bad we had to be serious and navigate to the finish instead of staying out and playing in the water!

August 6th and the 13th Annual Rainbow Channel Challenge 2.6-Mile Swim was held in Somers Point, NJ. The race director, Polly Caffery, manages this event to benefit Alzheimer's Disease Research. The route starts from the boat ramp in Kennedy Park, around Drag Island and return to the boat ramp. This year, the Kayak race and 1-Mile Swim were held before the 2.6-Mile Swim. Wetsuits are permitted but with a four-minute delayed start time. George Thieler and his son, Tim, laid out the 2.6-Mile course - it was clearly marked by large orange buoys.



LINDA VAN OCKER, LINDA HOKE AND DIANE MUNTZER AWAIT THE START OF THE YATES SWIM

Polly's swim is a cherished event for morning swimmers with their perky "morning person attitude" vs the still groggy evening swimmers. The kayak race participants could also enter the swim event to win the biathlon awards with both events. Barney Hungerford started the 2.6-Mile Swim and swimmers wearing wetsuits entered the bay 4 minutes later. The water was a delightful 78F degrees and it was easy to sight the course, unless you were debating the course route with a swim buddy who was bound and determined to swim the event in reverse. Passing boat traffic can create some navigating difficulties over small swells and the exhaust from the boats either builds character or creates more characters! For the last quarter of the race, it was best to either swim all the way to your right side (along Drag Island) then turn left for the final turn around the orange buoy to avoid swimming into the incoming tide in the center of the channel or swim all the way to your left side to avoid the mid-channel current. Tim Thieler managed the timing for all the events: a 200-yard and a 500-yard swim for the 1-14 age group, the 2.6-Mile Kayak Race, the 2.6-Mile Swim, and the 1-Mile Swim. Some of the "usual suspects" did both of these events. Parents were invited to swim with their children in the shorter events. There's a raffle drawing that includes a wet suit. Bagels, baked goods, hoagies, fruit, water and power drink provided. Unfortunately, there was a software problem and the swim results for the 2.6 Mile Swim "crashed and burned, as well as detailed information about the 1-Mile Swim. Mike Toy (45-49 age group and finished in 17:35 minutes) was the 1st overall male winner in the 1-Mile Swim and Amy Wuko (16-19 age group and finished in 20:01 minutes) was the 1st overall female winner. As always, the "usual suspects" who usually participate in the shore events represented us well.

August 13th and the Mid Summer Splash 1.5 Mile Ocean Swim was held in Seaside Park, NJ. After a week of warm ocean temperatures in the high 70's, there was an upwelling and when the race began at 8 a.m., the ocean temperature was in the bone chilling low 60's for this swim. There were 117 swimmers who completed the cold swim and most did not have wetsuits. The "usual suspects" included: Barbara Johnson, Mari Schaefer, Linda Hoke, Ray McKendall, Judy Michel, George Thieler (and daughter, Elise), Polly Caffrey, Don Walsh, and Kristina Shore completed her first swim of the summer. As usual, the "Breakfast Buffet Swim" served scrambled eggs, bacon, Gatorade, orange juice, bagels, croissants, and the best delicacy - New Jersey crumb cake!

August 20th and the 1 Mile Yates Inlet Swim, Atlantic City, NJ - the 2nd event in the "triple crown" of South Jersey swims. There were 190 swimmers bussed to the start of the race and we were confined to a smaller wading area due to the erosion of sand that uncovered harmful debris at the water's edge. Also a word of caution - the walk to the beach across side walks may be littered with broken glass. The Yates Swim starts at 6:45 p.m. - swim with the incoming tide and finish in Gardner's Basin - and this year, there was a "ripping" strong current that could be felt as soon as you swam out and turned left past the first jetty on your way towards the finish. This surprisingly strong current made the Yates Swim the most exciting swim event of the season! With the ripping current taking you through the inlet, you needed your best navigational skills to stay on course and not swim to Brigantine. Everyone had the incoming tide assistance to push the swimmers towards the finish but you needed to know when to turn left and leave the current to successfully make the left turn towards Gardner's Basin - and lots of swimmers missed the turn and over swam the course before eventually getting back on course! It's a strategy course swim with a finish at the Flying Cloud Restaurant. Captain Francis Bennett (long time co-director for the event) manages the race along with other Atlantic City Beach Patrol members and his volunteers run a good event!

The top age group for this event is 55 & Up and Captain Bennett is now considering the expansion of these age groups to include 55 to 59, 60 to 64, 65 to 69, and 70 & Up, especially with the level of skill, interest, and competition in open water swimming demonstrated by our more experienced Masters Swimmers. We have an in-water start and usually finish with high tide conditions. The water temperature was a very comfortable 75F degrees at the start and it continued to warm (and almost

feel too warm) as we swam for the finish. You have to pick your best navigational course and hope you made the right decision to swim your best in the Yates because it's easy to go off course here! Remember - you do this event for the love of the swim rather than perfect conditions. There's a cold-water rinse with hose after the race and always plenty to eat at the free "pasta buffet" provided by the Flying Cloud Restaurant. Both **Joanna Thomas** and **John Malloy** finished the race with the overall winning time of 15:03 minutes, and this was more than 6 minutes faster than the winning time for 2003. The Yates Swim usually provides a beautiful evening to sit on the deck at The Flying Cloud and enjoy the company of good friends along with the "usual suspects."

August 20th and the **Little Red Lighthouse 5-Mile Swim** in New York City, NY. The 5-Mile Swim leaves from Clinton Cove (Pier 96), Hudson River Park at 56th to 165th Street, within view of the Little Red Lighthouse. According to **Jerry Smith** (New Jersey Wahoos) who competed in this event, "there is a myth that the Hudson River is dirty. Not only did I find that to be untrue, but the Little Red



DELIA PEREX, BOB PUGH, RAY MCKENDALL AND LINDA HOKE
AWAIT THE START OF THE BRIGANTINE BAYFEST SWIM

Lighthouse Swim was one of the most enjoyable swims I have ever participated in. The 5-Mile Swim starts at Clinton Cove (56th Street) and finishes at 165th Street. The water was smooth with a comfortable 75F degrees and there was a strong current assisting us. At the finish, there were nice t-shirts and a good meal for the competing swimmers. The winning time was 1:26.55 and my time was 1:38.52 (38th overall). There were a total of **131 swimmers** and I can't wait to do this swim again next year." For race results and more information about this event, contact (www.nyccswim.org).

August 21st and **Sid & Cara Cassidy** and the Seacats hosted the 3rd annual **3K Bay Classic Swim** in Atlantic City, NJ. Since the Yates Swim was held the evening before this event, there weren't many swimmers who participated this year. There were approximately 80 age group swimmers who participated in various Distance Championship Swim events that also included **45 Masters swimmers**, who entered the 3K Swim on Sunday morning. A lot of youngsters completed their first open water race by entering this official Middle Atlantic Swimming Age Group Championship event. The 3K Swim course consists of four loops around a 750-meter course marked with four large orange buoys, so spectators can watch the entire race from the Atlantic City Crew House. Swimmers enjoyed the pleasantly warm (74Fdegrees) water in the back bay and the course started and ended in front of the Atlantic City Crew house. The 3K Swim began at 12 noon with an in-water start, and there was a lot of "body bashing" with everyone surging ahead to slug their way to the first buoy. There was a breeze that produced choppy water on each of the southbound loops of the course - half of the course was fast and the other half was not so fast. At the finish, there was plenty of fresh fruit, Gatorade and bottled water plus indoor showers. Race results may be available at the website (www.apexswim.com).

August 28th and the **Bayfest 2005** hosted the **11th Annual Dorthy 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, Dorthy Mohn. Marked with floating barrels, orange buoys and flags, **46 swimmers** enjoyed the 6:30pm swim with its 75F degree water. While waiting for the in-water start of our race, we warmed up in the water and tried to see the turn flag by the lifeguard boat that sat directly in line with the setting sun. The outbound

leg is tougher because we swim into the West and the setting sun, while the return is easier because sighting for the finish is not a problem. The overall winner was **Mike Toy** (age 48) in 16:28 minutes (almost 4 minutes faster than 2003 and 2 minutes faster than last year), with **Mike Brooks** (15-18 age group and 17:10 minutes) 2nd and **Jack Martin** (age 53 and 17:41 minutes) as the 3rd overall male winner. The first overall female was **Kelsie Donahue** (14 years & under age group) in 17:31 minutes, with **Susan Reich** (age 47 in 18:31 minutes) 2nd and **Lauren Puglia** (15-18 age group in 18:45) as the 3rd overall female winner. For the men's Masters Division, **Mike Toy** took 1st place, **Jack Martin** (17:41) took 2nd and **Bob Pugh** (17:42) took 3rd place. For the women's Masters Division, **Susan Reich** took 1st place, **Linda Hoke** (20:49) took 2nd and **Marilyn Brahms** (23:32) took 3rd place. There weren't as many of the usual South Jersey contingent of diehard swimmers but some of the "usual suspects" also included **Jim Waddington**, **Ray McKendall**, **Jack Donnelly**, **Otis Reich**, **George Thieler**, **Don Walsh**, **Barney Hungerford**, **Polly Caffrey**, **Delia Perez**, **Colleen Poole**, **Pam Paparone** and **Joyce Abrams**. Since race results are slow to be finalized, you can enjoy the Bayfest and sample the crab cake sandwiches, steamed shrimp and clams, corn-on-the-cob, hamburgers and hot dogs, funnel cake and listen to music with your friends while you wait for the awards ceremony.

September 3rd and the **76th annual Atlantic City Pageant 1-Ocean Swim** in Atlantic City, New Jersey - the third event in the "triple crown" of South Jersey swims. The Pageant Swim was traditionally scheduled for the Sunday in Labor Day weekend but now it's moved to Saturday morning. In 2002, a nor'easter storm created dangerous swim conditions over the Labor Day weekend and race director, **Bill Brooks**, postponed the race until the following weekend. Postponing the event reduced the number of participants in 2002 - so Bill decided to start with Saturday and then have Sunday as a second date if needed in the Labor Day weekend for this event every year. The Pageant Swim is the classic ocean swim and it still has the same course since 1922. No wetsuits and no course changes to fit swimming conditions. Swim out north of the Steel Pier, turn south, swim parallel to the beach and turn back into the shore to finish on the south side of the Ocean One Mall Pier. The **Atlantic City Beach Patrol** is well experienced in running this event with a well-patrolled course - we think they invented open water swimming! The day was warm and sunny with stunningly smooth water that lacked the excitement and challenge of the 2004 Pageant Swim. There was a slight breeze and the current was undecided about whether it wanted to go North or South but the water was a chilly 65.8F degrees throughout the race. Since today's lackluster event easily earned a "10" for a consistent and predictable course - the swim towards the Ocean One Pier was almost blissful. Those of us who swam last year's event took these calm but cool conditions in stride, and we enjoyed a great workout in clear water to finish out our final ocean swim for the season. There were **172 swimmers** this year as compared to just 94 swimmers who actually finished this event last year. Water and watermelon are available after the swim plus a cold-water shower. Be prepared for the long mile hike on the boardwalk back to your parked car at the Showboat Casino. **Josh Charnin-Aker** (age 25) finished 1st overall in 23:30 minutes (slower than last year's finishing times), **Tom Swift** (age 32) finished 2nd overall in 23:57 minutes, and **Mike Toy** (age 48) finished 3rd overall in 24:26 minutes. **Laurie Hug** (age 40) finished 6th overall and 1st female swimmer in 25:19 minutes, **Beth Iacovzze** (age 16) finished 8th overall and 2nd female swimmer in 25:32 minutes, and **Vibeke Swanson** (age 43) finished 9th overall and was the 3rd female swimmer in 25:34 minutes. The age group awards are now limited to just the first three places (previously included up to 6th place) and the age groups are in 10-year increments (such as 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69, and 70 to 99). 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 **Ron Marks**, **Jamie Hemmerle**, **Brenda and Dave Bartlett**, **James Kegley**, **Bob Pugh**, **Ed Brown**, **Ray Schailey**, **Craig Stevens**, **Nancy Steadman-Martin**, **Doug Bergen**, **Susan Reich**, **Diane Muntzer**, **Ron Kane** (and his son, **Patrick Kane**), **Jim Waddington**, **Linda Hoke**, **Jim Whelan**, **Teddy Roncare**, **Michael Keating**, **Steve Gazsi**, **Richard Wallace**, **Maureen Kilgariff**, **Ray McKendall**, **Dave Hirsch**, **George Thieler**, **Christine Schroeder**, **Jack Wixted**, **Don Walsh**, **Doug Frohock**, **Rich**

McLaughlin, B.J. Schuler, Polly Caffrey, Dennis Regan, Tom Douris, Jack Donnelly, Bill Brooks, Patty Lynch, Otis Reich, Delia Perez, Dieter Wunderlich, Bob Notorfrancesco, Marilyn Brahm, Mari Schaefer, Phil Gibbs, Pam Paporone, Judy Michel, Barney Hungerford, John Zarych and Tony Zarych, Jack Conner, Pat Timmons, Dave English, Barbara Johnson, Doug Farrell, Richard Kershner, Alisan Henderson, and Norm Drapper, (Atlantic City Beach Patrol), who is now the race director for the Pageant Swim. The race results can be found at www.aksts.com.

September 17th and the September Splash Two Mile Bay Swim, was held at 9 a.m. in Wildwood Crest, NJ, with a 1/2-Mile Swim for kids up to age 14 at 10:30 a.m., and this was followed by the September Splash One Mile Bay Swim at 11 a.m. (for swimmers who like to sleep in later). Fortunately, it was a beautiful clear day for the final open water swim in the South Jersey area. We were also lucky that this year's 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. We hope to keep this earlier date in September for all future swims. Race director, Ina Sharkey, holds a great race, is very supportive of the swimmers, and she can be reached at (609-729-3829). There is an in-water start, "square" shaped course so you have the sun in your eyes at some point and it will happen when you are desperately searching for the last turn buoy (4 buoys). The course for the Two Mile Swim required a second trip around the box-shaped course. Navigating is critical in this swim and the COLD BEER sign on the restaurant is great for finding the finish line. With the low tide, we had to walk through dense patches of seaweed to swim to the start buoy and thankfully, the water was a warm 76F degrees. A total of 49 swimmers (34 male and 15 female) competed in the 2-Mile Swim and 142 swimmers (78 male and 80 female) competed in the 1-Mile Swim. In the Two Mile Swim for the men overall,

John Kenny (age 24) took 1st place (33:22), Stephen Shyman (age 18) was 2nd (35:4), and Chris Gamble (age 26) was 3rd (36:21); and for the women overall, Vibeke Swanson (age 44) was 1st (36:29), Victoria Lederer (age 16) was 2nd (37:46), and Christina Izzo (age 17) was 3rd (48:22). Mike Toy (4th overall) took 1st in his age group (M40-49) finishing in 36:22 minutes. Ron Kane (9th overall) took 1st in his age group (M50-59) finishing in 43:15 minutes. Barney Hungerford (34th overall) took 1st in his age group (M60-99) and had a great swim by finishing in 50:57 minutes. Mari Schaefer (36th overall) took 1st in her age group (F50-59) finishing in 54:18 minutes. Barbara Johnson (44th overall) took 1st in her age group (F60-99) with a finishing time of 1:02.43. In the One Mile Swim for the men overall, Mike Joyce (age 16) took 1st place (19:18), Owen Black (age 17) was 2nd (18:23), and Mathew Jenkins (age 16) was 3rd (19:50); and for the women overall, Meghan Leddy (age 14) was 1st (18:51), Greta Reichert (age 14) was 2nd (19:00), and Susan Reich (age 47) was 3rd (20:29). Many of the "usual suspects" were here for the last official swim of the summer. Water, oranges and a cold hose shower are available at The Bayview Inn. The award ceremony was held outside the restaurant, and they allowed us to change in the rest rooms. Wetsuits are allowed. Race results by L & M Sports are posted on their website (www.lmsports.com). The September Splash is a fun race that also marks the end of our 2005 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



BIG SHOULDERS, CHICAGO

Craig Stevens, Judy Michel and Chris Schroeder journeyed to Chicago the weekend of September 10th to swim the National 2.5 K Open Water Swim, held in conjunction with the Annual Big Shoulders Swim in Lake Michigan. The weather was drop dead gorgeous - low 90's, low humidity, with the Lake water in the 80's. The National Championship brought out many speedy swimmers. Chris and Judy in the 55-59 age group finished 6th and 8th. Craig, 50-54, finished a strong swim in 34th place overall; BUT, he was only 5th in his age group. Talk about competition! Chris and Judy took in a White Sox game in the midst of their huge losing streak, watched a dull game with the White Sox losing and the fans booing. What fun it was to see the Sox turn it around and win the WORLD SERIES! Maybe someday, the Phillies....? Craig swam the race with several of his high school teammates and after the race they biked back to his boyhood home in Hyde Park on the South Side of Chicago!

This is a fun race and Chicago is a great town. If you need a September getaway destination with a swim attached, this is the place for you!

NATIONAL SENIOR GAMES PITTSBURGH, PA JUNE 12--18, 2005

PAGE 25 of 28

After qualifying in summer 2004 at the PA State Games at Shippensburg, several DVM swimmers made their way to Pittsburgh for the National Senior Games. This multi sport event for athletes over the age of 50 years took place over several days in June. At the swimming venue at the University of Pittsburgh, Trees Hall Pool, there were many swimmers who do not complete in either Y Nationals or USMS Nationals, but who are very strong swimmers. The qualifying times ensure that there are generally no more than two heats per event per age group.



JOAN WALBAUM (70)
Six for six!

I had to sort through the results by hand and I think I have found all the DVM swimmers. (If not, please let me know and I will list you in the next Lane Line.)

Medals are awarded for Places 1 through 3, with ribbons for 4 through 8. For each race, winner's name are announced, and come to a podium to receive awards and an orchestra plays the Olympic Theme as the results are posted on the pool scoreboard.

Women 55-59

Janet Jastremski 50 FR (4), 100 FR (6), 200 FR (4), 100 IM (4), 50 FL (6), 100 FL (2)
Judy Michel 100 FR (11), 200 FR (9), 500 FR (5), 50 BR (11)

Women 70-74

Janet Moeller 100 IM (2), 200 IM (1), 50 BR (1), 200 BR (1), 50 FL (2), 100 FL (1)
Joan Walbaum 50 FR (3), 100 IM (4), 50 BR (1), 100 BR (2), 200 BR (3), 50 FL (5)

Women 75-79

Rosemary Froeder 100 IM (7), 200 IM (9), 50 BA (5), 100 BA (10),, 200 BA (10), 50 FL (6)
Marianne Hagan 200 IM (4), 100 BA (7), 200 BA (4), 200 BR (3), 50 FL (1), 100 FL (1)
Ruth Aaron 200 IM (3), 100 BR (1), 200 BR (1), 200 FR (6), 500 FR (6)
Francine Clobes 50 BA (22), 100 BA (17)

Women 80-84

Mary Wixted 50 BA (7), 100 BA (8), 200 FR (6), 200 BR (7)

Men 65-69

David Gladfelter 100 FR (21), 500 FR (13), 200 IM (9), 100 BA (9), 100 BR (12), 100 FL (5)

Men 75-79

Milford Johnson 100 IM (10), 100 BR (6)

The 2007 NSGA Games were awarded to Louisville, KY for June 22 to July 8. You will need to pre qualify at the PA state Games or at the State games of another state in 2006 to be able to go to Louisville in 2007. You cannot just submit times from other meets. If you are a track athlete or cyclist there are plenty of events for you too. Team sports such as basketball and softball are also contested. Wield a racquet? There are tennis, badminton, and racquetball competitions. Check out the NSGA web site: <http://www.nsga.com/>

JANET
JASTREMSKI (55)
Also Six for six!



LONG COURSE NATIONALS RESULTS: CONGRATULATIONS TO THOSE WHO SWAM WELL IN CALIFORNIA!

BCAT

Mollie Grover (24) 100 FR (1), 200 FR (1), 50 BA (2), 100 BA (3), 200 BA (1)

COLONIALS 1776

Wylie Babb (65) 50 FR (6), 100 FR (8), 50 BA (4)

Janet Bright (50) 50 FR (2), 50 BA (3), 50 BR (1), 100 BR (1), 200 BR (1), 200 IM (3)

David Harrison (68) 50 FR (4), 100 FR (3), 200 FR (1), 400 FR (1), 800 FR (1)

Jack Kirilin (67) 50 FR (7), 100 FR (6), 400 FR (7), 800 FR (6)

Jack Martin (54) 100 FR (18), 200 FR (9), 400 FR (4), 800 FR (3), 1500 FR (6), 50 BR (12)

Jeff Reilly (44) 400 FR (13), 800 FR (9), 1500 FR (5), 100 BR (14), 100 FL (11)

PAFC

Kate Donald (23) 100 BR (2), 200 BR (2), 200 FL (3), 200 IM (4), 400 IM (3)

Brian Furlong (28) 200 FR (1), 400 FR (1), 200 FL (1), 200 IM (1), 400 IM (1)

Janice Lukasik (47) 50 BR (14), 100 BR (15), 200 BR (9), 200 IM (13), 400 IM (5)

Denise Morales (25) 50 FR (7), 100 FR (4), 200 FR (2), 50 BA (5)

Joseph Morozin (45) 50 FR (10), 100 FR (17), 200 FR (15), 200 IM (11)

Francois Springuel (23) 50 FR (10), 100 FR (18), 400 FR (8), 50 FL (5)

Caroline Stein (35) 50 BA (5), 100 BA (5), 200 BA (6), 200 FL (5)

EDITOR'S NOTE: These results were hand culled and hand typed from the USMS website and any errors are the total responsibility of the editor. If you see a mistake and would like it fixed for the Winter edition, please let me know! THANKS!

CONGRATULATIONS TO COLONIES ZONE LCM MEET PARTICIPANTS:

BCAT

Mollie Grover (24) 100 FR (1), 200 FR (1), 100 BA (1), 200 BA (1)

COLONIALS 1776

Katie Flickinger (30) 50 FR (2), 100 FR (3), 50 BA (3), 50 BR (2),
100 BR (3), 50 FL (2)

Paul Trevisan (54) 50 FR (1)

James Ryan (53) 200 FR (2), 400 FR (1), 800 FR (1), 100 BR (2), 200 BR (3)

Robert Jones (54) 50 BA (2), 50 BR (1), 100 FL (1)

JWM

Mike Miller (41) 50 FR (4), 100 FR (4), 200 FR (3), 100 BA (3),
50 FL (1), 100 FL (3)

PAFC

Michael Matz (44) 50 FR (5), 50 BA (1), 50 FL (4)

Stephen Dougherty (54) 100 FR (2), 50 BR (3), 200 BR (2),
50 FL (2), 200 IM (1)

Jay Platt (58) 200 FR (1), 400 FR (1), 800 FR (1), 100 BA (3), 200 BA (2),
100 BR (2), 200 IM (2), 400 IM (1)

YBRC

Kelly Murphy (26) 50 FR (2), 100 FR (2), 50 BA (1), 100 BA (2),
50 BR (2), 50 FL (1)

Kirsten Kenyon (3) 50 BA (1), 100 BA (1), 200 BA (1), 100 BR (2)

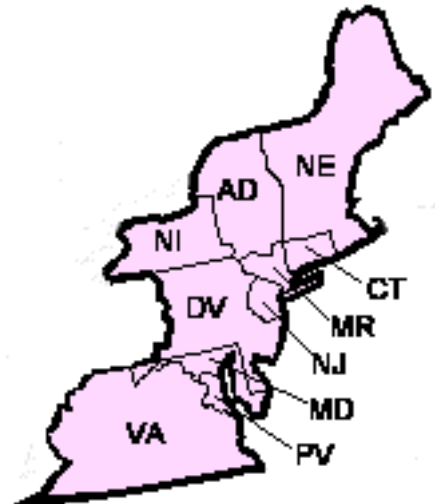
Kyle Atwell (29) 50 FR (2)

Nicholas Mahler (28) 50 FR (3), 50 BR (1), 100 BR (1), 200 IM (1)

Ryan Shaw (29) 50 FR (4)

Brian Burns (32) 50 FR (1), 200 FR (1), 400 FR (1), 100 FL (1)

Nicholas Petchel (64) 50 FR (4), 100 FR (4), 200 FR (3), 100 BA (3),
50 FL (1), 100 FL (3)

**ZONES RELAYS****YBRC**

100-119 400 FR (1)

Kyle Atwell, Nicholas Mahler, Brian Burns,
Ryan Shaw

100-119 200 MEDLEY (1)

Brian Burns, Nicholas Mahler, Kyle Atwell,
Ryan Shaw

100-119 200 MIXED FREE (1)

Kelly Murphy, Kirsten Kenyon, Nicholas
Mayer, Brian Burns

100-119 400 Mixed medley (1)

Kirsten Kenyon, Nicholas Mahler, Brian
Burns, Kelly Murphy

DVM 2005 - 2006 POOL MEET SCHEDULE (tentative):

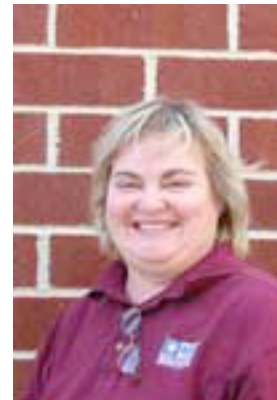
PLEASE NOTE THAT THESE MEETS ARE EITHER SANCTIONED OR RECOGNIZED.

TO ENTER A SANCTIONED MEET, YOU MUST BE A CURRENT USMS MEMBER. TIMES ACHIEVED AT THESE MEETS, WILL BE CONSIDERED FOR USMS NATIONALS RECORDS, USMS TOP TEN AND FINA WORLD RECORDS (FINA IS FOR SCM, LCM ONLY).

ENTRANTS FOR A RECOGNIZED MEET, DO NOT NEED TO BE USMS MEMBERS, AND THEIR TIMES WILL STILL BE CONSIDERED FOR USMS NATIONAL RECORDS AND TOP TEN TIMES, IF A USMS OBSERVER IS PRESENT AND VERIFIES IN WRITING THAT THE MEET CONFORMS TO RELEVANT USMS RULES AND REGULATIONS. IT IS THE RESPONSIBILITY OF THE SWIMMER TO SUBMIT DOCUMENTATION FOR RECORDS TO THE LOCAL TOP TEN CHAIR. (FOR DVM, THIS IS JIM ROBLES.)

NOTE: Dates have been awarded to the following sites to host a meet. The sanction/recognition paperwork is still being processed.

DECEMBER 11	READING YMCA
JANUARY 15	BOYERTOWN YMCA
JANUARY 29	PHOENIXVILLE YMCA (SCM)
FEBRUARY 12	
FEBRUARY 26	
MARCH 12	
MARCH 26	
APRIL 9	BURLINGTON COUNTY COMMUNITY COLLEGE
APRIL 30	
JUNE 18	MERRYMAN MEET AT UMLY (LCM) (Father's day)



CHERYL EDDINS, BURLINGTON COUNTY
TEAM REPRESENTATIVE

NOTE: Meets for VILLANOVA UNIVERSITY (March 12/26?), SUBURBAN SWIM CLUB (March 12?) and LOWER BUCKS/PENNSBURY (March 5?) are still being finalized. Please check the DVMASTERS.ORG website for final decisions.

Meet entry forms, as .PDF files, will be available for downloading from the DVMASTERS.ORG website.

ZONE AND NATIONAL MEET SCHEDULE 2006

PAGE 28 of 28

DECEMBER 2-4	COLONIES ZONE SCM CHAMPIONSHIPS NEW ENGLAND
APRIL 21-23	COLONIES ZONE SCY CHAMPIONSHIPS GEORGE MASON UNIVERSITY, VA
MAY 11-14	USMS NATIONAL CHAMPIONSHIPS CORAL SPRINGS, FLA
MAY 18-21	YMCA NATIONAL CHAMPIONSHIPS FORT LAUDERDALE, FL
AUGUST 3-11	XI FINA WORLD MASTERS CHAMPIONSHIPS (SWIMMING EVENT DATES) STANFORD, CA



22 CHATHAM ROAD
ARDMORE, PA 19003