

# THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

WINTER  
2005

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

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After I was elected your chairman back in October 2004, I immediately wrote down some goals I wanted to accomplish for our organization. The major purpose of all my goals are to improve Delaware Valley Masters.

The first goal I wanted to accomplish was to redesign our web site. Pete Wohlsen of Wohlsen Design and I brainstormed ideas on what would make a better web site. We wanted it to be more appealing, more informative, and easier to navigate. Be sure to check it out!

Second, the success and quality of any volunteer organization is only as strong as its volunteers. Our DVM Officers are listed on page two. Consider volunteering for one of the open positions. The only qualifications you need are the willingness and the enthusiasm to help our organization continually strive to provide value to our members.

The third goal on my list was to recognize record-setting achievements. At present, I have established one form of recognition. DVM records in the Individual SCY and SCM events are listed in the "Results" section of the web site. Take a look and set some goals!

The last goal is my desire to increase our membership. I call on everyone to act as an ambassador for our organization. Encourage people to join. With more members, our organization will grow stronger and it will give us the opportunity to provide more services to help improve our fitness through swimming.

And finally, I remind everyone to consider attending the SCY Zone meet in Fairfax, VA on April 22-24. George Mason University has a great facility. It's a fast pool and a well-run meet. I hope to see many of you there. I would take great pride if DVM had the most swimmers attending.

## UMLY LONG COURSE MEET REINSTATED!

A 50 M LONG COURSE MEET will be held at UMLY on Sunday, June 19th, 2005, Father's Day. The name of the meet is the **Jeanne and John Merryman/Merryman Meet**.

1416 Berwyn-Paoli Road, Berwyn, PA 19312  
(610)647-9622.

Linda will be assisted by Stephanie Walsh-Bielman and Barney Hungerford.

The meet director will be Linda VanOcker and her contact info is: ScubaVan@comcast.net or Linda VanOcker - c/o Upper Main Line YMCA,

This is the first time in several years we have been able to hold this meet. With this advance notice, we hope that many swimmers will participate.

**THIS NEWSLETTER WAS ASSEMBLED ON A G4 MACINTOSH COMPUTER USING APPLEWORKS DRAWING PROGRAM.**

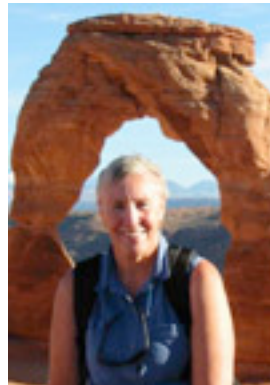
# YOUR NEW EDITOR SPEAKS!

(SWIMICHEL@MAC.COM)

GREETINGS and welcome to my first attempt as Editor of the Delaware Valley Newsletter. I had always wanted to get involved in computer publishing and now I am forced to do so! It has been fun putting this issue together and I hope that you will enjoy reading it.

Features that I hope will appear regularly include: News from USMS, a Column for Triathletes, A Coaches' Corner, a Physical Therapist's Corner, A Medical Column, Top Ten Awards, Upcoming Meets, Reports from interesting Open Water Swims, Local Club news.

As you can see, the selection is quite diverse and can become even more so if you send me ideas that you are willing to write about or that you want to see



researched for a future column. Do not be afraid to write about your club's or your own achievements!

With the move to an electronic format, I am no longer limited in total pages -- so we can publish lots of stuff! SEND COLOR PHOTOS! (as .jpg)

DVM is a geographically large group and it is hard to know who is doing what successfully, so if you have an idea, share it!

That is my challenge to you! (It also makes my job a bit easier...)

## IMPORTANT NOTICE:

BEGINNING WITH THIS ISSUE, THE NEWSLETTER WILL BE AVAILABLE ON LINE AT THE DVM WEBSITE ([www.dvmasters.org](http://www.dvmasters.org)). IF YOU SEND YOUR EMAIL TO ME AT SWIMICHEL@MAC.COM, I WILL BE SURE THAT YOU GET A NOTICE TO GO CHECK FOR IT. THE NEWSLETTER WILL BE A PDF FILE WHICH IS EASY TO DOWNLOAD AND PRINT.

IF YOU WANT TO RECEIVE A SNAIL MAIL VERSION OF THE NEXT EDITION (MAY/JUNE), YOU MUST NOTIFY ME (BY EMAIL OR SNAIL: 22 CHATHAM ROAD, ARDMORE, PA 19003). CURRENTLY THERE IS NO EXTRA CHARGE FOR RECEIVING A SNAIL MAIL VERSION.

## DELAWARE VALLEY MASTERS OFFICERS:

(EMAIL ADDRESSES ARE AVAILABLE ON THE WEBSITE.)

CHAIRMAN: STEVE KELLY

VICE CHAIRMAN:

TREASURER: STEVE KELLY

SECRETARY: VIBEKE SWANSON

### COMMITTEE CHAIRS:

COACHES: DICK JACKSON

FITNESS:

LONG DISTANCE/OPEN WATER: DELIA PEREZ

MARKETING:

NEWSLETTER EDITOR: JUDY MICHEL

OFFICIALS: STEPHANIE WALSH-BEILMAN

PUBLIC RELATIONS:

REGISTRAR: ART MAYER

SAFETY:

SANCTIONS: PATRICK LEE LOY

SOCIAL:

TOP TEN RECORDER: JIM ROBLES

WEB MASTER: PETER WOHLSEN

**You can clearly see that there are several positions open. If you are interested in serving as a committee member or chairperson, please **do not hesitate** to contact Steve Kelly.**

## NEW MAGAZINE:

Beginning sometime this month, you should receive the first edition of the new USMS magazine, USMS SWIMMER MAGAZINE. The issue of changing publishers was an unbelievably hotly contested debate at the September convention. USMS hopes that you enjoy the new look!

## NEWLY DESIGNED WEB SITES:

Both USMS (usms.org) and your Delaware Valley LMSC (dvmasters.org) have redesigned their web sites. GO TAKE A LOOK!

## USMS SCY NATIONALS RETURN TO FORT LAUDERDALE:

May 19-22, 2005 Click <http://www.usms.org/comp/scnats05/> for information and meet entry forms.

## USMS LCM NATIONALS TO BE HELD AT MISSION VIEJO, CA

August 11-5, 2005 Click <http://mastersmvnswim.org/2005LCNationals.htm> for information.

## USMS VIRTUAL SWIM SERIES -

*Are you primarily a fitness swimmer who might be tired of going back and forth in a pool with nothing for a frame of reference except the black lane lines at the bottom? Well, USMS has a new and different way to recognize all those laps you do in the pool. The VIRTUAL SWIM SERIES is designed as a way for fitness swimmers to set and achieve goals while training.*

"Join others throughout the country and world in applying any pool lengths you actually do to virtually swimming some of the most important bodies of water in the US. Each swim was designed by a Masters swimmer who lives close to the featured waterway. Some of our virtual swims are actually open water courses, and others are waters most would not dare to swim in reality. These Virtual swims are also designed to educate you about the different places, and perhaps, lure you to visit someday." (taken from USMS website.)

As you add to your yardage, you visit scenery from around the world. Virtual swims which have been posted so far ([http://www.usms.org/fitness/content/virtual swims](http://www.usms.org/fitness/content/virtual%20swims)) have included:

- Catalina Island (22 or 54 miles)
- Manhattan Island, NYC (28.5 miles)
- Wilamette River, Oregon (61, 70, 50 = 183 miles)
- Swim Around Key West (10-40 segments = 100 total)
- Great Lakes Lighthouse Swim, Michigan (20 miles)
- Lake Champlain, Vermont (12, 36 or 120 options)

Each swim has a page with a map and photos of the sights you will "see" on your journey. Each swim also provides an Excel spreadsheet to log your laps! The spreadsheet has a pie chart and a miles to go feature and automatically calculates your place!

*The goal of USMS is to have a Fitness Virtual Swim in each state. Anyone interested in creating one for the Schuylkil...?*

## Rotator Cuff Tendinitis

**Alternate Names:** Pitcher's Shoulder, Shoulder Impingement Syndrome, Swimmer's Shoulder, Tennis Shoulder

**Definition:** Rotator cuff tendinitis is an inflammation (irritation and swelling) of the tendons of the shoulder.

**Overview, Causes, & Risk Factors:** The shoulder joint is a ball and socket type joint where the top part of the arm bone (humerus) forms a joint with the shoulder blade (scapula). The rotator cuff holds the head of the humerus into the scapula.

Inflammation of the tendons of the shoulder muscles can occur in sports requiring the arm to be moved over the head repeatedly as in tennis, baseball (particularly pitching), swimming, and lifting weights over the head. Chronic inflammation or injury can cause the tendons of the rotator cuff to tear.

The risk factors are being over age 40 and participation in sports or exercise that involves repetitive arm motion over the head (such as baseball).

### Rotator Cuff Tendinitis Symptoms & Signs:

- Pain associated with arm movement
- Pain in the shoulder at night, especially when lying on the affected shoulder
- Weakness with raising the arm above the head, or pain with overhead activities (brushing hair, reaching for objects on shelves, etc.)

**Rotator Cuff Tendinitis Prevention:** Avoid repetitive overhead movements. Develop shoulder strength in opposing muscle groups.

**Rotator Cuff Tendinitis Diagnosis & Tests:** A physical examination will reveal tenderness over the shoulder. Pain may occur when the shoulder is raised overhead. There is also usually weakness of the shoulder when it is placed in certain positions.

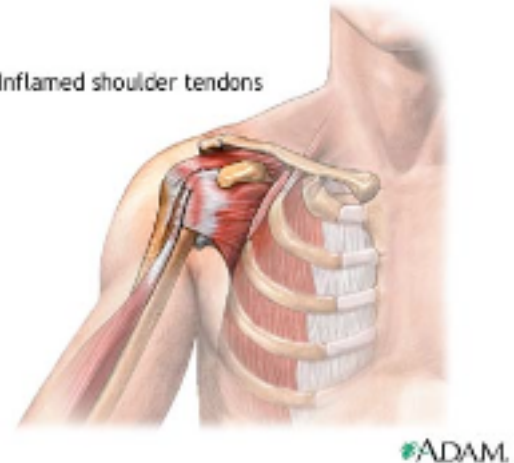
X-rays may show a bone spur, while MRI may demonstrate inflammation in the rotator cuff. If a tear in the rotator cuff is present, this can usually be identified on MRI.

**Rotator Cuff Tendinitis Treatment:** The injured shoulder should be rested from the activities that caused the problem and from activities that cause pain.

Ice packs applied to the shoulder and non-steroidal anti-inflammatory drugs will help reduce inflammation and pain.

Physical therapy to strengthen the muscles of the rotator cuff should be started. If the pain persists or if

Inflamed shoulder tendons



therapy is not possible because of severe pain, a steroid injection may reduce pain and inflammation enough to allow effective therapy.

If the rotator cuff has sustained a complete tear, or if the symptoms persist despite conservative therapy, surgery may be necessary. Arthroscopic surgery can remove bone spurs and inflamed tissue around the shoulder. Small tears can be treated with arthroscopic surgery although larger tears require open surgery through a larger incision to repair the torn tendon.

### Rotator Cuff Tendinitis Prognosis

**(Expectations):** Most people recover full function after a combination of medications, physical therapy and steroid injections. For patients with tendinitis and a bone spur, arthroscopic surgery is usually successful in restoring them to their pre-injury level of activity.

People with tears of their rotator cuff tend to do well, although their outcome is strongly dependent upon the size and duration of the tear, as well as their age and pre-injury level of function.

### Rotator Cuff Tendinitis Complications:

- bursitis
- complete rotator cuff tear
- failure of treatment to improve symptoms

*Taken from:*

*<http://health.allrefer.com/health/rotator-cuff-tendinitis>*

# THE THERAPIST'S CORNER

BY: LISA SEMELS

Lisa swims with the Wildcat Masters group at Villanova. She is a physical therapist working for Excel Physical Therapy, treating a variety of orthopedic injuries. Lisa manages Excel's newest clinic located at 734 E. Lancaster Avenue, Villanova, PA 19085, 610-964-1700.

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## Shoulder Injury Prevention

One of the most common swimming injuries is a condition called "swimmer's shoulder" or tendinitis. This is an overuse or misuse (due to muscle imbalances) injury involving inflammation in the supraspinatus and /or biceps tendons. The consequent fatigue of the rotator cuff muscles, scapular muscles, and back muscles can lead to weakness and shoulder instability, resulting in shoulder pain.

Because the shoulder is a fairly unstable joint, surrounding muscle forces are critical for maintaining stability and painfree motion. Therefore, proper function is dependent on the coordination of various muscles groups including the four rotator cuff muscles (supraspinatus, infraspinatus, subscapularis and teres minor,) the scapular or shoulder blade muscles, and the trunk muscles which include back and abdominals.

Increased shoulder laxity, limitations in flexibility, and poor swimming technique can all predispose a swimmer to injury.

Tendinitis is best managed with relative rest and physical therapy. Swimming workouts should be modified, to not cause further irritation to the shoulder. Minimizing the use of hand paddles and kick boards may help reduce stresses on the involved structures.

If left untreated, the tendinitis can progress to a chronic condition that will no longer respond to conservative treatment. Improper stretching and/or an inappropriate weight program may further aggravate the situation. If you are currently experiencing shoulder pain, you should see a physician who can properly diagnosis the problem and prescribe physical therapy. Identifying the painful phases of the stroke may help in determining the cause of the injury.

Physical therapy will consist of a comprehensive evaluation with an individualized treatment plan. Therapy will include modalities to reduce pain and inflammation, along with an exercise program of stretching, strengthening, and balance to restore normal function. Manual therapy may include transverse friction massage, soft tissue mobilization, and stretching.

Included here is a sample of strengthening exercises to help improve shoulder function and PREVENT injury. These are intended for non-injured swimmer, however, some of these same exercises are used in rehabilitation. I will focus on the rotator cuff and scapular stabilizers. Keep in mind that core stability exercises and stretching are an important part as well.

### 1. External Rotation.

The freestyle stroke strengthens the shoulder internal rotators, therefore, the external rotators are usually weak in swimmers.

Using theraband or tubing, start with your elbows at your sides and bent 90 degrees. Rotate your hands away from your body, stretching the band apart. FOCUS: Set your shoulder blades, by making sure that you are not slouching forward, and squeezing your



shoulder blades together.

Maintain this squeeze throughout the exercise, to ensure that you are using the correct muscles.

3 sets of 10 repetitions.

1. External rotation (continued)



2. Scaption arm raises.

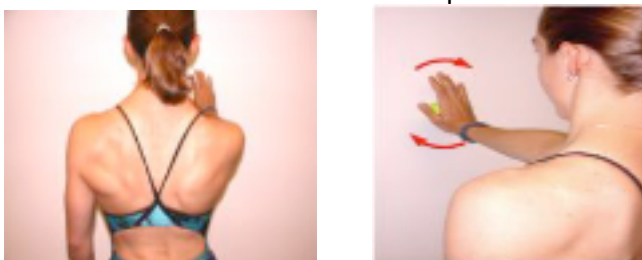
For rotator cuff strengthening in the plane of the scapula. Stand with feet shoulder width apart, and squeeze shoulder blades (should keep squeezed throughout exercise), move your hands forward about 30 - 40 degrees, then raise your arms out to the sides, and overhead, then lower. Start without using weights, then add light weights as you get stronger. The motion should be painfree.

3 sets of 10 repetitions.



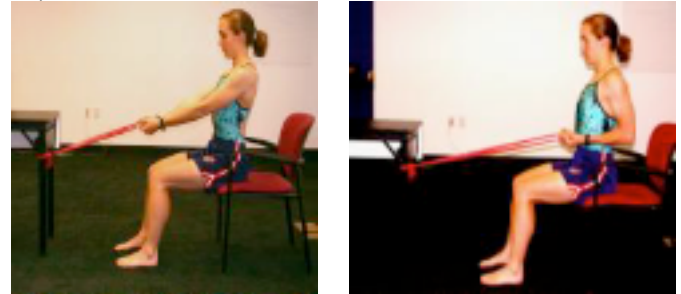
3. Ball on the Wall.

A stability exercise to strengthen the muscles that surround the shoulder blade. Using a tennis ball, stand facing a wall, with your arm out in front of you, elbow straight, with the ball between your hand and the wall. Squeeze your shoulder blades together and maintain the contraction throughout the exercise. Roll the ball in small circles for 2 minutes, alternating between clockwise and counter-clockwise rotations. Repeat on each arm.



4. Rowing with theraband.

To strengthen the muscles that retract or stabilize the scapula. Tie a band to a door knob, sitting on a chair with GOOD posture, with arms extended out in front of you, set the shoulder blades and pull band back toward your body with elbows in. 3 sets of 10 repetitions.



5. Middle Trapezius or Hitch Hiker.

Strengthens the scapular muscles as well as the rotator cuff. Lay on your stomach on a bench or the floor, with your neck relaxed and arms out to the sides, with your thumbs pointing up toward the ceiling. While squeezing your shoulder blades together, lift your arms up off the floor, hold for 1 second, then return to start position. As you become stronger, you may add light weights of no more than 2 pounds. Start with 2 sets of 10 repetitions.



If you have questions regarding this information, contact Lisa Semels, MSPT at [lsemels@excelphysicaltherapy.com](mailto:lsemels@excelphysicaltherapy.com).

References:

- 1)Swimming Injuries and Illnesses, The Physician and Sportsmedicine, Vol 27, No. 4, April 1999, LT C. Scott Kammer, MD, USNR, Craig C. Young, MD, Mark W. Niedfeldt, MD
- 2)USA Swimming Organization and the Network Task Force on Injury Prevention, April 2002, Scott Rodeo, MD
- 3)<http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=445&Alias=Rainbow&Lang=en-US&mid=700&ItemId=700>

# NCAA -THE RECRUITING PROCESS FOR SWIMMERS

There are very specific rules about what coaches, college personnel and student-athletes can do and not do as part of the recruiting process. Here are the results of some initial research on the Internet. For the next issue, I will be interviewing Dina Dormer, swim coach at Villanova University, about the process swimmers and coaches go through to determine their final team members.

## First some fast facts (From the Internet):

Division I schools can have 9.9 men's and 14.0 women's swimming scholarships.

Division II schools can have 8.1 swimming scholarships each for men and women.

Division III schools are not permitted to offer athletic scholarships.

Swimming is an "equivalency" sport which means that the scholarships may be divided over a number of individuals. (By comparison, Division I football is a "counter" sport, so there are 85 full scholarships which must go to only 85 student athletes.)

The athletic scholarship is a one-year contract between a Div I or Div II institution and the student-athlete. It cannot be canceled during that year for injury, ability, or performance.

It can be canceled if an athlete quits, becomes academically ineligible or show serious misconduct.

The school may choose not to renew the scholarship, but must notify the student in writing and provide the opportunity for a hearing.

An athlete becomes a potential recruited athlete (PRA) once she begins ninth grade.

Legal contacts:

BY MAIL:

As of September 1 of a PRA's junior year, the colleges may send:

- general correspondence
- attachments printed on white paper with black ink
- business cards
- wallet-sized schedule cards
- one media guide or recruiting brochure

They may not send:

- recruiting or highlight videos or CD-ROM's

E-mail and faxes are considered mail.

PHONE CALLS:

Phone calls are not permitted before July 1 after a PRA's junior year.

After July 1, the institution may make one phone call per week.

Calls may be made by athletic staff, but not current student-athletes.

Instant Messaging (like AOL) is considered a phone call.

**NEXT ISSUE: DINA'S INTERVIEW, CONTACTS, EVALUATIONS AND CAMPUS VISITS ALSO, SOME RECRUITED ATHLETES COMPARE THEIR STORIES AND DIFFERENCES BETWEEN THEN (1970'S AND NOW) (HINT: IF YOU WERE A COLLEGE SWIM COACH OR A SWIMMER ON SCHOLARSHIP, I WOULD LOVE TO HEAR FROM YOU -- BEFORE I CHASE YOU DOWN!)**

## BREATHING MADE EASY

*How to get your muscles all the oxygen they need...and stay efficient as you do.*

By Terry Laughlin. Terry is Head Coach of Total Immersion Swimming.

The rules of breathing are simple in sports like cycling or running. You need a breath, you take a breath. Oxygen is always there for the taking. But not in swimming where, to frustrated novices and cross-trainers, even the simple act of getting oxygen to your muscles is a *technique*. And the stakes are high. You'll never know how well you could really swim if you're not getting air. Wiped out by just a few laps? It's probably not your fitness. It's far more likely your breathing that gets in the way of a good workout or discourages you from swimming altogether.

Poor breathing technique and poor balance are the two primary challenges faced by unskilled swimmers. Both seem manageable so long as your face is in the water. But sooner or later they have to get some air and instantly they're struggling instead of cruising, with their stroke falling apart 30 or more times a minute (or about 10 times every 25 yards). When you get the breathing right, it fits naturally into the stroke flow, and in fact, can even add power to your stroke because body roll is what produces power and you should roll more when taking a breath. But the key is to breathe with body roll, not by turning the head. This exercise will illustrate why: As you sit comfortably reading this, turn your head 90 degrees, pointing your chin at one shoulder, then the other. I enjoy good range of motion in my neck, but head-twisting like that creates noticeable tension in my neck and upper back. Next try that head-twisting action while craning your neck in the head position typical among novice swimmers. Even more tension and discomfort. Repeating these biomechanical errors 1000 or more times an hour will cramp anyone's style.

So if we shouldn't breathe in the traditional way, how should we do it? Very simply. Rather than turning your head, breathe by using body roll to take your head to air while keeping your head aligned with your spine and your chin aligned with your sternum; you'll start swimming more easily, comfortably and efficiently immediately. Here are five skills that should help you breathe easy immediately:

**1. Align Your Head and Spine.** Before you can breathe with body roll, you need to be able to roll easily and smoothly - and that takes a long straight body line. Start by holding your head as you do when you're *not* swimming. Between breaths, point your nose directly at the bottom of the pool. Imagine you've

got a laser beam coming out the top of your head directly on a line from your spine. Keep that laser line pointing straight ahead at all times - particularly as you roll to breathe. That means keeping the top of your head pressed into the water as you roll for the breath.

**2. Roll like a Log.** Now that you've got your head on straight, try this exercise while standing: Looking straight ahead with your head aligned with your spine (remember that laser beam image), and with your right arm extended overhead, bicep pressed to ear, turn your entire body 90 degrees toward your left side, keeping your chin and sternum also aligned - as if doing a military left-face. You've just rehearsed the correct movement for freestyle breathing. The object is to keep head and spine aligned as you roll a long, sleek, balanced bodyline. The degree of your roll should be sufficient that it takes your mouth easily to the air. In fact, if you imagine that you'll breathe through your navel, not your mouth, you're almost guaranteed to do it right.

**3. Stay "Tall" as you Roll.** Years of bad breathing technique virtually always creates habits that destroy efficient stroke technique. Turning or lifting your head create pressures that drive your extended arm down and back. By the time you inhale, your arm has collapsed below you, hurting your efficiency because: (1) that collapsing action is non-propulsive, wasting most of each breathing stroke, and (2) the water resists you far more in that position, than when you have your arm extended. The fix is similar to the exercise above - rotate your body while keeping your arm extended. During each breath, your arm should be stretching forward. And just as important, your hand should be angled downward to help you "hold onto your place" in the water. You should almost have a sensation of hanging onto a hand-grip in the water, with your hand extended well forward, throughout your inhale. You begin stroking only as your head begins to return to the water.

**4. Breathe Rhythmically.** Your stroke rhythm is a body-rolling rhythm. Since you breathe by rolling your body, your breathing and stroke rhythms should be indistinguishable. One of the most common stroke errors among novices is trying to prolong the breath by staying on your side just a bit longer. Breathe by rolling to where the air is and immediately roll back the other way with no interruption in your rhythm. When you want to stroke faster, you do it by speeding up your body-rolling rhythm, so you also breathe faster.

**5. Emphasize the Exhale.** You spend more time in each stroke cycle exhaling than inhaling and completely clearing stale air from the lungs is one of the most important [\(continued on page 11.\)](#)



BY: LAURIE HUG

Laurie is the head masters coach at Germantown Academy. She has been racing triathlons since 1989, turned pro in 2000, and placed 10th at the 2004 US Olympic Triathlon Trials in Honolulu HI. She is also a consistent USMS All-American in distance events.



*Does the thought of sitting around at another all day swim meet leave you cold? Do you consider "eau de chlorine" to be your signature scent? Was the first Bush in office the last time you set a personal best at a masters swim meet? If any of these questions ring true it may be time to step up to the challenge of trying a triathlon.*

***"But I don't have enough time to train for a triathlon!"***

There are many different length triathlons and just about anyone who is used to swimming on a regular basis should be capable of training for a sprint triathlon in 5 or less hours per week. A general rule of thumb for shorter triathlon events is to build up to training three times the race distance each week. For example, for a sprint race of .5 mile swim/12 mile bike/ 3 mile run, you should be able to confidently complete the event if you can swim a total of 1.5 miles, bike 36 miles and run 9 miles during the course of a week. As a swimmer, a mere 1.5 miles of swimming per week may seem ridiculously easy, but if you only have limited training time you should be willing to reduce your swim training. If you need a confidence boost, it is a good idea to also try at least one "dry run" where you swim, then bike and then run all back to back.

***"But I can't run!"*** I hear this excuse all the time. Guess what, all those from a running background are using "but I can't swim!" as an excuse. And while it is hard for most swimmers to learn to run fast, it is almost always easier for swimmers to learn to run proficiently than it is for runners to learn to swim proficiently. You need to just start slowly and build up your miles gradually in order to avoid injury. Swimming 2 or 3 miles may be simple for you but running that far may seem like torture if you haven't trained your body for the stresses of running. In your run training you may want to try alternating a few minutes of running with a few minutes of walking for the duration of your run workout. As you progress, start doing more

minutes of running and less of walking until you can run the whole distance of the run portion of your goal race in your training. Also keep in mind that you are allowed to walk during the "run" portion of a triathlon.

***"But I don't have a fancy bike!"*** You don't need an expensive triathlon bike to race. If you have a mountain bike or can borrow a road bike from a friend, that should be fine for your first race. If you find you enjoy the race then you may eventually want to get a tricked-out tri bike but it is not necessary. In fact you really don't need any special equipment if you are a beginner. If you have a swim suit (yes, most people race in just their swim suit or a tri-specific suit), goggles, a bike with a water bottle cage, helmet and running shoes you can do it! Other items that may help are a wetsuit (if the water is 78F or less you are allowed to wear one in USA Triathlon sanctioned events), cycling shoes, an elastic belt to hold your race bib, sunglasses and a towel on which to place your race items in the transition area. There are also a plethora of tri-related goodies out there on the market, like aero water bottles, elastic shoelaces and expensive race wheels, to help make you faster if you are addicted to speed.

***"But the swim is too short compared to the bike and run!"*** I KNOW, I KNOW, I KNOW and it does not seem fair to us swimmers. You can either embrace this as part of the challenge of the sport of triathlon or whine and hope for it to change; however, that a bunch of proportional leg triathlons will be popping up anytime soon seems about as likely as a major Philadelphia sports team winning a championship...sure, it COULD conceivably happen but probably not in our lifetimes!

***(CONTINUED ON PAGE 10)***

**"OK, how do I get started?"** So you are ready to get off your "butts" and give a triathlon a go! First I would suggest finding and signing up for a race. Once you do that you should feel more committed and motivated to start training. It also can help to enlist a partner in triathlon crime. Convincing a friend to sign up and train with you is a great way to prepare for your first race. Good websites containing local race info are:

[www.lin-mark.com](http://www.lin-mark.com), [www.lmsports.com](http://www.lmsports.com) & [www.compuscore.com](http://www.compuscore.com). If you are not sure what to expect, it could be a good idea to go and watch or, better yet, volunteer at a race that falls before your goal race. You could also ease into the tri scene by trying a relay if you can find a runner and cyclist to join you.

**For those of you who decide to take the plunge (and bike and run), have fun and be prepared to become addicted!**

## ESCAPE FROM ALCATRAZ

BY: TOM TULENKO

Tom is a successful pool and open water swimmer.



This is a must do swim for any Open Water Swimmer going to San Francisco during the summer months - total blast! Plan your trip to coincide with any one of about 6 Alcatraz swims held every year. There is something irresistible about the "unswimable" stretch of water from Alcatraz Island to San Francisco. People come from all over the world for this swim. In the "lay" world this swim carries the biggest bragging right of all swims, owing to the fact that nonswimmers never heard of the Chesapeake Bay swim, which is immeasurably more difficult.

Alcatraz is an attraction because of its fame. But don't be fooled! This 1.5 mi swim can be a serious challenge as I discovered on my first swim across the bay. Winds, currents (2.5 mph perpendicular), temperature (57 - 62) and chop (shallow but HARD) can ruin your morning. These challenges notwithstanding, most years it's a piece of cake. This "impossible" swim is done by 400 - 1000 swimmers each event (i.e.. 2000 - 5000/season for 30 seasons now!) with winners completing the course around 27 minutes and no one ever lost at sea.

Here's how it goes: Pre-register early (now), arrive on Fisherman's Wharf around 5:30 - 6:00 AM (the real challenge in my case) for pre-event check-in, instructions, etc. Everybody gets on the ferry to cross to the island. Due to wildlife regulations, water entry is off the boat -- about a 10 - 15 foot jump into the Bay.



The first order of business in the cold water (58°F) is to work on getting your breathing started again -- maybe 30 seconds in my case. If you are lined up on the correct end of the boat, you can get to the invisible start line defined by 2 kayakers (which I never found) before the start. If you line up on the wrong end (as I inevitably do) the race starts (ferry horn blast) 5 minutes before you even get into the water!

The race is timed for the outgoing tide, i.e., out the Bay and under the Golden Gate Bridge; ergo, you swim into the current to get to the finish point located downstream. The race official tells you to swim for 10 min in the direction of the huge "roach clip" up on the hills behind San Francisco (I think they get stoned on race day). All your body senses tell you to swim toward the finish line, which fortunately you can't see. Do that, and you get a free swim to Tokyo. After 10 minutes, bear more in the direction of the finish line which is still out of sight. In my experience, at this point the thing visible is fog - in all directions! The current is so strong that you can easily get turned 180° and go back to jail. Like all ocean swims, visibility and navigation is the key to a decent time. Another 10 minutes into the swim and the destination beach (Aquatic Park or Crissy Field) becomes visible. Overshoot the beach and you have to swim directly into the tide at 2.5 mph -- not the most pleasant way to end a race! Did I mention all the shark sightings on the radio in the days preceding the swim?

Like I said, most years it's a piece of cake: calm tide, warm water, no wind and good visibility - hope for a bad year to juice it up a little. The majority of swimmers are triathletes and mediocre in the water, and most are in it just for the fun. This makes the event especially enjoyable. Registration fee is about \$100 (includes ferry fee), and zillions of volunteer Kayakers guarantee a safe swim. Wet suit highly recommended, but lots go "naked" -- literally!

(CONTINUED ON PAGE 11)



**ALCATRAZ continues..**

I couldn't find all the swims on the web, but here is the one I did. Point your browser and head out to San Francisco with your honey for a very fun weekend.

PS: Stay ahead of the golden retriever; he (she) did this for the 7th time in 2003 and therefore had an understandable experience advantage over me. Medals for all finishers. There is a special medal for the swimmer who is closest to the dog's time -- generally about 39 minutes.

**ALCATRAZ Challenge SHARKFEST SWIM™**

Saturday July 16th, 2005 Sat 9:00 am \$100.00  
 Alcatraz Island - San Francisco, CA  
<http://www.envirosports.com/events/>

**CONGRATULATIONS TO THESE  
 2004 LONG DISTANCE ALL  
 AMERICANS**

These swimmers were the national winners for each distance. (I hope I have included all DVMasters in this list. If I left you out, let me know and we will name you in the next edition!)

**1 MILE SWIM**

19-24	EMILY MULLET	32:11.00	PAFC
40-44	VIBEKE SWANSON	28:54.00	1776
40-44	JEFF REILLY	29:50.00	1776
55-59	CHRISTINE SCHROEDER	38:41.00	1776

**3K POSTAL**

35-39	LAURIE HUG	33:28.93	1776
40-44	VIBEKE SWANSON	35:09.09	1776

**ONE HOUR POSTAL**

40-44	VIBEKE SWANSON	5130 YARDS	1776
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things you can do. An increase of carbon dioxide - from breath holding - not a decrease of oxygen, is what makes you feel oxygen deprived. Because of the pressure differential between air and water, you need to exhale more emphatically into water than into the air - and you do exhale into water for 80% of your breathing cycle. So begin exhaling as soon as you finish inhaling - without the slightest interruption - and put more emphasis on the exhale, particularly the final 20% just as your mouth and nose clear the water again.

And one more key issue:

**Should I Breathe to Both Sides?** Virtually all swimmers favor one side in breathing, because it feels more natural. Trying to breathe to the other side feels awkward and who needs to feel even more awkward in the water? The problem with breathing only to one side is that it tends to make your stroke asymmetrical. In an hour of swimming, you'll roll to breathe 1000 or more times, meaning all your torso muscles pull more in that direction and less to the other side. Multiply that by hundreds of hours of swimming and you'll soon be making a lopsided stroke permanent. The best correction is bilateral breathing which can be done in several ways.

Breathing every third armstroke is the simplest, but that also means you breathe one-third less often than when you're breathing every cycle on one side. That shouldn't be a problem when you're swimming easily, but could leave you feeling winded when you go faster. So I breathe every third stroke when going easily, but add more consecutive breaths on one side - two, three or four before switching to the other side for a similar number of breaths - as I swim longer or faster. When going at race intensity, I breathe to my right side on one length and to my left side on the next - or when racing in open water, I may take 10 breaths to the right, followed by 10 to the left. That gives me more oxygen when my muscles need it. And breathing 8 to 10 times consecutively on your "weak" side gives you a concentrated opportunity to work on the five skills cited above. And if you move beyond fitness swimming to racing, you'll find it's helpful to be comfortable breathing to either side in a triathlon or open water swim race as well as in pool races.

*Freestyle breathing technique - and the skill sequences that teach it - are vividly illustrated on the [Freestyle Made Easy DVD](#) and [Drill Cards](#).*

To read more such articles, sign up for a free subscription to the "Total Swim" newsletter at [www.totalimmersion.net/email-list.html](http://www.totalimmersion.net/email-list.html).

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

### Women 19-24

Place	Event	Name	Age	Club	LMSC	Time
2	50 Free	Emily K Mullet	24	PAFC	Delaware Valley	29.04
7	50 Free	Denise M Morales	24	PAFC	Delaware Valley	30.28
2	100 Free	Emily K Mullet	24	PAFC	Delaware Valley	1:03.20
4	100 Free	Mollie Grover	23	UNAT	Delaware Valley	1:03.50
6	100 Free	Denise M Morales	24	PAFC	Delaware Valley	1:05.97
3	200 Free	Mollie Grover	23	UNAT	Delaware Valley	2:17.22
4	200 Free	Emily K Mullet	24	PAFC	Delaware Valley	2:19.55
8	200 Free	Denise M Morales	24	PAFC	Delaware Valley	2:24.66
6	400 Free	Denise M Morales	24	PAFC	Delaware Valley	5:10.90
<b>1</b>	<b>800 Free</b>	<b>Emily K Mullet</b>	<b>24</b>	<b>PAFC</b>	<b>Delaware Valley</b>	<b>10:05.50</b>
5	100 Back	Mollie Grover	23	UNAT	Delaware Valley	1:15.28
2	200 Back	Mollie Grover	23	UNAT	Delaware Valley	2:37.38
2	200 IM	Emily K Mullet	24	PAFC	Delaware Valley	2:39.18

EDITOR'S NOTE:  
IT IS NOT YOUR  
EYES; THE  
COLUMNS DON'T  
LINE UP EXACTLY  
BECAUSE OF THE  
WAY I HAD TO  
PASTE IT OVER  
FROM THE USMS  
WEBSITE,

### Women 25-29

Place	Event	Name	Age	Club	LMSC	Time
4	200 Free	Patricia A Flynn	28	PAFC	Delaware Valley	2:20.81
<b>1</b>	<b>400 Free</b>	<b>Patricia A Flynn</b>	<b>28</b>	<b>PAFC</b>	<b>Delaware Valley</b>	<b>4:53.09</b>
2	800 Free	Patricia A Flynn	28	PAFC	Delaware Valley	10:03.41
6	1500 Free	Patricia A Flynn	28	PAFC	Delaware Valley	19:49.87
9	100 Fly	Annmarie Winkis	26	PAFC	Delaware Valley	1:21.55
6	200 IM	Patricia A Flynn	28	PAFC	Delaware Valley	2:44.58
4	400 IM	Patricia A Flynn	28	PAFC	Delaware Valley	5:46.59

ALSO, WE NEED  
PHOTOS OF THESE  
WORTHY  
SWIMMERS!

IF YOU ATTEND A  
MEET AND TAKE  
DIGITAL PHOTOS,  
SEND THEM TO  
ME AS ,JPG WITH  
NAMES AND I  
WILL PRINT AS  
MANY AS I CAN  
FIT!

### Women 30-34

Place	Event	Name	Age	Club	LMSC	Time
10	200 Back	Caroline F Stein	34	PAFC	Delaware Valley	2:57.05
8	200 Fly	Caroline F Stein	34	PAFC	Delaware Valley	3:12.97

### Women 45-49

Place	Event	Name	Age	Club	LMSC	Time
5	50 Free	Janet H Bright	49	1776	Delaware Valley	30.40
4	100 Back	Terri Cecatiello	45	PAFC	Delaware Valley	1:17.71
2	200 Back	Terri Cecatiello	45	PAFC	Delaware Valley	2:50.34
4	50 Breast	Janet H Bright	49	1776	Delaware Valley	40.77
5	100 Breast	Janet H Bright	49	1776	Delaware Valley	1:27.88
6	200 Breast	Janet H Bright	49	1776	Delaware Valley	3:11.76
<b>1</b>	<b>100 Fly</b>	<b>Terri Cecatiello</b>	<b>45</b>	<b>PAFC</b>	<b>Delaware Valley</b>	<b>1:13.36</b>
7	400 IM	Terri Cecatiello	45	PAFC	Delaware Valley	6:10.39

### Women 70-74

Place	Event	Name	Age	Club	LMSC	Time
4	50 Breast	Joan B Waldbaum	73	1776	Delaware Valley	59.23
6	100 Breast	Joan B Waldbaum	73	1776	Delaware Valley	2:13.04
5	200 Breast	Janet H Moeller	70	1776	Delaware Valley	4:51.79
6	200 Breast	Joan B Waldbaum	73	1776	Delaware Valley	5:00.55
6	50 Fly	Janet H Moeller	70	1776	Delaware Valley	57.41
7	50 Fly	Joan B Waldbaum	73	1776	Delaware Valley	1:04.67
4	100 Fly	Janet H Moeller	70	1776	Delaware Valley	2:21.17

**Women 70-74 (CONTINUED)**

3	200 Fly	Janet H Moeller	70	1776 Delaware Valley	5:33.14
4	400 IM	Janet H Moeller	70	1776 Delaware Valley	9:52.13

**Women 75-79**

Place	Event	Name	Age	Club	LMSC	Time
10	200 Free	Ruth W Aaron	75	1776 Delaware Valley		4:14.81
6	1500 Free	Ruth W Aaron	75	1776 Delaware Valley		35:26.27
3	200 Breast	Ruth W Aaron	75	1776 Delaware Valley		4:54.73
9	200 IM	Ruth W Aaron	75	1776 Delaware Valley		4:56.42

**Men 19-24**

Place	Event	Name	Age	Club	LMSC	Time
1	50 Back	Eric A Mojock	24	PAFC Delaware Valley		29.15
1	100 Back	Eric A Mojock	24	PAFC Delaware Valley		1:03.06
4	200 Back	Eric A Mojock	24	PAFC Delaware Valley		2:25.33

**Men 25-29**

Place	Event	Name	Age	Club	LMSC	Time
6	200 Free	Brian M Furlong	27	PAFC Delaware Valley		2:07.14
6	400 Free	Brian M Furlong	27	PAFC Delaware Valley		4:34.27
1	1500 Fr	Brian M Furlong	27	PAFC Delaware Valley		18:33.25
8	200 Fly	Thomas Patterson	27	1776 Delaware Valley		2:52.40
2	200 IM	Brian M Furlong	27	PAFC Delaware Valley		2:19.48
2	400 IM	Brian M Furlong	27	PAFC Delaware Valley		5:01.56
9	400 IM	Thomas Patterson	27	1776 Delaware Valley		5:55.53

**Men 30-34**

Place	Event	Name	Age	Club	LMSC	Time
10	200 Free	Alan P O'Connor	31	PAFC Delaware Valley		2:08.63
9	400 Free	Alan P O'Connor	31	PAFC Delaware Valley		4:39.02
6	800 Free	Alan P O'Connor	31	PAFC Delaware Valley		9:56.71
4	200 Back	Alan P O'Connor	31	PAFC Delaware Valley		2:25.19
3	200 IM	Alan P O'Connor	31	PAFC Delaware Valley		2:23.19
4	400 IM	Alan P O'Connor	31	PAFC Delaware Valley		5:10.65

**Men 40-44**

Place	Event	Name	Age	Club	LMSC	Time
9	200 Back	Daniel H Allen	42	1776 Delaware Valley		2:35.85
8	200 Breast	Daniel H Allen	42	1776 Delaware Valley		2:53.41
5	50 Fly	Richard L Ehrlich	41	JWM Delaware Valley		27.77

**Men 45-49**

Place	Event	Name	Age	Club	LMSC	Time
1	50 Br	Gregory Oxley	46	1776 Delaware Valley		32.23
3	100 Breast	Gregory Oxley	46	1776 Delaware Valley		1:13.57

**Men 50-54**

Place	Event	Name	Age	Club	LMSC	Time
10	200 Free	Craig W Stevens	51	1776 Delaware Valley		2:12.28
7	1500 Free	Jack R Martin	53	1776 Delaware Valley		19:24.56

**Men 55-59**

Place	Event	Name	Age	Club	LMSC	Time
7	400 Free	Jay R Platt	57	PAFC Delaware Valley		5:13.54

**Men 65-69**

Place	Event	Name	Age	Club	LMSC	Time
10	50 Free	John LeBourgeois	66	1776	Delaware Valley	32.24
3	100 Free	David P Harrison	67	1776	Delaware Valley	1:09.94
5	100 Free	John LeBourgeois	66	1776	Delaware Valley	1:14.02
<b>1</b>	<b>200 Free</b>	<b>David P Harrison</b>	<b>67</b>	<b>1776</b>	<b>Delaware Valley</b>	<b>2:31.63</b>
6	200 Free	John LeBourgeois	66	1776	Delaware Valley	2:54.25
9	200 Free	Jack Kirlin	66	1776	Delaware Valley	2:59.39
2	400 Free	David P Harrison	67	1776	Delaware Valley	5:27.65
9	400 Free	John LeBourgeois	66	1776	Delaware Valley	6:25.58
10	400 Free	Jack Kirlin	66	1776	Delaware Valley	6:26.66
2	800 Free	David Harrison	67	1776	Delaware Valley	11:32.61
7	800 Free	John LeBourgeois	66	1776	Delaware Valley	13:05.91
10	800 Free	Jack Kirlin	66	1776	Delaware Valley	13:25.98
<b>1</b>	<b>1500 Fr</b>	<b>David P Harrison</b>	<b>67</b>	<b>1776</b>	<b>Delaware Valley</b>	<b>21:40.09</b>
7	1500 Free	John Lebourgeois	66	1776	Delaware Valley	25:21.67

**Men 75-79**

Place	Event	Name	Age	Club	LMSC	Time
7	200 Free	Roger G Franks	77	1776	Delaware Valley	3:26.36
2	1500 Free	Roger G Franks	77	1776	Delaware Valley	28:14.54
4	50 Back	Roger G Franks	77	1776	Delaware Valley	46.50
2	200 Back	Roger G Franks	77	1776	Delaware Valley	3:34.14

**Men 80-84**

Place	Event	Name	Age	Club	LMSC	Time
6	100 Back	Norman D Garsoe	81	1776	Delaware Valley	2:05.16
5	200 Back	Norman D Garsoe	81	1776	Delaware Valley	4:34.43
7	50 Breast	Norman D Garsoe	81	1776	Delaware Valley	58.30
7	100 Breast	Norman D Garsoe	81	1776	Delaware Valley	2:14.82
3	200 Breast	Norman D Garsoe	81	1776	Delaware Valley	4:46.82

**DVM RELAY TOP TENS FOR LCM IN 2004****Men 120-159 LCM (2004)**

Place	Event	Club	LMSC	Time	Swimmers
5	200 Free	PAFC	Delaware Valley	1:49.43	Brian M Furlong (27), Alan P O'Connor (31), Eric A Mojock (24), Jay R Platt (57)
6	200 Medley	PAFC	Delaware Valley	2:01.30	Eric A Mojock (24), Alan P O'Connor (31), Brian M Furlong (27), Jay R Platt (57)

**Women 100-119 LCM (2004)**

Place	Event	Club	LMSC	Time	Swimmers
<b>1</b>	<b>200 Free</b>	<b>PAFC</b>	<b>Delaware Valley</b>	<b>2:00.03</b>	<b>Patricia A Flynn (28), Denise M Morales (24), Barbara B Burke(43), Emily K Mullet (24)</b>
3	200 Medley	PAFC	Delaware Valley	2:24.19	Patricia A Flynn (28), Denise M Morales (24), Emily K Mullet (24), Annmarie Winkis (26)

**Women 160-199 LCM (2004)**

Place	Event	Club	LMSC	Time	Swimmers
7	200 Medley	PAFC	Delaware Valley	2:29.63	Caroline F Stein (34), Barbara B Burke (43), Terri Cecatiello (45), Janice A Lukasik (46)

**Mixed 76-99 LCM (2004)**

Place	Event	Club	LMSC	Time	Swimmers
1	200 Free	PAFC	Delaware Valley	1:50.13	Brian M Furlong (27), Denise M Morales (24), Eric A Mojock (24), Emily K Mullet (24)
1	200 Medley	PAFC	Delaware Valley	2:05.48	Eric A Mojock (24), Brian M Furlong (27), Emily K Mullet (24), Denise M Morales (24)

**Mixed 120-159 LCM (2004)**

Place	Event	Club	LMSC	Time	Swimmers
9	200 Free	PAFC	Delaware Valley	1:57.51	Alan P O'Connor (31), Patricia A Flynn (28), Barbara B Burke (43), Jay R Platt (57)

There is a new magazine being published just for Senior Athletes (50+). It's called GEEZERJOCK. The Masters Sports & Fitness Magazine! Their stated goal is "We view GeezerJock as a platform to profile amateur athletes who inspire, to document the good and the bad of the Masters sports scene, and to provide training advice for athletes at any level. We promise that our writing will be entertaining, our subjects thought-provoking, and our photography breathtaking."  
(<http://www.geezerjock.com/aboutUs.cms>) The subscription for 2005 is free. Just go to [www.geezerjock.com](http://www.geezerjock.com) to sign up.

**HOT OFF THE WIRE! SAVE THE DATE!**

Dick Jackson, Coach of PAFC (whose swimmers dominate the Top Ten list above...) sent me the following announcement.

3rd ANNUAL BRUCE WILLIAMS MEMORIAL BEEF-N-BEER

APRIL 23, 2005 7-11 PM

ST. DOMINIC'S MARIAN HALL (8500 Blk Frankford Ave - West Side)

Tickets are \$25.00 -- and must be purchased by April 10.

**BENEFITS PAFC MASTER'S SWIM TEAM**

## UPCOMING LOCAL POOL MEETS:

Check the DVM website for PDF entry forms.

DATE(S)	MEET NAME	LOCATION	ENTRY DEADLINE
MARCH 26	MASTERS SWIMMING FRENZY	COLLEGE OF NJ, TRENTON	postmarked 3-18
APRIL 3	DELAWARE SENIOR OLYMPICS	WILMINGTON, DEL	due 3-26
	<b>(NOTE: Open only to 50+ swimmers from NJ, PA, MD and DEL.)</b>		
APRIL 10	SCY BURLINGTON COMM COLL	BURLINGTON, NJ	due 3-30
<b>APRIL 22-24</b>	<b>COLONIES ZONES</b>	<b>GEO. MASON UNIV</b>	<b>due 4-8</b>
APRIL 30	SCY FINS MEET	PHILA PA	Check DVM website

**HAVE YOU RENEWED YOUR USMS MEMBERSHIP FOR 2005? GO TO OUR WEBSITE (DVMASTERS.ORG) AND CLICK ON "JOIN". DOWNLOAD A PDF REGISTRATION FORM AND SEND IT IN.**

**ALL SWIMMERS WHO PARTICIPATE IN USMS COACHED WORKOUTS SHOULD BE MEMBERS.**

*Benefits of membership include:*

- The opportunity to participate in USMS sanctioned events.
- Subscription to *USMS Swimmer* magazine during the length of the membership year
- Subscription to *Lane Line*, the DVMasters' newsletter, which is published at least 3 times a year
- Recognition of achievement such as Top Ten times, All-American status
- Secondary accident insurance coverage at sanctioned meets and at supervised workouts when **all participants are USMS members**.

**22 CHATHAM ROAD  
ARDMORE, PA 19003**