

THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

SPRING
2006

www.dvmasters.org

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JUDY MICHEL (SWIMICHEL@MAC.COM)

WELCOME to the SPRING 2006 Edition of the Lane Line.

Well, the short course season is over and summer is on its way. This means a variety of things to different swimmers: the Open Water folks are gearing up for a full season of local swims; the Long Course Meters folks have two choices in August: Colonies Zones LCM sponsored by Potomac Valley LMSC and the FINA WORLDS in California; and the rest of us? Well, we are just using swimming to keep ourselves fit!

The triathletes are gearing up for their full schedule. The gorgeous spring weather provided lots of opportunities for early season running and biking. Our Triathlon expert, Laurie Hug, presents an analysis of wet suit usage. Lisa Semels, our Physical Therapist expert, writes about problems and treatments for ITB, the iliotibial band in the leg.

Our featured swimmer is Janet Moeller who has been doing Master's Swimming since 1973 and continues to find success and enjoyment in her endeavors.

We also have a new Fitness Chair: Keiichiro Yoshida. Keiichiro is the owner and Director of ARGO Aquatics, Inc. based in the Lehigh Valley. ARGO Aquatics provides full service aquatic programming consultation, program implementation, competitive USA Swimming Team, SeaLife Swim Academy, and facility management services.

Keiichiro began his swimming career at Reading High School, prior to moving to the Lehigh Valley where he swam for Emmaus. He was a Varsity letter winner for the University of Maryland Terrapins.

Keiichiro began coaching during graduate school, at the 137 member Rockville Montgomery Masters Swim Team (Rockville, MD). He has been coaching for 10

(CONTINUED ON PAGE 2)

**JEANNE AND JOHN MERRYMAN MEET
SUNDAY, JUNE 18TH
ENTRIES ARE DUE TUESDAY JUNE 13, 2006**

**THE AWARDS BANQUET SCHEDULED
FOR JUNE 18TH HAS BEEN CANCELLED,
DUE TO A LACK OF INTEREST....**

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

years and was fortunate enough to train 18 USMS Top Ten Swimmers, relay record holders and a USMS National Champion.

He currently offers training sessions at the Westend Swim, Racquet and Fitness Center IN Allentown, PA. He is holding a Masters Swim Camp at Westend from August 14-18.

Keiichiro will have a regular Fitness Column in the Lane Line, beginning with the Fall 2006 edition.

There was a poor response to my request for taper techniques and foods for swimmers, so there is no report on those topics... maybe next time.

Want to know how your times today would compare if you were 25 years old again? Well, David Nordstrom has done some statistical calculations so that swimmers can compare current times to "what ifs" when we were younger; or to what will be as you age up. Also, you can compare your youthful times with what you might be doing now! Interesting stuff. (You do need to get on the web to use his conversion tables.)



Keiichiro Toshida

I am trying to keep the issue to 20 pages as the US Postal Service significantly increased its rates and we have about 35 people who request a snail mail version. The xeroxing and mailing is about \$5.00/issue! This does mean that sometimes I need to use smaller print, but I think it is still OK to read! For those of you whose e-mails I have, I send it directly to you as a .pdf for your downloading pleasure. Be sure to tell your teammates that it is also available on the DVMasters.org website.

THE CHAIRMAN'S MESSAGE: STEVE KELLY

The short course season has come to a close with the recent completion of the national championship meet. Congratulations to our swimmers who finished first and to those swimmers who established DV Masters records. The Events page of the web site lists the numerous open water swimming opportunities available. Stanford University is hosting the FINA World Championships.

Sadly for me, Pete Wohlsen has decided to resign from his position as web master. Peter and I worked very closely together and I will miss his expertise in this field. He was instrumental in the development and the design of our current web site. I will be searching for his replacement ASAP. Peter will cooperate fully with the new web master to ensure a smooth transition.

The awards banquet that I had hoped for had to be cancelled due to lack of interest. I take full responsibility in the decision that cost the committee some money. Perhaps I chose the wrong venue and/or the wrong time.

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

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

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- FITNESS: KEIICHIRO YOSHIDA
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- REGISTRAR: ART MAYER
- SAFETY:
- SANCTIONS: PATRICK LEE LOY
- SOCIAL: SARA CIERSKI
- TOP TEN RECORDER: JIM ROBLES
- WEB MASTER:

FAVORITE WORKOUT:
BY TONY DEROSE (dolphinswimmer@tncderose.net)

Feeling weak in the stroke department? Perhaps you want to build a little more stamina to attempt your first open water this year but were always afraid you couldn't last. If this is you, then we have a workout that can help. In this issue **JIM ROBLES**, head coach of the Fins Aquatics Club brings us a workout aimed at middle distance. If you follow the workout below you will build both stamina and also help concentrate on your stroke.

Jim has been a coach for 16 plus years, including numerous Top Ten and All-American swimmers at Fins. In addition, he is the Top Ten recorder for the Delaware Valley LMSC. Thank you to Jim for submitting a GREAT workout.

Remember, if you have a favorite workout that you like, submit it to me for submission in the next issue. Also, while you may think everyone probably won't care about your workout; even reaching one or two people is better than none!



TONY DEROSE

5,300 YARD MIDDLE DISTANCE WORKOUT

Warm Up I	4x200	:20 rest	#1-swim, #2-25 kick/25 swim, #3-25 stroke/25 free, #4-choice	800/800
Warm Up II	12x100	1:40+ pace	25 kick/25 swim Odd=free even=stroke	1200/2000
Warm Up III	8x50	:50+ pace	Descend 1-4	400/2400
Main Set I	9x200	3:10+ pace	#1 200 beauty & efficiency(long strokes, good rotation, good technique), #2 175 B&E rest :10 25 sprint, #3 150 B&E rest :10 50 sprint, #4 125 B&E rest :10 75 sprint, #5-8 continue to decrease B&E by 25 and increase sprint by 25, #9 200 sprint	1800/4200
Main Set II	100	EZ		100/4300
Main Set III	2x400	:30+/25y pace	Ladder (25, 50, 75, 100, 75, 50, 25) Prime stroke work on good turns and finishes	800/5100
Warm Down	200	EZ	Concentrate on your strokes stretch it out	200/5300



JIM ROBLES

DELAWARE VALLEY LMSC MEMBERSHIP STATISTICS INFORMATION FROM ART MAYER, REGISTRAR

As of May 11, 2006, the Delaware Valley LMSC has 532 registered USMS members. There are 230 women and 302 men. There are 10 registered clubs, plus the Unattached folks. Here are the statistics by DELAWARE VALLEY LMSC club:

CLUB NAME	WOMEN	MEN	TOTAL
1776	95	108	203
Unattached	55	72	127
FINS Aquatic Club	28	67	95
Pennypack AFC	25	24	49
Central Penn AC	10	6	16
Jersey Wahoos	0	12	12
NRG Swimming	6	5	11
Delaware Swim Team	3	4	7
Schuykill Valley	4	2	6
BCC Masters	3	1	4
Lancaster AC Masters	1	1	2

AGE GRADING BY DAVID NORDSTROM (USMS.org)

Two recent articles, Swimming World's "Holding Back the Years" by Phillip Whitten, March 2005; and USMS SWIMMER's "Records Topple at USMS Short Course Nationals in Fort Lauderdale", July - August 2005, prompted me to attempt to further quantify performances vs. age. The running community has an age-grading scheme that allows runners in any age group to "adjust" their times to another age group. So if you are a 70 year old, you can use a formula to find out what your current time would be as a 25 year old with the age adjustment. In some road races, awards are given to best equivalent times (a 70 year old with a 25 min 5K beats the 25 year old with a 22 min 5K). As far as I know, we swimmers don't have an age grading system. This is an attempt to develop one.

The articles mentioned above have to do with general population vs Masters' expected yearly decline in performance. The general rule is that the overall population declines at approximately 1% per year after age 25 for about 40 years. Then the rate of decline increases. The article showed that Masters swimmers did much better than that. The USMS Swimmer's article featured - in part - Richard Abrahams, who

showed that a life time best at age 60 (24.46 - 50 yd fly) completely destroys the decline prediction graph.

So what is going on here? A 60 year old man going 49.14 in the 100 free? Now THAT'S not normal, Richard! But we can get a feel for what "normal" is for Masters swimmers by looking at results. What I looked at were the 5th place times on the Top Ten list for 2004. (At the time, 2005 results were not complete). Why 5th place? Because there are always a few "Richard Abrahams" at the top of every age group that are not at all "normal" - even for Masters. I used the 5th place time in every age group for every event for both women and men to compute a ratio using 1.0000 for the fastest time. Example: the fastest 5th place time in the women's 100 free was 53.61 in the 25 - 29 age group. That time has a value of 1.0000. In the 55 - 59 age group the 5th place time was 1:06.62 or .8047 as fast as 53.61. So if you went 1:06.62 as a 58 year old, the equivalent time for a 28 year old is 53.61 - according to actual performances in the national top 10 in 2004. Conversely, if you went 53.61 as a 28 year old, your equivalent time as a 58 year old is ...1:06.62. There were 12 age groups with a completed top 10 list for women and 13 age groups with full listings for men. Since there are 18 individual events, there are 450 comparison ratios in the table. (CONTINUED ON PAGE 5)

AGE GRADING CONTINUED...

The purpose of age grading is for motivation - what does your time as a 58 year old mean? How fast is that swim if I were 28? or 78? You can compute your equivalent time for any age - even compare your times now as a 58 year old with your times in college. Hopefully, even though you are getting slower, you'll see that your age graded "adjustment" shows you're doing pretty well - especially as compared to the general population.

To calculate your age graded time for any event:

1. Divide the 4 digit multiplier in your age group by the 4 digit multiplier in the age group for which you want to see your equivalent time.
2. Multiply the result of step 1 by your current time. This will give you the age graded equivalent time for the other age group.

That's it. It works in all 450 cases. It's based on factual 2004 data. The ratio tables will change in the future based on new data; but, for now, you will be using the actual current (2004) data to compare performances. (And keep in mind that Masters performance data is far superior to what you can expect from the general population.)

The system isn't perfect. As stated earlier, many more swimmers are competing for that 5th place in the 19 - 49 age groups than in the 50+ age groups. But as time marches on, the youngsters will get old and the participation in all age groups will be a lot closer to equal. Therefore, the validity of the ratios will increase with time - as long as the data tables are upgraded periodically. (Since we are starting with 2004, perhaps every 4 years - every Olympiad - would be appropriate.) The ratios are not perfect. But they are a lot better than guessing; and guessing is all we have at present.

Just wait. In 30 years, the 70 year olds will be blowing the doors off today's 70 - 74 age group records. The 70 year olds may be faster than today's 50 year olds. Why? Let's compare today's 40 year old with today's 70 year old. Today's 40 year old was likely a high school senior swimmer in 1983. The 70 year old was a high school senior in 1953. How many high school and age group teams were there in 1953 compared to 1983? How about today's 80 year old?

Do you think he/she was competing for a good high school swimming team during WWII in 1943? All the swimmers that are 65 or older today had drastically fewer opportunities in their youth to build a good technical foundation for lifetime competition in swimming. The ratio tables of the future will look nothing like today's tables. We will see some REALLY fast 70+'s by 2035. Phillip Whitten illustrated that the drop-off rate doesn't get to the "normal" 1%/yr until age 70. (And by age 70, the drop-off rate for non-athletes is much higher than 1%). I predict that the drop-off rate in the future will never get to 1% for Masters swimmers.

The average age for women's top performance was 28.5; for men, 29.7. But the biggest difference in gender was the diversity within each sex. Virtually all of the men's top performances were within the 25 - 29 age group. For women it was nearly evenly split between the 19 - 24, 25 - 29, and 35 - 39 age groups. There were no women's top times in the 30 - 34 age group. The women actually peaked at the 35 - 39 range before showing a near linear decline. The men stayed nearly level until the 40 - 44 age group before starting a steady decline. Starting nearly even at the 40 -44 age groups, the women then declined more than the men. This likely reflects fewer opportunities in the past for women to be involved in learning the skills of the sport.

The future of Masters swimming will look nothing like the present. As stated earlier, as today's baby boomers age up; the competition opportunities of their youth will show up as very fast times compared with today's older age groups. Abrahams' 49.14 in the 100 free as a 60 year old is just a preview of things to come!

This statistical analysis is informal and imperfect. It is an early attempt to quantify trends in performance vs. age. Hopefully, some of you with expertise in this type of research will refine this analysis to help add to the body of knowledge about aging. Perhaps every 4 years (Olympiads) we can update the data and see what happens. I strongly believe that the future data will demonstrate that aging doesn't have to lead to nearly as much decline as "normal".

THE CONVERSION TABLES CAN BE FOUND ON THE USMS SITE:

<http://www.usms.org/articles/articledisplay.php?a=143>

FEATURED SWIMMER: JANET MOELLER
33 YEARS AS A MASTERS SWIMMER!
MASTERS SWIMMING = FITNESS, FUN AND FRIENDSHIPS

Janet Moeller currently competes for Colonials 1776 in the women's 70-74 age group. Since entering the Long Course Nationals in 1999 at the age of 65, she has never finished lower than 5th in any event at a Nationals. In 1996, she was a pool All American in the 1500 FREE and in 2005, she earned all American status for her 200 Fly. Janet has 11 Top Ten Times for the 2005 scm season! Janet has belonged to USMS Masters since 1973, and thus is one of the early pioneers of the sport. So how did she get started in Masters?

Janet learned to swim at the Plainfield (NJ) YWCA at the age of 7. At the age of 13, she joined the "Dolphin Club" -- the girls' water ballet team. Continuing to swim, she earned Red Cross Certification in Junior and then Senior Life Saving at the Y. Janet did not compete in swimming because ... well, back then, (1940's and 50's), there were no girls' teams.

From the age of 4 until high school, Janet participated in dance classes three times a week -- ballet, tap and gymnastics. At North Plainfield HS, she excelled in sports and was captain of the basketball and volleyball teams. She credits her early dance training to successes in all her athletic endeavors. Janet loved school, loved athletics, and loved learning -- and she still does!

On Oct. 1, 2005, with her family in attendance, Janet was inducted into the North Plainfield High School Hall of Fame for Athletics. This was quite an honor. Her picture hangs on the Hall of Fame wall, and she received a beautiful scroll as well as a personalized brick on the HS Walk of Fame.

After high school graduation, Janet worked as the Manager's secretary for AT&T (Bell Telephone in Plainfield) and married Dave, her high school sweetheart, in 1955. They celebrated their 50th wedding anniversary in 2005 with a cruise aboard the Voyager of the Seas. They had five children -- 4 boys and 1 girl, and they now have 7 grand kids -- 6 boys and



1 girl! All of her children and grandchildren swim, but not competitively. Both Janet and her 15 year old grandson are certified SCUBA divers. Janet was also an accomplished horsewoman for riding and jumping events. She had to give it up though, when it began to take a toll on her back and other joints!

So, how did all this lead to Master's Swimming? In 1973, Janet was working part time as a Lifeguard at the local Somerset Valley YMCA. One of the women's masters swimmers approached her, explained the program, and encouraged her to join in. Knowing nothing about competing, the women asked the girls' swim coach, Al Scotch, to help them.

Al taught the team all the strokes -- including the Fly with breaststroke kick -- , how to do entry cards, and supervised their workouts. As a member of the Jersey Masters Swim Team, they traveled to their first nationals in Ft. Lauderdale that year. Janet recalls her highest place as a 5th in a breaststroke event. She had so much fun, that she has yet to stop competing! Janet has garnered tons of Top Ten honors during her 33 year Master's Swimming career.

Janet works out regularly -- 3-4x/week, doing about 1200-1500 meters, always swimming what she calls the "Butterfly Pyramid". In progression, she does a 50 FL, 100 FL, 200 FL, 100 FL, 50 FL. She says it gives her the confidence to go out a do a good 200 FLY, in addition to giving her good overall endurance. She also enjoys her 400 IM pyramid: 100 of each stroke, finishing up with a full 400 IM.

After her kids were all grown, Janet entered Rutgers University, graduating in 1985 with a degree in English with a minor in Education, and fulfilled a lifelong dream to become a teacher. She then taught at all levels in the local parochial and public school systems. She still subs in the English Department in the local high school, thoroughly enjoying working with the students: "They are our future."

Dave and Janet are active hikers and bikers, seeking out favorite trails in their home state of New Jersey. After a May cruise with Dave to Alaska, Janet will prepare for her next meet. She has entered the FINA World Masters Championships in Stanford and hopes to place in the top ten there. She will also meet up with Ann Hirsch from Walnut Creek and other swimmers she has meet over her many years of competition.

Janet feels strongly that swimming has allowed her to live life to the fullest -- fitness, friendship and fun!



Janet's First Master's Swim Meet. Berkley Aquatic Center, June 17, 1973.
Front row (L-->R): Gail ?, Lorraine Rizzuto, Janet Moeller
Second row: Lynn Joesten, Lisa Bogatico, Peg Pickens



Long Course Nationals. Canton, Ohio, 1981
Kneeling (L-->R): ?, Janet Moeller, Lainey Dooman, Lou Able; Second row: ?, Jane Fisher; Top row: Amar Lathi, ?, J Cooley, Oscar Siegrist, Austin Newman. (NOTE: Austin is now 90 and continues to place in the Top Ten lists! At the 2006 SCY Nationals in May, he swam all the Freestyle events and finished first in all of them!)

WEB SITE ALERT!

Our website (DVMASTERS.ORG) is up and running with current news about events. results and other "stuff", including archives of the Lane Line. In addition, a revised USMS site (USMS.ORG) has much to offer. I urge you to visit these for up to date information. Whether we like it or not, the world has gone digital and cyberspace (!) is where the information we want really can be found!

THE TRIATHLETE'S CORNER

BY LAURIE HUG

Laurie is the head masters coach at Germantown Academy. She has been racing triathlons since 1989, turned pro in 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.

THE WETSUIT: WHEN TO WEAR IT.

In the sport of triathlon there is one piece of equipment that swimmers seem to hate but those from a non-swimming background tend to love. No I am not talking about those huge clunky seal mask goggles but wet suits. In the early days of triathlon wet suits were originally worn to help the athletes deal with cold water temperatures. A side benefit was noticed though as those wearing wet suits were swimming faster in comparison to their hearty non-wet suit clad competitors. This extra speed is due to the buoyancy provided by the neoprene, which allows swimmers to ride higher in the water. As a result, wet suits are now designed as much for speed as for warmth.

This is great news for the less efficient swimmers who have poor body position. Weaker swimmers whose legs tend to sink, and therefore are swimming in a less hydrodynamic position, are now able to put on a wet suit and have a position more like that of the stronger swimmers. More efficient swimmers who already had a good body position will still gain speed by wearing a wet suit but will not benefit nearly as much as weaker swimmers. So it is easy to see why stronger swimmers aren't typically as keen on wearing these neoprene fully body pull buoys as those coming from a non-swimming background.

There are many companies out there hyping up the fact that they are using the latest and greatest hydrodynamic technology in their top of the line wet suits. Some of the top brands are QR (original tri wet suit in 1987), Blue 70 (formerly Ironman), Orca, Xterra and Aquaman. All make great wet suits so it really comes down to which one fits you best, much like your favorite goggles.

A wet suit should have a snug fit without any bunches around the torso. The neck should be tight enough to not allow water to come rushing in but not so tight that it restricts your breathing. Finding the right suit may require testing out several brands until you find one that's right for you. You may not know if you have the perfect fit but you can tell if it is a bad fit. If you come out of the water and your legs feel like they are water balloons you probably need a smaller suit. On the other hand, if you feel as though someone is choking you and you can't breathe deeply a larger suit is in order.



LAURIE HUG



"SHORTIE"



"FARMER JOHN"

Another factor to consider in choosing a wet suit is whether to go with a sleeveless (Farmer Jane/John models) or full suit (with sleeves). Full suits are said to be faster (though there was a study several years ago that disputed this) but often swimmers feel they restrict their arm strokes. Full suits are warmer, so if most of your races are going to be in chillier water (mid-60s or lower) a full suit is probably advisable. Another factor is price - full suits tend to be \$100+ more than sleeveless suits.

Newer triathletes often ask me when they should wear a wet suit. I've come up with some handy dandy triathlon wet suit usage guidelines below. **DISCLAIMER** - all of this is based on personal preference and experience, so your mileage may vary!



FULL SUIT

TRIATHLON SWIM DISTANCE

	1/4 mile	1/2 mile	1+ mile
BACKGROUND			
Swimming	NO	MAYBE	YES
Non-swimming	YES	YES	YES

As long as the water temperature is wet suit legal (78°F for USAT sanctioned events) I believe the majority of triathletes from non-swimming backgrounds should wear them. For those from swimming backgrounds, the shorter the distance the less worthwhile it is to wear a wet suit as you may lose more time removing it than you gain from using it. So I use the following guidelines for usage based on water temperature:

TRIATHLON SWIM DISTANCE

	1/4 mile	1/2 mile	1+ mile
H2O TEMP.			
<=67	YES	YES	YES
68-72	NO	MAYBE	YES
73-78	NO	Prob. NOT	YES (sleeveless)

Other factors in making a decision about wet suit usage are air temperature, weather and presence of jellyfish. If it is in the 90s and humid at the race start for a sprint tri I'd most likely skip the wet suit unless the water is in the low 60s. I would probably wear a sleeveless wet suit in Olympic distance races or longer in hot and humid conditions. Conversely, if it is chilly and rainy I may wear a wet suit regardless of the distance or water temperature (assuming 78 or less) to help keep warm before the race start. If there are stinging jellyfish then I would most likely go with a full wet suit even for a sprint race.

One final note -- when it comes to open water swim events I recommend wearing a wet suit whenever they are allowed. (Some of the events in Jersey do not allow wet suits under any conditions, such as the Atlantic City Pageant Swim.) Since you don't need to worry about losing time trying to take off the wet suit at the finish, there is nothing to lose by wearing a wet suit when they are permitted. Word of warning though - be prepared to face the ribbing from "real" swimmers who eschew wet suits altogether!

THE PHYSICAL 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 SEMELS

ILIOTIBIAL BAND FRICTION SYNDROME

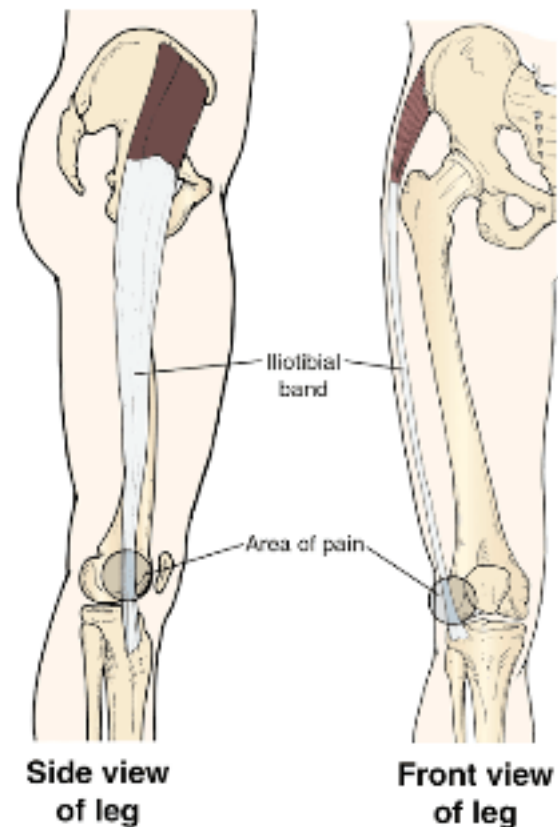
It is Memorial Day weekend marking the beginning of another summer season. Triathletes are finally able to perform all three sports outdoors - comfortably! These endurance athletes are devoted to pushing themselves as they prepare for and compete in races. Unfortunately, sometimes this intense training results in an overuse injury. Overuse injuries occur when the rate of microtrauma produced by ongoing stress, exceeds the rate of the body's ability to repair it. A common overuse injury to both runners and bikers is iliotibial band friction syndrome.

The iliotibial band (ITB) is a dense connective tissue that runs along the outside of the leg from the hip to the knee. It is an extension of the gluteus maximus and the tensor fascia latae muscles near the hip, and attaches to the outer portion of the knee joint. The injury develops when the ITB rubs against bony prominences of the knee and hip, as the knee flexes (bends) and extends (straightens.) This rubbing leads to irritation, pain and inflammation at the outside of the knee, and/or at the outside of the hip.

Suspected causes that contribute to ITB syndrome include genu varum (bow legs), pronation of the foot, tight ITB and hip muscles, leg length discrepancy, and

weak hip abductors (gluteus medius muscle.) Hip abduction is the action of moving the leg out to the side, away from the body. The function of the muscles inserting into the ITB is to abduct the leg. However, if the primary abductor, the gluteus medius is weak, then the tensor fascia lata must work harder, thus possibly placing more strain on

Iliotibial Band



the ITB. Common training errors that may aggravate an already irritated ITB are abrupt increases in mileage, running on a circular track, cycling or running on inclines, failing to replace shoes, and rotation limiting bicycle cleats.

The first stage of treatment for this condition, as with all overuse injuries is to decrease training (relative rest) and control the pain and inflammation. Ice, friction massage, and soft tissue mobilization to muscles surrounding the thigh and leg are effective ways to minimize inflammation and promote healing.

With the help of a physical therapist, the appropriate stretching and strengthening exercises can be selected to correct muscle imbalances. Most likely this will include gluteus medius strengthening and ITB stretching. Sometimes, in conjunction with the exercises, a knee brace, kneecap taping and orthotics may be necessary to improve joint alignment of the hip and lower leg.

Lastly, it is imperative to identify the cause of the problem and evaluate the athlete's training regimen. With the proper treatment, a person should be able to return to activity within four to six weeks.

The best way to prevent ITB syndrome is to incorporate a regular program of stretching and strengthening into one's training schedule. One of the best stretches for the tensor fascia lata muscle is shown here. Stand upright and cross one foot behind the other, in this case it is the left foot behind the right. Then, lean to the right, until a stretch is felt on the outside of the left hip. Hold the stretch for 30 seconds, and repeat several times.

For more information on ITB syndrome, go to www.excelphysicaltherapy.com.



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Dr. Matthew Gloin, Outsports Doctor's Corner, Dealing with knee pain.

Stephen M. Pribut, MD, Dr. Stephen M. Pribut's Sports Pages, May 30, 2006, Iliotibial Band Syndrome.

Troy M. Smurawa, MD, BioMechanics, Volume Number 5, May 2006, Overuse injuries curb triathlon preparation efforts.

NEWS FROM USMS

United States Masters Swimming Swimming for Life

In April 2006, the Long Distance committee of USMS produced pace charts for its five LD events: One Hour postal (OHP), 3000 and 6000 yard and 5 and 10 K events. However, they are a neat way, even if you are not into these events to determine your pace and resulting total yardage. There are three pace charts available on the web site. Using the OHP pace chart as an example, you can see that if you maintain a 1:49 pace/100 (yards), you will end up with 3300 total yards; 1:35 pace earns 3800 yards;

and for those of you are really fast, a 1:10 pace gets you 5100 yards. From this you can see that the Colonials 1776 OHP 25+ relay National Champions averaged under 1:10 for their individual swims! WOW!

These pace charts are available on the home page of the usms.org site, under the heading: *What's New at USMS?*



CONGRATULATIONS TO THESE DEL VAL LMSC 2006 USMS POOL ALL AMERICANS

"THE FOLLOWING ALL-AMERICANS FINISHED IN FIRST PLACE IN THEIR RESPECTIVE AGE GROUPS IN AT LEAST ONE POOL NATIONAL CHAMPIONSHIP IN 2005"; THIS CRITERION IS ESTABLISHED BY USMS.

INDIVIDUAL ALL AMERICANS

PENNYPACK MASTERS

W 25 - 29 Katie Bonner
SCM: 100 BR
M 25 - 29 Brian M. Furlong
LCM: 200 FR, 400 FR, 200 IM, 400IM

COLONIALS 1776

W 40 - 44 Laurie Hug
SCY: 1650 FR, 1000 FR
W 50 - 54 Janet H. Bright
LCM: 100 BR, 200 BR
W 70 - 14 Janet Moeller
LCM: 200 FL
M 50 - 54 Paul Trevisan
SCY: 50 FR
M 65 - 69 David Harrison
LCM: 200 FR, 400 FR, 800 FR;
SCY: 200 FR, 1650 FR

COLONIALS 1776 (CONTINUED)

M 75 - 79 Hal Begel
SCY: 50 FR

BCAT

W 18 - 24 Mollie Grover
SCM: 200 B;
LCM: 100 FR, 200 FR, 200 BA;
SCY: 200 BA

UNAT

W 25 - 29 Samantha Bausher-Grybosky
SCM: 200 FL
M 30 - 34 Christopher Perry
SCY: 200 IM

SVM

W 25 - 29 Chrissy M Miller (Sullivan)
SCM: 200 IM, 400 IM

RELAY ALL AMERICANS

FINS: Merrill Hilf, Patricia Labosky, Michele Huyette, Joan Buehler, Jill Burke

PAFC: Denise Morales, Brian Furlong, Alan O'Connor, Patricia A. Flynn, Kate M. Donald

YBRC: Kirsten E. Kenyon, Nicholas K. Mahler, Brian C. Burns, Kelly J. Murphy

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

RELAYS:

NOTE: FIRST PLACE SWIMMERS ARE LISTED IN CAPITAL LETTERS
AND IN COLORED PRINT!

Men 100-119 SCM (2005)

6 400 Medley PAFC 4:31.08 Adam J Doganieri (22), Adam K Reuter (31),
Brian Furlong (28), Francois P Springuel (23)

Men 160-199 SCM (2005)

8 200 Medley FINS 2:03.22 Jim Jordan (40), Robert Kannegieser (48),
Patrick Lee Loy (41), Brian Cahill (41)

Men 160-199 SCM (2005)

9 400 Medley FINS 4:39.11 Jim Jordan (40), Robert Kannegieser (48), Patrick Lee Loy (41), Blake Marshall (47)

Women 120-159 SCM (2005)

9 200 Medley PACF 2:35.21 Megan L Meyer (31), Janice A Lukasik (47), Colleen Roberts (31), Dana M Burkhart (34)

7 400 FR FINS 5:29.17 Merrill Hilf (45), Carolyn Placke (41), Elke Hoffman (33), Michele Huyette (37)

Women 160-199 SCM (2005)

6 400 Medley FINS 6:17.18 Carolyn Placke (41), Jill Burke (41), Joan Buehler (43), Merrill Hilf (45)

1 800 FREE FINS 11:28.07 MICHELE HUYETTE (37), JILL BURKE (41), MERRILL HILF (45), JOAN BUEHLER (43)

Mixed 100-119 SCM (2005)

1 200 FREE PACF 1:50.41 DANIEL J LEVY (36), BRIAN M FURLONG (28) DENISE G MORALES (25), PATRICIA A FLYNN (29)

1 200 MEDLEY PACF 2:09.13 DENISE G MORALES (25), KATE M DONALD (23) ALAN O'CONNOR (32), DANIEL J LEVY (36)

7 200 FR PAFC 1:58.73 Francois P Springuel (23), Adam J Doganieri (22), Tara M Murtha (25), Barbara Burke (44)

Mixed 160-199 SCM (2005)

2 400 FR FINS 4:16.62 Joan Buehler (43), Shara Neidell (38), Jim Jordan (40), Robert Kannegieser (48)

6 400 Medley FINS 5:30.78 James Robles (40), Michele Huyette (37), John Roman (50), Shara Neidell (38)

4 800 FR FINS 10:37.58 James Robles (40), George Horan (51), Elke Hoffman (33), Shara Neidell (38)

2005 SCM POOL TOP TEN INDIVIDUALS:

Place	Event	Name	Age	Club	Time
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Women 18-24

4	100 FR	Mollie Grover	24	BCAT	1:02.48
3	200 FR	Mollie K Grover	24	BCAT	2:18.73
2	100 BA	Mollie K Grover	24	BCAT	1:11.90
1	200 BA	MOLLIE GROVER	24	BCAT	2:32.26
7	100 BR	Kate M Donald	23	PAFC	1:24.34
3	200 BR	Kate M Donald	23	PAFC	2:56.97
3	400 IM	Kate M Donald	23	PAFC	5:47.94

Women 25-29

7	50 FR	Kelly Murphy	26	YBRC	29.17
5	100 FR	Chrissy M Miller	29	SVM	1:01.72
10	100 FR	Alicia L Markey	26	1776	1:03.57
5	400 FR	Patricia A FLnn	29	PAFC	4:54.09
7	100 BA	Samantha A Bausher-Grybosky	28	UNAT	1:12.50
9	100 BA	Alicia Markey	26	1776	1:14.71
7	50 BR	Katie Bonner	28	PAFC	38.58
1	100 BR	KATIE BONNER	28	PAFC	1:22.41

8	100 BR	Jenny Maher	26	PAFC	1:26.02
3	200 BR	Jenny Maher	26	PAFC	2:59.23
8	50 FL	Kelly Murphy	26	YBRC	31.89
6	100 FL	Alicia Markey	26	1776	1:11.23
1	200 FL	SAMANTHA A BAUSHER-GRYBOSKY	28	UNAT	2:25.97
4	200 FL	Alicia L Markey	26	1776	2:36.86
5	100 IM	Chrissy M Miller	29	SVM	1:10.39
1	200 IM	CHRISSEY MILLER	29	SVM	2:28.70
2	200 IM	Samantha A Bausher-Grybosky	28	UNAT	2:32.37
8	200 IM	Patricia A FLnn	29	PAFC	2:39.81
1	400 IM	CHRISSEY MILLER	29	SVM	5:13.41
4	400 IM	Alicia L Markey	26	1776	5:29.12

Women 30-34

7	1500 FR	Megan L Meyer	31	PAFC	23:30.67
8	1500 FR	Dana M Burkart	34	PAFC	23:35.20
9	100 BA	Theresa A Schreiber	33	PAFC	1:21.02
9	50 BR	Colleen Roberts	31	PAFC	43.12
10	200 BR	Dana M Burkart	34	PAFC	3:48.09

Women 35-39

10 800 FR	Shara Neidell	38 FINS	11:17.83
9 50 FL	Michele Huyette	37 FINS	32.86

Women 40-44

6 400 FR	Vibeke Swanson	44 1776	4:55.99
5 100 BA	Vibeke Swanson	44 1776	1:12.76
3 200 BA	Vibeke Swanson	44 1776	2:34.79
9 100 IM	Vibeke Swanson	44 1776	1:14.09
5 200 IM	Vibeke Swanson	44 1776	2:40.60
7 400 IM	Joan Buehler	43 FINS	6:00.33

Women 50-54

7 50 BR	Melinda S Wolff	52 1776	44.05
9 100 BR	Melinda S Wolff	52 1776	1:35.38

Women 70-74

8 50 FR	Janet Moeller	71 1776	47.48
7 400 FR	Barbara R Merin	71 1776	8:27.66
5 1500 FR	Janet Moeller	71 1776	32:37.13
8 50 BA	Janet Moeller	71 1776	58.38
5 50 BR	Janet Moeller	71 1776	55.73
9 50 BR	Joan B Waldbaum	74 1776	59.62
6 100 BR	Janet Moeller	71 1776	2:08.79
7 100 BR	Joan B Waldbaum	74 1776	2:14.21
3 200 BR	Janet Moeller	71 1776	4:40.38
5 200 BR	Joan B Waldbaum	74 1776	5:00.02
6 200 BR	Janice A Barnes	70 PAFC	6:21.53
5 50 FL	Janet Moeller	71 1776	56.77
8 50 FL	Joan B Waldbaum	74 1776	1:03.06
4 100 FL	Janet Moeller	71 1776	2:16.74
2 200 FL	Janet Moeller	71 1776	5:11.04
7 100 IM	Janet Moeller	71 1776	2:03.89
8 100 IM	Joan B Waldbaum	74 1776	2:14.60
2 400 IM	Janet Moeller	71 1776	9:45.35

Women 75-79

9 200 FR	Ruth W Aaron	76 1776	4:19.31
10 200 BA	Rosemarie Froeder	75 1776	5:27.47
7 50 BR	Ruth W Aaron	76 1776	1:12.37
6 100 BR	Ruth W Aaron	76 1776	2:29.03
7 100 BR	Marianna M Hagan	77 1776	2:30.30
5 200 BR	Ruth W Aaron	76 1776	5:12.56
6 200 BR	Marianna M Hagan	77 1776	5:18.91
3 50 FL	Marianna M Hagan	77 1776	1:03.45
9 100 IM	Ruth W Aaron	76 1776	2:30.36
8 200 IM	Rosemarie Froeder	75 1776	6:44.59

Women 80-84

9 50 FR	Agnes E Zydinsky	83 1776	1:03.13
8 100 BA	Agnes E Zydinsky	83 1776	2:33.72
4 200 BA	Agnes E Zydinsky	83 1776	5:19.70

Men 18-24

7 100 BA	Adam J Doganieri	22 PAFC	1:09.71
5 200 BA	Adam J Doganieri	22 PAFC	2:49.56

Men 25-29

8 50 FR	Shawn W Markey	28 1776	24.74
7 400 FR	Brian Furlong	28 PAFC	4:28.40
2 1500 FR	Brian Furlong	28 PAFC	18:07.36
7 100 BR	Nicholas Mahler	28 YBRC	1:10.92
3 50 FL	Shawn W Markey	28 1776	26.42
5 50 FL	Brian S Goldthorpe	27 UNAT	26.88
4 200 FL	Brian Furlong	28 PAFC	2:19.87
7 200 FL	Thomas G Uybarreta	26 FINS	2:25.82
2 200 IM	Brian Furlong	28 PAFC	2:17.49
6 200 IM	Nicholas Mahler	28 YBRC	2:22.46
4 400 IM	Brian M Furlong	28 PAFC	5:11.49
10 400 IM	Thomas J Patterson	28 1776	5:41.86

Men 30-34

3 50 BA	Alan O'Connor	32 PAFC	29.70
6 100 BA	Alan O'Connor	32 PAFC	1:04.48
6 50 BR	Adam K Reuter	31 PAFC	32.45
8 100 BR	Adam K Reuter	31 PAFC	1:14.01
9 100 BR	Alan O'Connor	32 PAFC	1:14.27
8 200 BR	Adam K Reuter	31 PAFC	2:47.72
9 200 FL	Brian C Burns	32 YBRC	2:38.22
7 200 IM	Alan O'Connor	32 PAFC	2:22.43

Men 40-44

6 50 FR	James T Hersh	40 UNAT	25.34
8 100 FR	James T Hersh	40 UNAT	56.91
2 50 BA	Jim Jordan	40 FINS	29.39
9 100 BA	Jim Jordan	40 FINS	1:06.26
8 50 FL	Jim Jordan	40 FINS	27.63
6 100 FL	Jim Jordan	40 FINS	1:02.42

Men 45-49

4 100 FR	Gregory L Oxley	47 1776	57.63
9 400 FR	Robert Kannegieser	48 FINS	4:34.12
3 50 BR	Gregory L Oxley	47 1776	32.29
6 100 BR	Gregory L Oxley	47 1776	1:11.77
7 100 FL	Robert Kannegieser	48 FINS	1:04.35
6 400 IM	Robert Kannegieser	48 FINS	5:11.03

Men 50-54

8 400 FR	Jack R Martin	54 1776	4:44.63
4 800 FR	Jack R Martin	54 1776	9:52.68
10 800 FR	James Ryan	53 1776	10:14.97
6 1500 FR	Jack R Martin	54 1776	19:05.66
8 1500 FR	James Ryan	53 1776	19:21.93

Men 55-59

9 800 FR	Jay R Platt	58 PAFC	10:56.94
9 1500 FR	Jay R Platt	58 PAFC	21:13.24

Men 65-69

9 400 IM	Edward C Morgan	66 1776	8:20.70
10 400 IM	David D Gladfelter	69 1776	8:58.02

Men 75-79

2 50 FR	Hal C Beigel	76 1776	34.57
2 100 FR	Hal C Beigel	76 1776	1:19.71
2 50 FL	Hal C Beigel	76 1776	40.05

This year, 1981 swimmers swam 7,349,025 YARDS in this One Hour Postal National Championship. In the medium club category, Colonials 1776, with 28 swimmers placed 5th, swimming a total of 106,390 yards.

Valerie Kukla, Laurie Hug, and Vikye Swanson set a new National Record for the Women's 25+ relay with 15,680 yards!

INDIVIDUAL RESULTS:

W 25-29

1 VALERIE F KUKLA 25 1776 5250

14 Michelle A Pizzo 25 1776 4585

W 30-34

40 Dana M Burkart 34 PAFC 3985

W 35-39

39 Caroline F Stein 35 PAFC 3935

114 Kimberly Gray 39 1776 2500

W 40-44

2 Laurie Hug 40 1776 5315

4 Vibeke Swanson 44 1776 5115

48 Barbara B Burke 44 PAFC 4200

168 Laura Shekleton 42 1776 2895

W 45-49

44 Amy Sclarsky 48 1776 3975

57 Susan E Underwood 45 1776 3785

W 50-54

12 Linda Hoke 50 1776 4195

69 Pamela Paporone 52 1776 3235

103 Patricia Timmins 51 1776 2745

112 Roseann C Schaaf 50 1776 2540

W 55-59

13 Christine Schroeder 56 1776 3765

W 75-79

11 Marianna M Hagan 77 1776 2290

M 40-44

70 Robert A Bonsall 42 1776 4200

83 David Williamson 41 1776 4065

165 Micheal A Ansel 40 1776 2805

M 45-49

144 Robert H Jaeske 46 1776 3300

M 50-54

6 James Ryan 53 1776 4950

9 Jack R Martin 54 1776 4850

11 Craig W Stevens 53 1776 4805

17 Barney Heller 51 1776 5495

107 Gerald B Auman 53 1776 3485

M 60-64

12 Tom Tulenko 63 1776 4180

31 Charles A Weitz 61 1776 3565

M 65-69

18 Tim Plummer 69 1776 3510

36 David D Gladfelter 69 1776 2820

RELAY RESULTS:

Women 25+ NEW NATIONAL RECORD*

1 COLONIALS 1776 1776 15680* VALERIE F KUKLA 25 LAURIE HUG 40 VIBEKE SWANSON 44

MEN 45+

3 Colonials 1776 1 14605 James Ryan 53 Craig W Stevens 53 Jack R Martin 54

MIXED 25+

7 Colonials 1776 18090 Valerie F Kukla 25 Michelle A Pizzo 25 David Williamson 41 Tom Tulenko 63

MIXED 35+

1 COLONIALS 1776 20230 LAURIE HUG 40 VIBEKE SWANSON 44
JAMES RYAN 53 JACK R MARTIN 54

MIXED 45+

4 Colonials 1776 18260 Linda M Hoke 50 Barney Heller 51 Craig W Stevens 53 Christine M Schroeder 56

THE COLONIALS 1776 REPORT FROM USMS NATIONALS IN CORAL SPRINGS FLORIDA BY VIKYE SWANSON

1776 sent a small but great crew. A total of 1271 swimmers represented 157 teams. We had 5 women and 4 men competing. The weather was great! We had a bit of rain Friday AM but that was clearing and almost gone by the time the first event, the 400 IM went off. On Saturday, we had to wear warm up's until almost 9:30 AM.... The announcers kept reminding us tee shirt white northerner's to put on the sun screen so as not to look like broiled lobsters.

The pool facilities were plentiful, we had a two courses running in the main pool which is a least 20 lanes. The competition took place in 8 middle lanes on each side. There was also a 6 lane 25 yard diving well and a



huge salt water pool for warm up's. The locker room facilities were small, but the hosts made up for that by having full time cleaning women in the women's locker room. She was amazing. She kept lines moving and the place clean.

On Mothers day, there were two huge vases of flowers wishing all the Moms a happy day. It was little touches like this which made up for the lack of changing space. The meet directors should be commended for the excellent job of keeping the meet running on time. Even being behind by about 15 minutes due to the rain Friday morning, didn't keep Dave Harrison from swimming the 200 free and then off to Chicago for his god- daughters graduation. The gentleman who was the announcer at last years Nationals in Ft Lauderdale was back again amazing us all by keeping everyone straight in both courses and knowing who was doing what in their race. The hosts had plenty of people helping and the Florida team even had their own cheer leaders cheering in uniforms. I found out later, that they were swimmers from the age group team.

On Friday afternoon, there was a stroke clinic run by Dara Torres and Rowdy Gaines. They had many attendees and it was fun to watch and see the different drills and techniques. It is always nice to reaffirm that even the top swimmers see the benefit to good stroke technique and the drills to help us achieve that. Dara, who had a baby 3 weeks ago was zipping up and down the pool and managed to do 24's in her 50 free relay splits.!

As we had such a small contingent, we recruited... Melinda Wolff, Huggie and Vikye found a gentleman from Illinois, who was all by himself at the meet and staying at our hotel. We adopted, corrected strokes, and sent him home to pack up the family and move east... Not so sure he will follow thru, but he did become an honorary Colonial. Since we weren't sure what all of our team

members looked like, we sought them out in their individual events, waited until they had finished the race and then told them, great job, you are swimming a relay this afternoon!

Ruth Aaron, our grande petite dame was stellar in all her events. Rob Bonsall had just awesome swims in the fly and free events. Melinda Wolff took care of the sprint free and breaststroke events. Dave Harrison did his distant free events, went away and came back for a 100 free. Debbie Salomone is really improving in the backstroke and free categories. Huggie still owns the distance events and she along with Vikye kept the Colonials in the point hunt for the IM's and Backstroke in the 40-44 age group. Warren Fisher came along on Sunday and just impressed everyone with his sprinting ability in the breast, back and IM.

Aside from the camaraderie created by this small group, we were fortunate to witness some fast swimming. A 40 year old woman went a 1:03 in her 100 breaststroke and a :55 in her 100 fly. A 70 + year old man swam a :57 in the 100 free. Watching all different ages and all different body types and seeing what they can do and how they are physically fit makes you wonder why the USA has a health and fitness problem. Masters swimmers are a great group of people. We met so many nice people. Everyone is willing to chat, share stories, sun block and shade. Even with the group of 9 we managed to be 25th out of 134 in combined teams, 18th out of 95 for women and 53rd out of 117 for men.

It was a fun time in the sun.

CONGRATULATIONS TO THESE 2006 USMS SCY NATIONAL CHAMPIONS!

W 40-44

**VIKYE SWANSON 400 IM, 200 BA, 200 IM, 50 BA
LAURIE HUG 1650 FR**

M 65-69

DAVE HARRISON 1650 FR, 1000 FR

M 20-24

COREY WELCH 200 BA, 200 IM

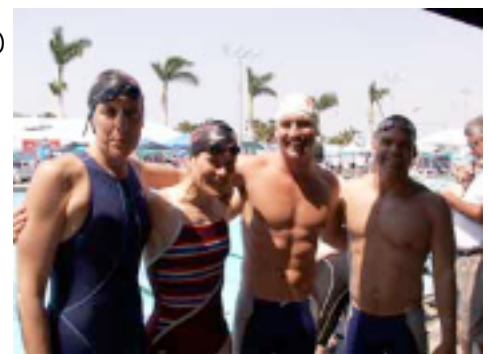
HERE ARE THE FULL RESULTS OFR DEL VAL SWIMMERS:

- W 35-39 Margaret Richards 50 FR (15), 100 FR (10), 50 BR (8), 100 BR (5), 100 IM (6), 200 IM (3)
- W 40-44 Laurie Hug 1650 FR (1), 500 FR (3), 200 FR (6) 200 BA (7), 200 IM (3), 400 IM (3)
Vikye Swanson 50 BA (1), 100 BA (2), 200 BA (1), 100 IM (3), 200 IM (1), 400 IM (1)
- W 45-49 Deborah Salomone 50 BA (5), 100 BA (6), 200 BA (5)
- W 50-54 Melinda Wolff 50 FR (4), 100 FR (4), 50 BR (7), 100 BR (7)
- W 75-79 Ruth Aaron 1650 (2), 500 FR (3), 200 BR (2), 200 IM (5)
- M 18-24 Corey Welch 200 BA (1), 50 BR (2), 100 BR (2), 100 IM (2), 200 IM (1)
- M 40-44 Robert Bonsall 50 FR (4), 100 FR (4), 50 FL (13), 100 FL (14)
- M 45-49 Michael Martin 50 BR (24), 100 BR (30)
- M 50-54 Warren Fisher 50 BA (9), 50 BR (11), 100 IM (12)
- M 65-69 David Harrison 1650 FR (1), 100 FR (1), 200 FR (2), 100 FR (3)

- 35+ W 200 Medley Relay (4) Swanson, Wolff, Hug, Salomone
- 35+ W 200 Free Relay (10) Hug, Salomone, Swanson, Aaron



35+ relay team: (L--R): Salamone, Hug, Swanson, Wolff



L-->R: Vikye, Laurie, Andy Ellis (former 1776'r), Bob Bonsall

COLONIES ZONES RESULTS FOR DVM SWIMMERS
THE MEET WAS SPONSORED BY THE POTOMAC VALLEY LMSC AND BY ALL
REPORTS IT WAS A WELL RUN MEET.

FINS

M 45-49 Robert Kannegieser (48) 200 FR (1), 1000 FR (2), 200 BA (1), 200 FL (1), 200 IM (2), 400 IM (1)

PAFC

M 55-59 Jay Platt (58) 200 FR (4), 500 FR (9), 1000 FR (2), 50 BA (2), 100 BA (2), 200 BA (1), 50 BR (6), 100 BR (7),
 200 BR (4), 400 IM (1)

1776

W 25-29 Alicia Markey (26) 50 FR (7), 100 FR (5), 100 BA (5), 500 FL (2), 100 FL (1), 200 FL (2)

W 30-34 Erica Flickinger (27) 100 FR (11), 500 FR (5), 50 BA (17)

W 50-54 Janet Bright (50) 50 FR (1), 50 BR (1), 200 BR (1)

M 18-24 Pete Murphy (24) 50 FR (3), 100 FR (4), 200 FR (2), 500 FR (1), 1650 FR (1)

M 25-29 Shawn Markey (28) 50 FR (2), 50 BA (4), 50 FL (2)

Scott Dallamura (27) 50 FR (9), 100 FR (5), 200FR (3), 50 FL (7), 100 FL (2)

M 40-44 Greg Roth (43) 50 FR (6), 100 FR (6), 200 FR (8), 50 BA (11), 50 FL (5), 100 FL (8)

Les Szekely (44) 50 FR (7), 100 FR (5), 50 BA (3), 100 BA (3), 50 FL (3), 100 FL (5), 100 IM (7)

Jeff Reilly (44) 500 FR (3), 1000 FR (1), 50 FL (10)

M 45-49 Warren Fisher (49) 50 FR (4), 50 BA (4), 100 BA (3), 100 IM (4)

Ward Schultz (48) 50 FR (8), 50 BR (7), 100 IM (7)

M 50-54 Mark Schuman (50) 50 FR (2), 100 FR (3), 50 BR (1), 100 BR (1), 50 FL (2), 100 FL (3), 100 IM (1)

Paul Trevisan (54) 100 FR (1)

Jack Martin (54) 100 FR (7), 200 FR (1), 500 FR (2), 1650 FR (1), 100 BR (3), 200 BR (2)

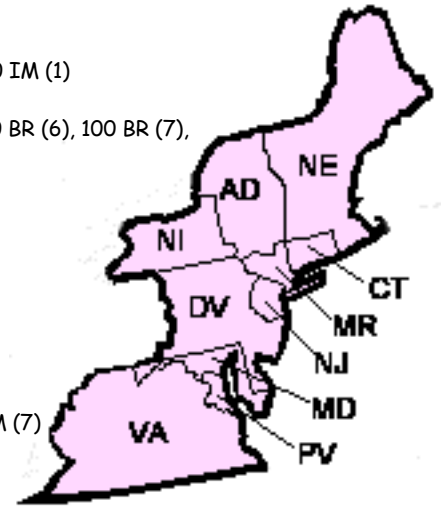
Joe Facenda (50) 100 FR (11), 50 BA (5), 200 BA (4)

M 55-59 Michael Campbell (56) 50 FR (1), 100 FR (3), 200 FR (2), 1000 FR (3), 100 BR (3), 200 BR (1), 50 FL (2)

M 60-64 James Kremzier (60) 50 FR (4), 100 FR (7), 50 BA (6), 50 BR (6), 100 BR (7), 200 BR (4), 100 FL (3), 200 IM (3)

M 65-69 David Harrison (68) 100 FR (1), 200 FR (1), 500 FR (1), 1000 (1)

M 80-84 Norm Garsoe (82) 50 FR (2), 100 BA (1), 200 BA (1), 50 BR (1), 100 BR (1), 200 BR (1)



COLONIES ZONE WEBSITE

Delaware Valley is an LMSC (Local Masters Swim team) under the aegis of the Colonies Zone of USMS. The Zone folks have a website with lots of information: <http://www.colonieszone.org/>

OPEN WATER SCHEDULE OF LOCAL (ONE DAY'S DRIVE) EVENTS

COMPILED BY DELIA PEREZ (dgperez@erols.com)

ACCURATE AS OF MAY 15, 2006

NOTE: THIS REPORT IS MERELY A LISTING OF THE UPCOMING EVENTS. MORE DETAILS CAN BE FOUND IN THE WINTER 2006 LANE LINE OR ON THE DVMASTERS.ORG WEBSITE. TO BE SURE OF THE DATE AND TIME, PLEASE CONTACT THE PERSONS IN CHARGE VIA PHONE, E-MAIL OR THE WEBSITE.

June 3rd (Sat.) **Potomac River 7.5 Mi Swim** - Point Lookout State Park, MD Cheryl Wagner, 3103 Hawthorne Dr NE, Washington, DC 20017-1040, 202-387-2361(h), 202-478-0948 (fax), cherylw@crosslink.net; or www.crosslink.net/~cherylw/pr2003i.htm

June 11th **4.4 Mile CHESAPEAKE BAY SWIM** - <http://www.lin-mark.com> (Entries closed)
1 Mile Bay Challenge Swim - <http://www.lin-mark.com> (Entries closed)

June 11th **Jack King 1-Mile Ocean Swim** - Virginia Beach, VA Suzanne Giersch (757-518-9824); suzgiersch@earthlink.net. Or phone (757-692-4271) kharkins@nsn.cmar.navy.mil or www.vaswim.org (Sanctioned by VA LMSC)

- June 11th **EagleFest 1.2-Mile River Swim** held in Cambridge, Maryland ... www.tricolumbia.org
- June 15th - **2nd Beach Ocean Swims** - Middletown, RI ; Michael Garr, 109 Enterprise Terrace, Kingston, RI 02881
Oct. 15th (401-783-7902) or cell (401-741-7193), Michael.Garr@navy.mil.
- June 17th (Sat.) **15th Annual Swim for Life - 1, 2, 3, 4, 5 Mi Swims** - Chestertown, MD (Rolph's Wharf) and registration starts at 7 a.m. Dawson Nash, DCAC, 4514 Connecticut Ave NW, Washington, DC 20008 (202-686-2150) or e-mail: dawson.nash@verizon.net
- June 17th **2006 USMS 1-3 Mile Open Water Championships (3 km)** held at Hartwell Lake in Clemson, SC
Contact Jacqueline Grossman (864-646-8836) or at jelg@nova.net or USMS.org.
- June 17th **Park to Park 1-Mile Swim** held in NYC ... www.nycswim.org
- June 18th (Sun.) **1 Mile Open Water Swim - Virginia Beach Ocean Swim** - (Father's Day) Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451. Call (757) 422-6811 for info. E-mail: durrantb@aol.com
- June 23rd (Fri.) **1 Mile Bay Swim**, Kennedy Park, Somers Point, NJ; 6:30 pm start, Advance & Day of Race Registration; Karen Pratz, Ocean City Aquatic & Fitness Center, P.O. BOX 570, 18th & Simpson St, Ocean City, NJ 06226 (609-398-6900).
- June 24th (Sat.) **Against the Tide 1 Mile Swim** - Hopkinton State Park, Hopkinton, MA. MBCC (800-649-MBCC) www.mbcc.org/swim
- June 24th (Sat.) **Madison Mile** - Madison, Connecticut. Contact Dave Parcels, 17 Yankee Glen Drive, Madison, Connecticut, 06443
Call (203-606-4529). E-mail: dave@force5sports.com or www.force5sports.com
Sanctioned by Connecticut LMSC with Pre-entry and Deck-entry.
- June 24th **11th Annual Plunge For the Patients (1-Mile Ocean Swim)** held in Wildwood, New Jersey - **6 pm Race**
Contact: Viki Anders by E-Mail: andervi@jhmi.edu or plunge4patients@msn.com and for on-line registration see the web site: www.plungeforpatients.org or also contact (410-502-5395).
- June 24th **Manhattan Island Marathon 28.5-Mile Swim** held in NYC ... www.nycswim.org
- June 25th (Sun.) **1 Mile & 2 Mile Lehigh River Swim**, Allentown, PA; Contact James Platt, P.O. Box 3304, Allentown, PA 18106: jhp35@hotmail.com or Mike Seip, seip@enter.net, or the Emmaus Aquatic Club at emacswim@rcn.com.
- July 1st (Sat.) **1.3 Mile or a 5 K Bridge to Bridge Bay Race**, 8th annual race starting at the Atlantic City High School Crew House at Fairmont Avenue in Atlantic City, NJ (11 a.m. for the 5K Swim and 12:30 p.m. for the 1.3 Mile Swim).
Contact Sid & Kara Cassidy via Email: Sid.Cassidy@saintandrewsschool.net or Kara.Cassidy@saintandrewsschool.net Web site: www.acacswim.com
- July 8th (Sat.) **Greenwich Point One Mile Swim** - Greenwich, CT (Open Water). Contact Jon Harnett, 10 Sachem Rd, Greenwich, CT 06830 (203-869-8714) email at jharnett@bondednj.com or harnettjon@aol.com. Also see www.gscevents.org and the entry deadline is 7/10/2006.
- July 16th (Sat.) **2006 USMS 2-Mile Cable Swim Championships** - held in Chris Greene Lake at Charlottesville, VA
Contact either Dave Holland (804-282-6224) at dholland@rmc.edu or Mark Gill (480-874-7112) at markgill@usms.org www.pvmasters.org/entry/vmst0705.pdf Sanctioned by Virginia Masters (VA LMSC).
- July 15th (Sat.) **1-Mile Ocean Swim, 9th Annual Swim For the Dolphins** held in Wildwood Crest, NJ. Sponsored by the Brigantine Marine Mammal Stranded Center & Wildwood Crest Beach Patrol - Dave Hirsch: (609-465-5590).
6 pm Start at Rambler Rd. & the Beach. Contact L & M Computer Sports, 89 Park Drive, Berlin, NJ 08009.
Wetsuits are permitted and usage encouraged. (www.lmsports.com)
- **July 15th (Sat.) **1-Mile Ocean Swim, 8th Annual Spring Lake Ocean Mile**, held in Spring Lake, NJ.
8 a.m. start. Fee \$15.00. Registration day of from 6:45 and 7:45 a.m. : www.raceform.com
- July 22nd **1 & 2 Mile Canandaigua Lake**, NY - Vern Hecker #(585-394-4075) (Saturday)
- July 23rd (Sat.) **2.4 Mile Race for the River** (Hudson River Swim) in NYC (World Financial Center to Chelsea Piers) www.nycswim.org
- July 23rd **0.5 Mile Cove to Cove Swim**, held in NYC ... www.nycswim.org
- July 29th (Sat.) **1-Mile Masters Ocean Swim - Ocean City**, NJ (34th Street) - L & M Computer Sports, 89 Park Drive, Berlin, NJ 08009 (609-767-1337)(www.LMSPORTS.com). Contact Darren Hickman, (609) 926-9191 - E-mail: darrenhickman@hotmail.com The 26th Annual Masters Ocean Swim starts at 6:30 p.m. - register at the 34th Street Ocean City Beach Patrol headquarters (609-525-9200).
- July 29th (Sat.) **2006 USMS 1-Mile Open Water National Championships** - Lake Erie, Cleveland, Ohio
Sanctioned by O*H*I*O Masters - Contact Tom Spence (216) 299-3858 (talltom13@msn.com)
- July 29th **Governors Island 2-Mile Swim** held in NYC ... www.nycswim.org
- **July 30th (Sun.) **1 & 2 Mile - Gilbert Lake State Park, Oneonta, New York**. Sanctioned by the Adirondack Masters ; USMS membership is required with onsite one-day membership available at registration. Races start at 10 a.m. Contact race director, Verna Engstrom-Heg (607-829-8785) or email her: bobverna@wpe.com

- August 5th (Sat.) **Swim Across the Sound – 25K Open Water Swim** held Captain's Cove in Bridgeport, Connecticut. See www.force5sports.com/calendar/index.cfm
- August 5th **10th Annual YMCA Lake Champlain Shore-to-Shore Swim** (8 miles) held n Burlington, VT. The water temperature is 69-72 degrees. The swim starts at 9 a.m. and finishes at Blodgnet Beach (private beach) in Burlington, Vermont. Contact: Tad Hale at the Greater Burlington YMCA (802-862-9622) or e-mail thale@gbymca.org or phoebl@gbymca.org
- August 12th (Sat.) **2006 USMS 6+ Mile Open Water Championships (10 km)** Horsetooth Reservoir in Fort Collins, Colorado. Wingshadow – Contact George Thornton (970) 482-1818 or at louiset36@comcast.net
Or contact Nicole Vanderpoel at nicolevanderpoel@msn.com
- August 12th (Sat.) **22.5 Mile Around the Island Marathon Ocean/Bay Swim**, in Atlantic City, NJ. This race starts at 8 a.m. from Gardner's Basin in Brigantine, NJ. For the amateur relay teams of 3 to 6 person teams, contact race directo, Michael Geigerich, (<http://acswwim.org/>) or call (609-926-0714) (cell #609-204-2873) at 139 Blackman Road, Egg Harbor Township 08234.
- August 12th **Boston Light 8-Mile Swim** held in Boston, MA ... www.bostonlightswim.org
- August 12th **Island Beach Two Mile Swim** - Greenwich, CT (Open Water). Contact Jon Harnett, 10 Sachem Rd, Greenwich, CT 06830 (203-869-8714). Email: jharnett@bondednj.com or harnettjon@aol.com
Website at: www.gscevents.org. The event is sanctioned by CT- LMSC and entry Deadline 8/6/2006.
- August 19th **Mid Summer 1 Mile Ocean Swim** held in Seaside Park, NJ –Janet Sellitto at the Ocean County YMCA, 1088 Whitty Road, Toms River, NJ, 08755 (jsellitto@ocymca.org) or (732-341-9622 ext. 2214). Swim starts at 12th & Ocean Ave, Seaside Park – **8 a.m. Start.**
- August 19th **Against the Tide 1 Mile Swim** - Nickerson State Park, Flax Pond, Brewster, MA (800-649-MBCC)
Website at: www.mbcc.org/swim
- **August 19th (Sat.) **1 Mile Inlet Swim (YATES)** - Captain Francis Bennett, Atlantic City Beach Patrol, Public Safety Bldg, 2715 Atlantic Ave, Suite 420, Atlantic City, NJ 08401. **6:45 PM START.** Call (609-347-5306) or www.ACSwim.org. Check in at Gardners Basin, North end of Atlantic City .
- August 20th **Riverside Park Tune Up 1.5K Swim** held in NYC ... www.nycswim.org
- August 26th **Little Red Lighthouse 5 Mile Swim, New York City, NY** www.nycswim.org
- August 26th (Sat.) **2.6 Mile Bay Swim**, Somers Point, NJ. Contact: Polly Thielor, 218 Virginia Avenue, Egg Harbor Twp, NJ 08234. Call (609-646-8439). **WET SUITS ARE ALLOWED!** 1-Mile Race starts at **8:00 a.m.**;
2.6-Mile Race starts at **10:15 a.m.** – based on tides. Check in at Somers Point in Kennedy Park. Contact gthielor@comcast.net or <http://thielor.com/Rainbow>
- August 27th (Sun.) **1 Mile Bay Swim, Brigantine Bayfest Swim**, Brigantine Elks Lodge, PO Box 44, Brigantine, NJ 08203. Call (609) 266-9826. 6:00 PM start. Located at 3rd & Bay Shore Drive.
- Sept. 2nd (Sat.) **1.5 Mile AC Pageant Ocean Swim**, Norm Draper, Atlantic City Beach Patrol, Public Safety Building, 2715 Atlantic Ave, Suite 420, Atlantic City, NJ 08041. **9:45 AM Start** in front of Showboat Casino on the Boardwalk. Contact (609- 347-5466) or Fax: (609-347-5211). Web site: www.ACSwim.org
- Sept. 9th (Sat.) **2006 USMS 5K Open Water National Championships** held at Lake Michigan in Chicago, IL. Peggy Dempsey, 5476 N. New England, Chicago, IL 60656 (773-775-5687). Or contact Chris Sheean (708- 445-1944) or at: chris@bigshoulders.org; website: www.usms.org/longdist/ldnats05/2.5kentry.pdf. Sanctioned by Chicago Masters (MI LMSC).
- Sept. 9th **Provincetown Harbor Swim for Life** - Provincetown, MA Jay Critchley, Swim for Life, PO Box 819, Provincetown, MA 02657 (508-487-1930) email at: thecompact@comcast.net. Website at: www.swim4life.org. Event sanctioned by (NE-LMSC).
- Sept. 9th **Brooklyn Bridge 1K Swim** held in NYC ... www.nycswim.org
- Sept. 16th (Sat.) **Alcatraz Sharkfest 1.5-Mile Swim** held at Alcatraz Island in San Francisco, California. www.envirosports.com/events
- Sept 23rd (Sat.) **1 & 2 Mile Bay Swim – September Splash**, Wildwood Crest, NJ, Sunset Lake, Paul Ave & the Bay at the **Bay View Inn**. 2 Mile Race starts at 9 a.m. and the 1 Mile Race starts at (approximately) 11 a.m. Wetsuits Permitted. Contact: call (609) 729-3038 – L & M Computer Sports (www.LMSPORTS.com) 89 Park Drive, Berlin, NJ 08009
- **Sept 23rd **5K, 3K, 1K Ocean Swims**, Ocean City, MD; Call (301-934-3675); 9/20 Cutoff for entries. Team Awards, Noon Start, Race Dir. Ken Zuiderhof.
- Oct. 21st (Sat.) **Bonaire EcoSwim 10K, 5K and 1K Swims** – held in Bonaire, Netherlands Antilles. Contact Randy Nutt, PO Box 9448, Coral Springs, FL 33075. Call (305-753-5337) or (800-356-5132) or info@randynutt.com
(limited entries) www.randynutt.com/bainfo06.pdf Entry Deadline: 9/30/2006. www.swimrace.com

Vacation Notice– If you're going to **Waikiki**, there are rough water swims held monthly and be sure to contact Ernie Leskovitz (808-396-8866). For practice at the University of Hawaii: call Joe Lileikis (808-395-7433).
Going to Florida, either late December or early January swim in the 1-Mile Ocean race-ISHOF, One Hall of Fame Drive, Fort Lauderdale, FL 33316, (954) 462-6536, Fax (954) 525-4031 – Deerfield Beach 1-Mile and Boca Raton 1-mile and be sure to contact Steve Griffith, (561) 393-7820 or 393-7842.

UPCOMING (SOMEWHAT LOCAL) SUMMER MEETS:

- JUNE 18** **JEANNE AND JOHN MERRYMAN MEET (LCM)**
 @ UMLY, BERWYN, PA
 DEADLINE: RECEIVED BY TUESDAY, JUNE 13, 2006
- JUNE 30** **PA SENIOR GAMES (SWIMMING) (SCY)**
 @ SHIPPENSBURG UNIVERSITY
 (<http://www.keystonegames.com/PASeniorGames.htm>)
 DEADLINE: JUNE 5TH (W/LATE FEE: JUNE 9)
- JULY 29, 30** **NJ SENIOR GAMES @ ATLANTIC CITY HIGH SCHOOL (SCM)**
 (<http://njso.us/>)
 DEADLINE: JULY 14, 2006
- AUGUST 26-27** **COLONIES ZONES LONG COURSE MEET (LCM)**
 @ GEORGE MASON UNIVERSITY, VA.
 (www.pvmasters.org/entry/pv0806.pdf)
 DEADLINE: RECEIVED BY AUGUST 16



22 CHATHAM ROAD
ARDMORE, PA 19003