

THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

SUMMER
2008

www.dvmasters.org

YOUR EDITOR SPEAKS!
JUDY MICHEL (SWIMICHEL@MAC.COM)

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Greetings to All. The weather is FINALLY getting nice and warm. Some people are lucky enough to move to outdoor pools -- maybe even 50 meter -- for training.

Of course the Open Water Season has also begun. The full list of swims was published in the March Lane Line and updates are on page 3 and on the web site. Hopefully, the cost of gas won't keep too many people from traveling *down a'shore* for these events.

Patrick Lee Loy, our Registrar, reports that we now have 557 individual members. In addition, there are 12 LMSC (Local Masters Swim Clubs) registered with DVM. These are healthy numbers for us.

A small contingent of DVM swimmers attended the major meets this past Spring. Twenty-seven competed at the Colonies Zones Meet in Virginia. Fifteen swimmer earned First place awards. Fifteen DVM'rs flew to Austin, TX, for SCY USMS Nationals. Three came home as National Champions: Vikye Swanson (2), Stu Marvin (2), Dave Harrison (2). In addition, seven swimmers wandered on down to Fort Lauderdale for the YMCA Nationals. Six came home as National Champions: Kris Jarecki (1), Janet Jastremski (1), Joan Waldbaum (4), Craig Stevens (3), Tom Tulenko (3), Dave Harrison (3). Specific results and pictures are to be found within the Lane Line. To see actual times, please go to the USMS web site!

You might notice a few more photos in this edition. But I would like even more. (That's a HINT!)

I am really pleased with the number of folks who are getting their Lane Lines through e-mail. It really does cut down on the cost and I hope you can appreciate the color photos better. Currently, the snail version is mailed to about 300 swimmers.

A note about e-mail addresses. Some of your addresses have bounced back to me. When it happens more than once, I do delete your email address from my list. So if you are wondering why you are not getting any e-mails, that could be it. Send me a valid e-mail and I will fix it. These seem to happen most often with gmail, hotmail, and yahoo accounts!

Tentative future plans call for a once a month e-mail (as needed) with entry forms and announcements for swimmers. So if you have a event you would like to have listed, please send it to me **by the 20th of the previous month**. The e-mail would go out within the first five days of the month. If there is no news, there would not be a notice.

The focus of the Lane Line will continue to be to publish results of the major meets, Top Ten Swimmers, and to have articles which might be of interest to our members. I am especially interested in articles on swim techniques, health, and fitness. Personal journey stories are also welcome. I have had great articles from my regular contributors -- Many. Thanks to Laurie Hug, Lisa Semels, and Tom Tulenko -- but I welcome articles from others.

THE DEADLINE FOR THE NEXT EDITION OF THE LANE LINE WILL BE SEPTEMBER 20TH, FOR RELEASE IN EARLY NOVEMBER.

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

As a member of the Dolphin Club of San Francisco I have been asked where we hide the pool in the small building overlooking Aquatic Cove and Alcatraz. An incredulous look often follows the answer which includes pointing to all of San Francisco Bay and explaining that the "Pool" is open 24 hours a day, 365 days a year while being "Maintained" below an invigorating 62 degrees. Founded in 1877 to promote year around open water swimming in the San Francisco Bay, the club's swim calendar kicks off each year on New Years Day with a No Wetsuit swim from Alcatraz in which the oldest participants are often pushing 70 years young.

In keeping with that club's spirit and history, the Ocean City Swim Club was started at the end of 2007 to build an open water based swimming community similar to those my wife Michelle and I experienced during our years in Santa Cruz, CA. Michelle grew up outside of Philadelphia and in the summers would escape with her family to the Jersey shore, and the presence of her family in South Jersey brought us both to Ocean City in 2006. After my first visit to the Atlantic in front of the Music Pier and my first summer exploring the waters of the ocean and back bays I was hooked. The area rivals anywhere I have been in California for open water training and racing opportunities. For the first time mile swimmer, the new triathlete or the aspiring Channel crosser, the Ocean City Swim Club is intended to be a way for us to share our passion for the water and hopefully instill that same love and respect for the water in anyone who wants to join us.

The current members of the Ocean City Swim Club mostly came together through connections in the local beach patrol or at the Ocean City Community Center Pool where many of us swim. Although our focus is open water, the club competes in pool meets throughout the area and had members at the Colonies Zones Championships and Masters Nationals in Austin, TX.

We are still learning how to best serve and build the water community in Delaware Valley, and tentatively we are working on the following for the summer of 2008:

...Open Water Workouts - 8:00 AM on Sundays with a Saturday or weekday workout to be added if demand exists. Meet on the beach in front of the Longport

Lifeguard HQ on 32nd Street. Workouts will have a coach on a paddleboard in the water and a course of 200 - 400 meters will be set up for various workouts. All participants will need to be USMS registered swimmers (Bring your card.) and a drop-in fee of \$5.00 is requested. A post workout tent will have bagels, coffee, tea and fluid replacement drinks.

...“Touch the Earth, Feel the Water” Yoga and Open Water Swimming Clinics - This will be a 3-4 hour clinic held at the beach to include a class in Triyoga designed specifically for swimmers and triathletes, an instruction session on open water swimming and finally an open water swimming session with paddleboard and swimmer escorts providing in water instruction. Each session will be limited to 10-15 participants.

...The first ever “Stroke & Float” event - Inspired by the horse and runner “Ride and Tie” events, this will be a low key race where two swimmers will share one paddle or surfboard and alternate with one swimming and one paddling at all times over a 3-4 mile course. We expect off the wall awards and, in the interest of promoting ocean mindedness, time bonuses for anyone finishing with trash collected along the course.

Aside from water activities, the club intends to be a conduit for getting out information on ways to experience our oceans and lakes in a manner that is safe, environmentally responsible and challenging at a level comfortable for anyone interested. We can help people learn how to read a tide chart, adapt to swimming in cold water, learn to emerge from the water more ready for the next event or plan a major open water swim.

Please check us out at www.oceancityswimclub.org, and thanks for making us feel welcome in Delaware Valley. We look forward to hearing from anyone with suggestions or requests, and we will see you in the water.

Bruckner can be reached at
Bruckner@chasesolutionsllc.com

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

CHAIRMAN: VIBKYE SWANSON
VICE CHAIRMAN: LAURIE HUG
TREASURER: PATRICIA TIMMINS
SECRETARY: TRACEY DEGERBERG

COMMITTEE CHAIRS:
COACHES: DICK JACKSON
LONG DISTANCE/OPEN WATER: DELIA PEREZ
NEWSLETTER EDITOR: JUDY MICHEL
OFFICIALS: STEPHANIE WALSH-BEILMAN

REGISTRAR: PATRICK LEE LOY
SANCTIONS: GEORGE HORAN
TOP TEN RECORDER: JEN HENSELL
WEB MASTER: DAN ALLEN
RECORDS: STEVE KELLY



L --> R: Shane Schwarz, Andy Wood, Bruckner Chase, Michelle Evans-Chase, Ahmed Abdelaal, Chrissy Miller, Wendy Wallace, Mark Jamieson. (Missing: Drew DeCagna, Justin Southard, Mohamed Abdelaal, Denis Crean)

OPEN WATER UPDATES

REFER TO THE WEBSITE AND THE CALENDAR IN THE MARCH ISSUE FOR FUTURE CHANGES/CONFIRMATIONS.

- (1) The One Mile Bay Swim is now confirmed for **June 27th (Friday)**
- (2) Leigh River Swims are now **confirmed for June 22nd**
- (3) Bridge-to-Bridge Swim is now **confirmed for July 19th (Saturday)**
- (4) "**Rainbow Channel Swim**" has a new location, race director and contact information (and the name may change due to these changes): Yacht Club of Pleasantville, Bayview Avenue & Bay Drive, Pleasantville, New Jersey 08232 -- phone (609-641-0393) Race Director: John Glassy
- (5) Mid Summer Ocean Swim is now **confirmed for August 9th**



NICE SMILE, BUDDY...!

New entries:

- Sept. 20th **13th Annual Alcatraz Invitational Swim** - South End Rowing Club (San Francisco, CA) ... www.south-end.org
- Oct. 11th **Open Water Swim Vacation** - La Paz Mexico_- October 11th to 17th 2008. Contact Gary Emich. www.bajaex.com/ChooseYourAdventure/SwimmingExpedition.html
- Oct. 15th **Open Water Swim Vacation** - La Paz Mexico - October 15th to 21st 2008. Contact Gary Emich. www.bajaex.com/ChooseYourAdventure/SwimmingExpedition.html

Well, yeah, anyone who has done one knows that the sport of triathlon RULES. Duh! But this is not an article espousing the virtues of the tri-life. Nope, it is about the ever-exciting topic of rules and regulations for the sport of triathlon. Recently I've started working with several new triathletes and many are not aware of the basic rules of the sport. Unlike running where race organizers tend to turn a blind eye towards rule-breakers such as bandits (racers who don't register) and runners with mp3 players, sanctioned triathlons hire officials to enforce the rules. With the number of new athletes trying out triathlon there are bound to be more and more rules being broken unintentionally. Nobody likes to finish only to later discover that they have been penalized or, even worse, disqualified.

What follows is list of some of the key competitive rules for USA Triathlon sanctioned events. Events that are not USAT sanctioned usually follow the same basic rules but often without the same level of enforcement. This list is not exhaustive but includes some of the most common violations. A complete list of USAT rules can be found on the USA Triathlon website, www.usatriathlon.org/rules_officials/rules.htm.

-Be sure to rack your bike in your assigned transition spot. Some races assign each racer a set spot, others have a rack for ranges of race numbers (e.g. numbers 100-124 will have a rack and you can pick a spot anywhere on that rack) and still others have open racking with first-come first-served rack placement. When there are assigned racks, officials will often walk around the transition area before the race or during the swim portion marking down the race numbers of those with bikes racked in the wrong spot. Additionally, once you return from the bike leg portion of your race you must rack your bike in your original transition spot or again risk a penalty.



-No glass containers are allowed in the transition area.

-Wetsuits may be worn as long as the water temperature is 78F or less. They are also allowed to be worn when the water temperature is greater than 78 but less than 84F though the racer will not be eligible for any awards. No wetsuits are permitted when the temperature is 84F or higher.

- The bar ends on your bike must be plugged. Be sure to check this before arriving at the race as it may be hard to find a bar end on race morning if the race doesn't provide race day mechanical support.

- Your helmet must be buckled at all times while you are on the bike. It must be buckled before mounting the bike at the exit of the first transition (T1) and it needs to stay fastened until you have dismounted heading into the second transition (T2). Failure to keep the helmet buckled at all times while on the bike will result in a disqualification (DQ).



- The athlete is responsible for knowing the course. In nearly all well organized races the course will be clearly marked and volunteers often will be on the course directing racers when it is time to make a turn. It is still a good idea to check out the course map before the race just in case a volunteer fails to show up for his/her post or the road markings are not clear. If for any reason you end up going off course, you must re-enter at the point where you went off course or risk a penalty or disqualification.

- Ride on the right side of the road unless passing to avoid a blocking penalty. Even if there is nobody behind you, you can get a position violation if you are not riding on the right. When passing, you also must take care not to cross over solid yellow lines unless the race is closed to traffic and the race director specifies that this rule will not be enforced.

- Drafting is not allowed on the bike leg of the triathlon. You must keep 7 meters (about 3 bike lengths) between you and the cyclist in front of you. You have 15 seconds to make a pass on



the left side of the other cyclist. The pass is considered complete once your front wheel has passed the front wheel of the other cyclist. The onus is now upon the passed rider to drop back out of your zone while you move back over to the right side of the road. If you are not able to complete the pass within 15 seconds you must then drop back 7m before attempting another pass.

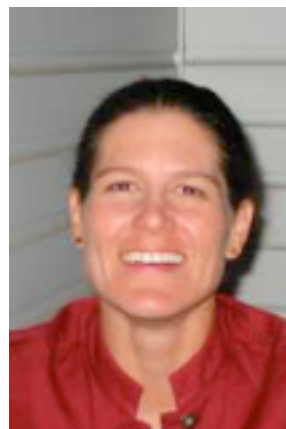
- As mentioned in the previous bullet, if someone passes you, you must immediately drop back out of the drafting zone (3 bike lengths). This is one of the most common violations as in the heat of competition it is all too easy to want to try to re-pass right away, but in order to avoid a possible drafting penalty you must back drop 7 meters before attempting to re-pass.
- Littering is not allowed. You can dispose of trash (gel wrappers, water bottles) at aid stations or in your transition spot.
- Headphones are not permitted on the race course. Unlike running races, this rule is enforced and the offending racer will receive a time-based penalty.
- Outside assistance is considered a penalty. Family and friends cannot hand you food or beverage during the race nor can they run or bike alongside you during the race. Non-racers cannot help you fix a flat tire. Other race participants can help you and if the race provides mechanical support that is also permitted since this type of support is available to all competitors.
- All other athletes, officials and race volunteers must be treated with respect and courtesy. Unsportsmanlike conduct (including foul or abusive language) is not tolerated and will result in a DQ.
- Race numbers cannot be transferred to another person nor is it permissible to race without being registered. Yes, even if the race is sold out and you have a friend who is registered and cannot make it, you are not allowed to race using your friend's number UNLESS you receive special permission from the race director. This is for insurance reasons and carries the harshest of penalties - a DQ plus a one year suspension from membership in USAT.

Violations of most of the rules above (unless otherwise noted) will result in a time-based penalty depending on the length of the race. Sprint and Olympic Distance violations carry a 2 minute penalty for

the first occurrence and a 4 minute for the 2nd; Half-Ironman Distance violations carry a 4 minute penalty for the first occurrence and an 8 minute penalty for the second occurrence; Ironman Distance races carry a 6 minute first occurrence penalty and 12 minutes for the 2nd. If you are cited for three violations you will be disqualified.

The USAT officials do not give warnings if you commit a foul. At the end of the race the Head Referee reviews all violations and decides if a penalty will be assessed. If the race posts the results after the event, a list of those who received penalties will usually be included. If the results are not posted immediately after the event, you can check with the Head Referee to see a list of violations. If you have the need for an explanation or further clarification of any rules you should ask an official *before* the race starts. Referees will be wearing either red uniform shirts, or red, white and blue uniform jackets or striped uniform shirts and should be easy to spot at the pre-race meeting.

Learning the rules of the sport may not be fun or exciting but it is important in order to ensure a safe and fair race for all competitors. So spend a little time learning the basic rules then go out and try to break the speed limit - which is one thing that is NOT a violation.



Laurie is a USAT Level II Certified Coach who is currently coaching triathletes, giving private swim instruction at Germantown Academy, conducting customized swim and triathlon classes at GA and Indian Valley YMCA and recently finished the season as an assistant coach for the CB West HS Swim Team.

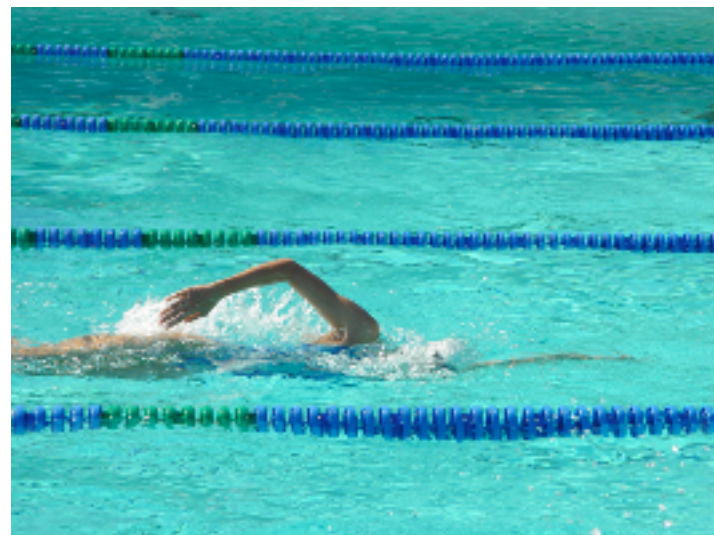
We are often tempted to quantify core-body rotation numerically - e.g. more than 30 but less than 90 degrees - but few of us are likely to carry a protractor to the pool to pin down the number. I've found that it's easier and more "organic" to be guided by kinesthetic awareness and a clear sense of the potential benefits and costs of more or less rotation. Here are six "Rules for Rotation" that have worked in my own freestyle practice and with the students I teach:

1. Rotate enough to allow a relaxed, healthy recovery.

Shoulders are notoriously troublesome joints which are particularly vulnerable to strain when the arm is behind the body (imagine lying on your stomach, flat on the floor and bringing your arm forward with your elbow higher than your back). With greater rotation, lifting your arm for recovery will be easier and your shoulder will be in a more stable position.

2. Rotate enough to allow a weight shift from track to track. Rather than using your arms to push water back, use your lead hand as an anchor, holding your "place" in the water. Shift your weight forward from that lead hand/anchor onto the new lead hand; the weight shift is achieved as you rotate from track to track.

3. Rotate enough to allow a shoulder to reach the air and follow that shoulder to air for a breath. Lifting the head for a breath will harm your balance, alignment and propulsion. In the skate position, the mouth is near the shoulder; maintain that proximity as the shoulder rotates to the air and the mouth follows to breathe.



4. Limit rotation to receive more support from the water, thereby improving your balance. If you lay a dinner plate face down in the water and release it, it will descend slowly. If you turn it on edge and release it, it will descend rapidly because it has lost support. So it is with our bodies: as you rotate from a flat position, you lose support and your hips may fall through. It's important in your skating practice to find the balance point - where you lose enough support that your hips drop. Limit your rotation short of that point.

5. Limit rotation to improve rhythm - too much rotation when breathing makes an uneven rhythm. Many people rotate more than needed to get a breath; this extra rotation will either take more time to accomplish or require an energetic, rushed stroke. In the first case, the likely outcome is that energy is wasted holding a static position (especially if balance and alignment are compromised as your head reaches for the air), and momentum is lost because your stroke rhythm (propulsion) is interrupted. In the second case, the rushed energetic stroke will likely create waves, damage your alignment, and swirl away water, rather than using it effectively. In some cases, it becomes aquatic violence: water has a way of getting even with you for treating it roughly!

6. Limit rotation to increase stroke rate. If you want to swim faster (and you can consistently maintain a stroke count (SPL) for the distance you choose to swim), the key is to increase your stroke rate. Because rotation takes time, it may help you to increase your stroke rate by limiting rotation. Because we are land based animals, swimming often presents us with compromises. The first three rules ask us to rotate; the second three rules ask us to limit rotation. Practicing with all six rules in mind helps us find the right compromise for effective swimming.

During his first year as a competitive triathlete, Brian struggled with the swim. He wasn't fast, and he could barely walk after the swim leg of a triathlon. Then he found Total Immersion. After one year of TI swimming, he took over one minute off of his 1500M swim time, and came out of the water running! Now he's hooked on TI, and shares his passion for swimming with his students. This article appeared originally in Brian's FDS Coaching newsletter at <http://fdscoaching.com>.

**CONGRATULATIONS TO THE DVM
2007 USMS ALL AMERICANS!**

To be recognized as attaining All American status, a swimmer must post the fastest time in an event/age group in at least one course of the three official courses as listed in the USMS Top 10 Tabulation or in one of the recognized Long Distance Championships. For pool events, swimmers may achieve Individual All American status for the fastest time in individual events or Relay All American status for the fastest time in relay events.

WOMEN:

CHRISSY MILLER 19-24 OCSC
SCM 100 FR
KATE DONALD 25-29 PAFC
SCM 200 FL
MICHELLE KAGY-SCHWARTZ 30-24 PAFC
SCM 200 FR, 1500 FR
LAURIE HUG 40-44 1776
SCM 800 FR, 1500 FR, 200 FL, 400 IM
SCY 1000 FR



DAVID HARRISON, LAURIE HUG

POOL WINNERS -- RELAYS

OCEAN CITY SWIM CLUB
AHMED ABDELAAL
SHANE SCHWARZ
ANDREW WOOD
MARK JAMIESON
BRUCKNER CHASE
CHRISSY MILLER

PENNYPACK AQUATIC AND FITNESS CLUB

BARBARA BURKE
DENISE JASKELWICZ
BRIGHID DWYER
DANA BURKART
MICHELLE KAGY-SCHWARTZ
KATE DONALD

MEN:

RYAN RIEBESELL 18-24 PAFC
SCM 50 FL
ADAM RITCHIE 25-29 UNAT
SCM 200 BA
NICHOLAS MAHLER 30-34 CPAC
SCM 200 BR
RAYMOND LOEWE 65-59 PAFC
SCM 200 FL
LCM 200 FL
DAVID HARRISON 70-74 1776
LCM 200 FR, 400 FR
ROGER FRANKS 80-84 1776
SCM 100 BA, 200 BA
LCM 100 BA, 200 BA
SCY 200 BA
CLARENCE WEBB 85-89 1776
LCM 50 FR



MICHELLE KAGY-SCHWARTZ (L) AND KATE DONALD (R)
WITH COACH DICK JACKSON

The January 2007 ONE HOUR POSTAL SWIM (OHP) kicked off the long distance calendar in fine fashion. The final report takes up 84 pages, with 35 pages of women's results (There are about 30 names per page.) and 34 pages of men's results. So by my math, that is about 2070 swimmers. They unfortunately, do not produce a paragraph type report.

Colonials 1776 were placed in the Medium team category with 24 swimmers and they placed 11th and had the highest yardage - 97,7735 -- for teams of 24. Fins, with 6 swimmers totaled 23,485 yards and took 3rd in the small team sub category of teams with 6 swimmers.

The Colonials 18+ women's relay took first place. Laurie Hug took first place in the 40+.

RELAYS

W18+

1 1776 COLONIALS 14505
REASONER, ELIZABETH 23 4250
HUG, LAURIE 42 5200
SWANSON, VIBEKE 46 5055

W 45+

10 1776 Colonials 11640
 Douris, Meg 48 3545
 Hoke, Linda 52 4225
 Jastremski, Janet 60 3870

Men 35+

6 1776 Colonials 13510
 Zimmermann, Glen 44 4190
 Williamson, David 43 4385
 Zawodny, Arthur 41 4935

11 1776 Colonials 11540

Barbee, Kenneth 43 4020
 Weitz, Charles 63 3445
 Gessner, Thomas 48 4075

Men 45+

9 1776 Colonials 13785
 Degroat, Michael 48 4975
 Stevens, Craig 55 4725
 Heimann, Rich 48 4085

INDIVIDUAL

W 18+

16 Elizabeth Reasoner C 23 1776 4250
 36 Meghan Gardner L 24 BCCM 2850

W 25+

27 Krista Chmielewski L 26 1776 4250
 51 Grace Schlosser W 28 FINS 3750

W35+

45 Elke Hofmann A 35 FINS 4110

W40+

1 LAURIE HUG 42 1776 5200
 105 Cindi Veverka P 43 1776 3485
 117 Carolyn Placke A 43 UNAT 3350

W 45+

2 Vibeke Swanson LH 46 1776 5055
 79 Susan Underwood E 47 1776 3750
 94 Merrill Hilf J 47 UNAT 3625
 107 Meg Douris 48 1776 3545

W 50+

14 Linda Hoke M 52 1776 4225

W 60+

4 Janet Jastremski M 60 1776 3870

M 35+

54 Michael Emery J 37 FINS 4000

M40+

16 Arthur Zawodny T 41 1776 4935
 45 David Williamson A 43 1776 4385
 60 Glen Zimmermann A 44 1776 4190
 79 Kenneth Barbee A 43 1776 4020
 93 Fritz Keith A 40 1776 3875
 115 Joseph Phillips X 42 1776 3700
 148 Micheal Ansel A 42 1776 3150

M45+

13 Michael Degroat 48 1776 4975
 50 Konrad Fritz 47 UNAT 4425
 97 Rich Heimann 48 1776 4085
 100 Thomas Gessner L 48 1776 4080
 135 Jeffrey Bush E 49 1776 3690
 164 Robert Jaeske H 48 1776 3350

M 50+

11 Robert Kannegieser J 50 FINS 4750
 51 George Horan T 53 FINS 4250
 103 Donald Verlenden P 54 FINS 3750

M 55+

9 Craig Stevens W 55 1776 4775

M60+

46 Charles Weitz A 63 1776 3445

M 70+

8 Tim Plummer 71 1776 3575

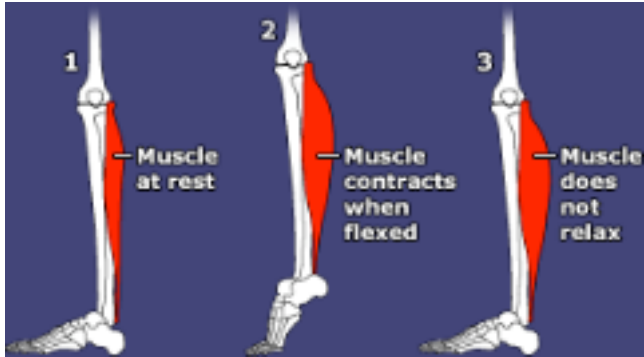
ARE THE NEW SUITS LIKE THE SPEEDO LZR LEGAL IN MASTERS SWIM MEETS?

Answer: Yes, if they have been approved by FINA. It has been the practice of both USMS and USA Swimming to follow FINA's approvals and rejections of new swim wear (high-end competitive suits of new design and materials such as the Speedo LZR, TYRTracer Light and Tracer Rise, the Blueseventy Pointzero3, and the Xterra Velocity 0.02 all of which have been approved by FINA).

The USMS Rules Committee has established the following policy, "FINA approval or rejection of new swim wear will be accepted by USMS." This approval is in effect for competitions held in pool, postal, and open water events.

DO YOU GET LEG CRAMPS DURING YOUR WORKOUT? BY TOM TULENKO

Leg cramps are a real hassle for lots of swimmers, and unfortunately, they increase in incidence with age so older athletes tend to have considerably more problems with leg cramps than younger athletes. Leg cramps and leg pain can be caused by a variety of conditions, and medically they can be associated with poor blood flow to the leg muscles, i.e., vascular disease (plaque and/or stiffening of the iliac and/or popliteal arteries). This can lead to intermittent pain and cramps called "claudication" (latin for "to limp") which is essentially the same thing that happens to the heart with heart attacks or brain with "ischemic" strokes, but with claudication, the flow obstruction is in the leg arteries. This occurs in about 1% of the population under 60 and 5% over 70 and usually requires vascular surgery. Fortunately, however, this is almost never the basis for leg cramps in masters swimmers. The leg cramps we get basically come from an increase in electrolyte concentration across the cell membranes of the affected muscles. This allows excess calcium to enter the muscle cells and causes unintended contractures, and thus the cramps. In athletes, this almost always results from dehydration, which becomes much more likely as we age, and is greatly compounded by fatigue (e.g., with too little sleep, getting run down, illnesses (even colds), etc.).



-Avoid caffeine which is a diuretic - makes you pee more and this causes dehydration.

-Maintaining adequate hydration is very important, but over hydration is also bad. In fact, runners who over hydrate, say in a marathon, have actually died from this! Over drinking can dilute the electrolytes ("hyponatremia") to a lethal level. This highlights the fact that water "intoxication" can be dangerous. If it were just invented, the FDA would only approve water consumption with a physician's prescription!!! For this reason, sport drinks like Gatorade (with electrolytes) are better than plain water for hydration. Drink water MODESTLY during workouts (I don't drink at all during the work out).



Ergo, things you can do to reduce leg cramps:

-Get plenty of bed rest during peak workout periods, like gearing up for nationals. Unfortunately, bed rest is the first thing to go in busy people who tend to burn the candle at both ends as a life style - typical of many masters swimmers! Adequate sleep is the best prevention of fatigue. Even a 20 minute power nap one hour before workouts has great benefit on workout performance and cramp-free swimming.

Moreover, restoring tissue hydration, i.e., down at the cellular level, takes several hours to achieve by drinking, unlike intravenous hydration which is much faster. For this reason, drinking during the workout usually doesn't help all that much to prevent cramps. Coming to the workout fully hydrated works best. Coming with a hangover (very dehydrated) works worst! A simple barometer of full hydration is when your urine is clear; ergo, after a heavy workout, hydrate until your urine is clear, not yellow.

-Maintaining proper body electrolyte levels is a simple matter of proper diet, and foods rich in electrolytes like bananas and fruits help, but for most people, they really don't do the job in preventing cramps.



-The simplest solution is to take an over the counter magnesium tablet (250 mg) with breakfast. Mg++ blocks the calcium channels in the muscle membranes and prevents over accumulation of intracellular calcium. This works for most, but not all people. If nothing else, it raises the threshold for cramps, i.e., you may still get them, but later in the workout. This is a simple, safe and cheap solution for most, but not all causes of ordinary cramps. I've been taking Mg now for about 2 years with overall very good results. I can finally make it through the postal swim without cramps, twice now, whereas before Mg, I started cramping at about 45 - 50 minutes. I still get cramps toward the end of hard workouts, but they are confined to the toes and feet, and rarely do I have to quit due to cramps.

In summary, cramps can be due to various known and unknown causes. Risk for cramps during swim workouts can be minimized by balancing good hydration, plenty of sleep and adequate electrolyte intake. In addition, some people get relief with daily Mg supplements.

FEEDBACK: Tom would like your feedback about this or any other articles he writes. He can be contacted at thomas.tulenko@jefferson.edu



Tom Tulenko is a USMS top-ten swimmer, and works out with the VFM, Ambler, Fins and GA masters. In his day job he is a professor at Thomas Jefferson University School of Medicine.

MASTER'S SWIMMING -- ONE FAMILY'S STORY BY JOE VAN REYMERSDAL

It was in 1980 when Norman Garsoe was trying to get a Masters Swim team together by asking any lap swimmer he could find.

My wife Leonie and her sisters Christine and Liza were doing their normal swim routine when Norman tapped Leonie on her shoulder and asked "Would you be interested in joining our swim team?" "Me?" she said, "Are you kidding?" She thought this is a new pick up line. "No, I'm not interested".

Later on after their workout, the lifeguard approached her and he too asked her to join the swim team. Now, Leonie realized it was no scam.

Not only did she sign up for the Lower Bucks YMCA Masters Swim Team, but recruited her two sisters, our two sons, Tony and Joe, our daughter, Kitty Fitch and me, her husband, Joe Senior!

In the very next upcoming swim team meet, we all entered a 50 yard Breaststroke event giving "NT" for our time. As a result, the meet computer printout had my wife, Leonie, our sons, and myself as Van Reymersdals, but our daughter as Kitty Fitch, *in the same heat!*

I remember at the start, onlookers were saying "What is that Fitch person doing in the Van Reymersdal heat?"

Needless to say, we were left in the dust (Splash) by our three children who were always trying to out do each other!

In 1982, Kitty was 8 months pregnant with her son Billy. While she was swimming the 50 yard backstroke, the unborn boy was getting a free ride. She made one of her best times. He was born, on schedule, one month later. That early prenatal initiation carried over as he became a star high school swimmer!

As of today, my wife, daughter and I are still routine lap swimmers and members of the Lower Bucks YMCA Masters Team. Our cardiologist says "It is not my medicine that keeps your hearts strong and pulsing, but your swim routines."

Leading up to our latest team meets in Phoenixville, PA I would be a young 80 year old. So Leonie said "I will compete, but at my age of 78, I cannot make any Top Ten this year."

How wrong she was! Leonie and I were timed in the USMS meet at Phoenixville in January 2007. Our times were indeed good enough for Top Ten, but unfortunately did not make the Top Ten deadline due to the death of our registrar: Leonie at age 78 would have qualified in the 100 and 200 SCM Breast and I, Joe, would have earned recognition in the 50, 100 and 200 SCM Breast and the 50 Fly and 50 Back.

So in 2008, we aim to try once more and hope our times do not drop too drastically, because the "age up " window is closing fast!

YMCA NATIONALS IN FORT LAUDERDALE

Representing a variety of local and long distance YMCA's, several DVM swimmers headed down the the sun and fun of Fort Lauderdale May 15 - 18. Reports are that the weather was HOT! Well, so were our swimmers!

National Champions include: Janet Jastremski (50 FR), Joan Waldbaum (50 FR, 50 BR, 100 BR, 200 BR), Kris Jarecki (1000 FR), Dave Harrison (500 FR, 1000 FR, 1650 FR), Tom Tulenko (200 FR, 500 FR, 1650 FR), and Craig Stevens (50 FR, 55+ 200 and 400 FR relays).

Here are the full results:



Kris Jarecki 40-44
Sussex Family Y in DE

- 100 FR (7)
- 200 FR (5)
- 500 FR (2)
- 1000 FR (1)**
- 100 FL (3)

Janet Jastremski 60-64
North Penn Y

- 50 FR (1)**
- 100 FR (2)
- 200 FR (2)
- 50 BA (2)
- 100 BA (3)
- 200 BA (35)
- FL (2)

Joan Waldbaum 70-74
UMLY

- 50 FR (1)**
- 50 BR (1)**
- 100 BR (1)**
- 200 BR (1)**
- 100 IM (3)
- 200 IM (3)
- 50 FL (4)

KRIS JARECKI

MORE YMCA RESULTS

Waren Fisher 50 - 54
Freedom Valley YMCA

Craig Stevens 55 - 59
Sarasota YMCA, FLA

Tom Tulenko 65 - 69
South Hills Y, PA

Dave Harrison 70-74
Central Bucks Y

50 FR (5)
100 FR (4)
50 BA (4)
100 BA (6)
50 BR (6)
100 BR (6)
100 IM (7)

50 FR (1)
100 FR (2)
200 FR (3)
500 FR (4)
1000 FR (2)

100 FR (4)
200 FR (1)
500 FR (1)
1650 FR (1)
200 BA (6)

100 FR (3)
200 FR (2)
500 FR (1)
1000 FR (1)
1650 FR (1)



L --> R: Phil Dodson,
Rick Walker, Craig
Stevens, Kevin
McCormack

Craig Stevens was also on two relays (55+ 200 FR and 55+ 400 FR) which broke the Y and USMS National Records. Unfortunately, they do not get to claim the USMS title as they swim for different LMSC!

USMS NATIONALS IN AUSTIN, TEXAS

A small contingent of DVM swimmers traveled to Austin Texas for the USMS Nationals. Unofficial scoring placed Colonials 1776 in FIRST for small teams of 14 or fewer swimmers!

Stu Marvin set a National Record in the 50 FR. National Champions include: Vikye Swanson (200 BA, 400 IM), Stu Marvin (50 FR, 100 FR), Dave Harrison (500 FR, 1650 FR).

Here are the full results:

Michelle Kagy-Schwartz 30-34
PAFC

50 FR (7)
200 FR (6)
500 FR (2)
1000 FR (4)
50 FL (15)



Dana Burkhart 35-39
PAFC

50 FR (20)
1000 FR (4)
50 BA (11)
200 BA (10)
50 BR (19)
100 IM (22)

L --> R: Michelle, Dana

MORE NATIONALS RESULTS

Vikye Swanson 45-49

1776
50 FR (4)
50 BA (2)
100 BA (2)
200 BA (1)
200 IM (2)
400 IM (1)

Patricia Hood 50 - 54

1776
50 FR (45)
200 FR (29)

Melinda Wolff 55 - 59

1776
50 FR (5)
100 FR (3)
50 BR (2)
100 BR (4)
100 IM (4)

Steph WalshBeilman 55- 59

1776
100 BA (4)
100 BR (7)
200 BR (4)
50 FL (6)
100 FL (7)
100 IM (7)



1776 Colonials (L --> R):

Top - Peter Dardaris, Michael Casciato, David Harrison, Steph Walsh Beilman

Bottom - Melinda Wolff, Vikye Swanson, Patricia Hood

Missing: Craig Stevens, Mark Schuman, Stu Marvin

Ahmed Abdelaal 18-24

OCSC
50 FR (19)
200FR (9)
50 FL (13)
100 IM (20)
100 IM (20)

Mike Casciato 45 - 49

1776
50 BR (7)
100 BR (10)
200 BR (7)
50 FL (35)
100 IM (35)

Craig Stevens 55 - 59

1776
100 FR (7)
200 FR (9)
500 FR (8)
100 IM (17)

Dave Harrison 70-74

1776
50 FR (8)
200 FR (3)
500 FR (1)
1650 FR (1)

Mark Jamieson 25-29

OCSC
50 FR (30)
200 FR (27)

Stu Marvin 50-55

1776
50 FR (1 NR)
100 FR (1)
200 FR (2)
50 BA (7)
50 FL (14)
100 IM (2)

Bruckner Chase 40-44

OCSC
1650 FR (7)



L --> R: Dave, Steph, Stu

Peter Dardaris 45-49

1776
50 BA (13)
100 BA (9)
200 BA (9)

Mark Schuman 50-54

1776
50 BR (3)
100 BR (5)
50 FL (9)
100 FL (6)
100 IM (3)

RELAYS:

Mens 45+ 200 Medley: 2ND

Dardaris, Cascato, Schuman, Martin

Women's 45+ 200 FR: 11TH

Wolff, Hood, Walsh Beilman, Swanson

Mixed 45+ FR: 6TH

Marvin, Schuman, Wolff, Swanson

Mixed 45+ 200 Medley: 4TH

Swanson, Wolff, Schuman, Marvin

JOAN WALDBAUM
CLASS OF 2008 INDUCTEE TO THE PHILADELPHIA
JEWISH SPORTS HALL OF FAME

This is Joan's "acceptance speech".

I want to thank the Committee for giving me this honor and congratulations to my fellow honorees. There are two differences between them and me. One is that I am a female and the second is that I still competing in my sport, swimming. I plan to keep going to meets until my children take my car keys away. I also would like to thank the committee for choosing this date for the event as it allowed me to spend the first Mothers Day in 30 years with my children. They have flown here from California and Israel to be with me tonight. My grandson and his wife are here also. I fell like the luckiest woman in the world.

I accept this honor in memory of my maternal grandparent, Fannie and Morris Lavin and my paternal grandparents, Fannie and Morris Bernhang.. They left the Ukraine and Poland in the late 1890's and early 1900's so that their children, grandchildren and great grandchildren could live in freedom, have better lives and more opportunities than they had. Though not well educated I always think of them as the smartest people in my family. If they hadn't had the courage to leave home and family for a better life I probably wouldn't be here this evening. So anything I have been able to achieve is because of their desires for a better life. My parents gave me a wonderful childhood. They raised me with good values and a pride in being Jewish. This was important to them because we lived in a small town with maybe 10 Jewish families.

My husband, Mort, didn't often tell me how he felt about my swimming accomplishments but I have heard from others that he was very proud. He traveled with me when he was well and was always ready to give me hints, hints from a man who couldn't swim the length of a pool. I always thanked him and said I'd try whatever he suggested.

A friend once asked me what the hardest thing about a swim meet was. And without a moments hesitation I said, appearing in public in a bathing suit. All the women over 25 in this room understand exactly what I mean. I squeeze into a suit like this, make some minor adjustments, avoid looking in a mirror and walk out onto the deck and see that I don't have the best shape but I don't have the worst either. When I dive into the water I feel tall and thin. Maybe that's why I haven't given up!!!!

When I decided to try swimming again I trained with several masters groups but none seemed right for me. I was struggling but not thinking about giving up. One Sunday morning at a practice at Villanova, a man from the next lane leaned over the lane line and told me I should join a group at the UMLY in Berwyn and he was right, it was the perfect place for me. That man, Barney Hungerford, became my coach and without his help

and encouragement these past 9 years I wouldn't be here tonight. Swimming workouts can be boring but Barney makes them fun. I am so glad he is here tonight so that I can thank him in public for his coaching and his friendship. I am proud to be a member of Barney's bevy of bathing beauties.

In 2006 I had the opportunity to travel to Australia with the USMaccabi team. I was the only Senior swimmer for the US and the oldest female swimmer from any country. It was a wonderful experience meeting other Jewish swimmers from Brazil, Argentina, Mexico and of course Australia. Having the experience to swim in the pool used in the Olympics and even swim in Ian Thorpe's lane or we could say he now swims in my lane was something I never could have imagined doing. Those ten days made me think a great deal about the strength and

tenacity of the Jewish people and our willingness to travel great distances for better lives.

I had such a good time in Sydney that I decided to try for Argentina. I even took tango lessons before I went. This time we had 3 senior swimmers but I was still the oldest. It was another incredible trip. I met up with the swimmers from Brazil and Argentina who had been in Australia and it was fun catching up. The Argentinean women called me La Pistolera. Translation -fiery one. The trips planned by the Maccabi organization gave me an overview of the city of Buenos Aries. Visiting the JCC that was bombed in 1992 was extremely touching for me. Once again I was reminded of all the Jewish people have endured and our ability to go on against many odds.

Something I will never forget is walking into the stadium for the opening ceremonies. Athletes from all competing countries in their countries warm up suits, flags flying, the cheering crowds and the sounds of USA, USA as the USA Team walked in was thrilling for this 77 year old. I never imagined that I would have such an experience. I am grateful to Maccabi USA for giving me those wonderful experiences.

So, once more to Fannie and Morris Lavin and Fanny and Morris Bernhang I say thank you for having the courage to leave family and friends to come to the USA so that 100 years later I could receive this award. And thank you to all my relatives and friends, who are here with me tonight,

I want to thank the member of the Delaware Valley Masters 1776 for the ad they placed in the program when I was inducted into the Philadelphia Jewish Sports Hall of Fame. It was a wonderful evening, nothing that I ever imagined when I started swimming again 9 years ago. Thank you all for your support and friendship.

SPRING SCY ZONES MEET RESULTS

Janet Moeller reports that the Zone meet was well organized and well attended, even if DVM only had a few entries. Again, the Virginia teams dominated by virtue of their sheer numbers! There were 473 total swimmers. In the small teams category, PAFC took 2ND with 374 points, OCSC was 3RD with 306, and the lone Fins Swimmer was 17TH with 48 points. Colonials 1776 finish 5TH in the medium team category with 482 points.

OCEAN CITY SWIM TEAM (Photo on page 3)

SHANE SCHWARZ (24) 50 FL (2), 100 FL (1), 200 FL (1), 200 IM (2), 400 IM (1)

Bruckner Chase (40) 50 FR (9), 100 FR (10), 200 FR (5), 500 FR (6), 1000 FR (4)

Ahmed Abdelaal (23) 50 FR (6), 100 FR (4), 200 FR (5), 500 FR (3), 50 FL (7), 100 IM (5)

Mark Jamieson (25) 50 FR (4), 100FR (4), 200 FR (3), 500 FR (3), 50 FL (8)

DREW DECAGNA (23) 100 FR (5), 50 BR (1), 100 BR (2), 200 BR (1), 50 FL (8), 100 IM (4)

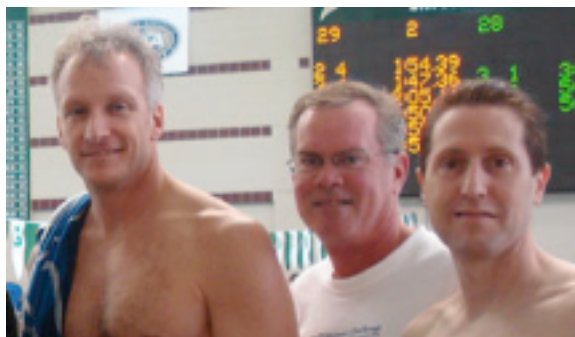
JUSTIN SOUTHARD (21) 50 FR (5), 100 FR (1), 200 FR (1), 500 FR (1)

MOHAMED ABDELAAL (21) 50 FR (4), 100 FR (2), 200 FR (2), 50 BR (3), 100 BR (1), 50 FL (5)



1776 (L -->R): Greg Roth, Laurie Hug, Dave Harrison, Craig Stevens, Ton Tulenko

1776: Les Szeleky, Mark Schuman, Roger Hahn



1776: Joan Waldbaum, Janet Moeller

COLONIALS 1776

Laurie Hug (42) 200 FR (1), 500 FR (1), 1000 FR (1), 200 BA (1), 200 BR (1), 200 FL (1), 200 IM (1), 400 IM (1)

Roger Hahn (42) 50 FR (13), 100 FR (15), 200 FR (9), 1000 FR (5), 50 BA (10), 100 IM (13), 200 IM (7)

Les Szeleky (44) 50 FR (6), 100 FR (7), 50 BA (2), 100 BA (3), 50 FL (5)

MORE ZONES RESULTS

Greg Roth (45) 50 FR (5), 100 FR (6), 50 BA (8), 50 FL (3), 100 IM (9)

MARK SCHUMAN (52) 50 FR (1), 100 FR (1), 50 BR (1), 100 BR (2), 50 FL (1), 100 FL (1), 100 IM (1)

Craig Stevens (55) 100 FR (3), 500 FR (3), 1000 FR (2) 50 FL (7)

TOM TULENKO (65) 500 FR (1), 1000 FR (1), 50 BA (3)

DAVE HARRISON (70) 100 FR (1), 200 FR (1), 500 FR (1), 1000 FR (1)

JANET MOELLER (73) 50 BR (2), 50 FL (5), 100 FL (1), 200 FL (2), 200 IM (2), 400 IM (1)

JOAN WALDBAUM (77) 100 FR (1), 50 BR (1), 100 BR (1), 200 BR (1), 50 FL (1)

RELAY:

MIXED 65+ 400 FR (2ND): Tulenko, Waldbaum, Moeller, Harrison

FINS

ROBERT KANNEGIESER (50) 100 FR (2), 200 FR (1), 1000 FR (1), 100 FL (2), 200 FL (2), 200 IM (1)

PAFC

MICHELLE KAGY-SCHWARTZ (32) 100 FR (2), 500 FR (1), 1650 FR (1), 50 BA (3)

ADAM REUTER (34) 1650 FR (1), 50 BA (1), 50 BR (1), 100 BR (1), 200 BR (2), 100 IM (2), 200 IM (2), 400 IM (1)

Dana Burkhart (36) 50 FR (6), 1650 FR (2), 50 BA (2), 100 BA (4), 100 BR (6), 100 IM (4)

Mike Matz (46) 50 FR (12), 50 BA (7), 100 BA (7), 50 FL (7)

STEVE DOUGHERTY (56) 50 BR (4), 100 BR (3), 22000 BR (2), 50 FL (4), 100 FL (2), 200 IM (1)

Selby Oshiver (56) 50- BR (2), 100 BR (3), 200 BR (2), 50 FL (5)

Paul Sweeney (57) 100 FR (5), 200 FR (3), 500 FR (2), 1000 FR (3), 50 BR (2), 50 FL (3), 400 IM (2)

Gene Kane (57) 100 FR (14), 200 FR (9), 500 FR (5), 1000 FR (5)

JAY PLATT (60) 50 FR (6), 200 FR (2), 500 FR (1), 1000 FR (1), 50 BA (5), 100 BA (2), 200 BA (2), 50 BR (1), 100 BR (2), 200 BR (1)

RELAYS:

MEN'S 55+ 200 FR (2ND): Dougherty, Sweeney, Platt, Kane

MEN'S 55+ 800 FR (1ST): DOUGHERTY, SWEENEY, PLATT, KANE

MIXED 25+ 200 FR (4TH): Reuter, Burkhart, Oshiver, Matz

MIXED 25+ 200 Medley (2ND): Burkhart, Reuter, Sweeney, Kagy-Schwartz



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