

THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

WINTER
2008

www.dvmasters.org

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YOUR EDITOR SPEAKS!

As we go into the Spring Season, some DVM's are gearing up for Zones and Nationals, while others are preparing for the Open Water Season. And there are some of us just chugging along with our friends, improving our cardiovascular fitness, firming up our arms and legs, and maybe even maintaining a negative Calorie balance -- in spite of what *Swimmer* magazine tells us!

I have just completed putting all the DVM e-mail addresses into my Address Book. All of you have received an e-mail asking if you wanted to receive the Lane Line via e-mail as a .pdf document. About half of you agreed that this would be a good delivery method. For sure, you will get to enjoy all the colors I put into the newsletter and the photos will look so much nicer! In addition, it will save us considerable money and save me all that time of sticking stamps and mailing labels onto the paper copies. I thank all of you for such a quick and overwhelming response!

The paper snail version will be printed, sorted, and mailed by Pad & Publication Assembly Corporation (Cherry Hill, NJ), which is co-owned by Joan Buehler, a DVM'r. The company is a women-owned and certified commercial printing and mailing enterprise that has been in business since 1981, with an emphasis on pharmaceutical printing and mailing. Joan has swum with the Fins since 1997 and has traveled the world with her swimming. DVM appreciates her offer to give us good rates, as this, plus the e-mail, will save us considerable expense and time.

I also plan to use the e-mail list to distribute meet entries and other swimming news that comes across my desk. If you have an event to publicize, please send it on.

For those of you with Internet access, the DVM web site (www.dvmasters.org) is just plain AWESOME. You can easily navigate it to find all the information you need. Many thanks to Dan Allen for his fine work!

One of the goals I have for the Lane Line is to mention the achievements of our swimmers so you can read about their accomplishments. You need to think of swimmers in your workout group whose achievements need recognition. And, then, you need to get someone to write it up for me!

We are also issuing a call for "papers" -- articles of interest to swimmers. If you look at page 6 there is a list of possible topics. In addition, on pages 15-16, there is an archived list of articles from the digitally produced Lane Lines from Winter 2005 to the present. If you have a topic you would like someone to write about, send along your question or idea.

All papers which deal with training, medical, and scientific topics should be "peer reviewed" so that we can be assured that the information is accurate and up to date. If you are someone with knowledge of these topics or other topics of interest, please share your information with us! You can write a short couple of paragraphs about recent research or a full article. Share with us!

We also need some more digital photos! If you attend an event, send me the photos (with names). If there is a swimmer (or two or three) in your group who earned Top Ten, send their photo along! Send your own photo!

SO, IN SUM, THIS IS YOUR NEWSLETTER. HELP MAKE IT THE BEST ONE AROUND!

THIS NEWSLETTER WAS ASSEMBLED ON A 64 MAC COMPUTER USING APPLEWORKS DRAWING PROGRAM.

PATRICK LEE LOY IS OUR NEW REGISTRAR



Patrick grew up in Trinidad and Tobago. He swam at Western Kentucky University specializing in 100 fly and 200 fly. Following university, he lived in Toronto and Calgary.

While in Calgary, he swam with the Calgary Masters Swim Club (CMSC) and later with Different Strokes Swim Team (DSST). He held various positions on the CMSC board from President to Treasurer. He was also a coach with DSST. Patrick moved to the Delaware Valley in 2000 and started swimming with the Fins Aquatics Club. He has held various board positions with the Fins since 2001, serving as President, Treasurer, Member-at-Large and sometimes as coach.

Patrick has been active in the DVM administration, serving as the DV-LMSC Sanctions Chairperson from 2005-2007. He is currently the DV-LMSC Registrar and is looking forward to filling the large shoes left behind by Art Mayer and the many years of service he provided the USMS and the DV-LMSC.

Patrick has been the IT Manager at Griswold Special care in Erdenheim, PA for the last seven years.

A WARM WELCOME TO JEN HENSELL, OUR NEW TOP TEN RECORDER!

I began my swimming career at age 5 with the Jersey Wahoos Swim Club in Mt. Laurel, NJ. For 14 years, I swam with and competed for the Wahoos until I left the area for college. I also swam for my high school swim team, Cherry Hill West. While attending Washington & Jefferson College I was a member of their swim team for four years, selected as captain and MVP my senior year. I also played water polo while at W&J.

After college I retired from swimming to focus my time on graduate school. I earned my masters in Museum Education at the University of the Arts in Philadelphia and hope to complete my thesis in 2008 for my masters in Museum Exhibition, Planning and Design, also at UArts. While attending graduate school, I realized that I missed swimming and joined the Philadelphia Fins Aquatic Club. After the passing of Fins head coach James Robles' I stepped forward to attempt to fill his shoes as head coach.

I am currently working at the Atwater Kent Museum, the official history museum of the city of Philadelphia. As a coach I look forward to the growth of my swimmers, helping them to achieve their goals and aspirations. I have been described as a sweet but stern coach who always has the swimmers best interests in mind.



**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



HYDRATION FOR SWIMMERS

BY KIMBERLY COVER

A swimmer should always be aware of his or her hydration status. The sport can be very demanding and fluid loss can pose the greatest risk to performance for a swimmer. A mere 1-2 % drop in weight due to fluid loss can have a negative impact on physiological functioning and performance. A 3 % drop increases an athlete's risk of developing exertional heat illness (syncope, cramps, exhaustion and stroke). A 2-3 % drop translates to 3-4.5 pounds for a 150-pound athlete. It is much easier to stay hydrated than to catch up once dehydration has set in. An athlete should train to drink *during* exercise. Dehydration, even in mild cases, can be associated with the following symptoms: bloating, nausea, diarrhea, vomiting, flatulence and gastrointestinal bleeding and cramping. An informed elite athlete knows daily fluid needs and intake. They can state the effect of dehydration on performance and acknowledge the following signs that may indicate there is trouble:

Thirst
Weariness
Difficulty concentrating
Headaches

General discomfort
Cramps
Nausea
Chills

Flushed skin
Apathy or irritability
Lightheadedness/Dizzy
Shortness of breath

ESTIMATED FLUID NEEDS IN OUNCES BY WEIGHT

These figures are general guidelines and will vary according to the individual athlete.

Weight in pounds (Weight in kilograms)	*Daily fluid needs in ounces	Weight in pounds	*Daily fluid needs in ounces (weight in Kilograms)
90 (41)	48	180 (82)	96
100 (45)	53	190 (86)	100
110 (50)	58	200 (91)	106
120 (55)	64	210 (95)	110
130 (59)	69	220 (100)	117
140 (64)	75	230 (105)	123
150 (68)	79	240 (109)	127
160 (73)	85	250 (114)	133
170 (77)	89	260 (118)	137

*This does not include fluid that is lost during activity.

An athlete should obtain a normal state of hydration (euhydration) daily. Use the general number of ounces on the table above as a start. It is crucial to learn to manage hydration during activity because most athletes will not voluntarily replace fluid lost. There are a number of techniques an athlete can use to ensure euhydration. Some are impractical for training while others are relatively easy. Urine specific gravity is a bit cumbersome but accurate while pre and post exercise weights along with urine color are more practical. Keep in mind that if a multivitamin was recently consumed, this will make urine moderate to dark yellow but with adequate hydration this will quickly turn pale to light in color.

To maintain normal hydration, try the following guide:

Hydration State	Body Weight Change	Color of Urine	Urine Specific Gravity
Normal hydration	None to a drop of 1 %	Pale or clear	< 1.010
Minimal fluid loss	A drop of 1-3 %	Pale to light yellow	1.010-1.020
Significant fluid loss	A drop of 3-5 %	Light to moderate yellow	1.021-1.030
Serious fluid loss	A drop of > 5 %	Moderate to dark yellow	>1.030

Experiment with the following guidelines to prepare for an event, maintain good hydration status during an event and for rehydration after the event:

- For **preparation** hydration, try to consume 16-20 ounces of water or a sports drink at least 2 hours before the event. When possible drink 7-10 ounces of water or a sports drink 10-20 minutes before exercise. Swimmers with low muscle glycogen stores or those in high-intensity sports might find commercial sports drink useful. Pay special attention to hydration the day before a meet. This may require some athletes to drink in excess of 128 ounces of fluid.

- **During** the event when feasible, drink 6-10 ounces of water or a sports drink every 10-20 minutes. An athlete will consume more fluid with a cool liquid (50-59° F) that is sweetened (6-10 % CHO) and contains electrolytes (i.e., sodium). The swimmer who will benefit the most from this type of solution (*Gatorade*) exercises for longer than 50 minutes or for a shorter duration but greater intensity. A 6-8 % CHO beverage is often recommended. Swimmers

should practice drinking adequate fluid at practices and make it an essential component to their training program.

- To **rehydrate**, try to replace 20-24 ounces for every pound of fluid lost during a practice or competition. For instance, if a swimmer were to lose 3 pounds during a summer practice, he or she would be advised to ingest 60-72 ounces just to rehydrate. A person can clear 1/3 to one ounce of fluid per minute. Using this information, an athlete can figure out how long it will take for rehydration; in the example above, this would take between 1.5-2 hours. This consideration becomes very important with multiple events, meets or swimming bouts in one day.



HYDRATION HINTS

- Individual containers with volume markings make it easy to quantify daily fluid intake.
- Ensure that teammates are not sharing bottles or containers due to illness.
- Try to begin the exercise session in a state of euhydration whenever possible.
- Exercising in the heat requires greater CHO usage, therefore, a commercial sports drink is recommended in adverse climate conditions.
- Environmental conditions including high humidity, warm pool water and warm air temperatures place swimmers at high risk for dehydration.

HELPFUL HINTS AND INFORMATION FOR CAFFEINE AND ALCOHOL

- It is always good to recognize that caffeine is a drug and can have a deleterious effect on performance. Side effects an athlete may experience, especially with excessive intake, include increased heart rate and blood pressure, altered sleep patterns, heart palpitations, and tremors.
- Caffeine is banned by some sport governing authorities including the NCAA. It is measured in the urine and is banned by the NCAA if caffeine exceeds 15 mcg/ml. This is equivalent to five cups of coffee, but varies according to body size and hydration status. A dehydrated athlete will require less caffeine to reach the prohibited threshold.
- Caffeine must be used **conscientiously!** Care must be taken with supplements.
- Caffeine sources include coffee, tea, soda, chocolate, candy and sports or supplement products.
- Alcohol acts as a mild diuretic, a person who chooses to drink alcohol may become dehydrated.
- Alcohol contains empty Calories, energy without quality, and may result in weight gain.
- Even moderate alcohol intake without the necessary fluid replacement can have a negative effect on athletic performance and is banned by the IOC and NCAA for specific sports.
- Refrain from drinking 24-72 hours before competition.
- After an event, alcohol-free beverages are the preferred fluids for rehydration. These should be consumed first to replace fluid lost during the event. After rehydration is complete, only drinks with 4 % or less alcoholic content are recommended during the recovery phase.



KIMBERLY COVER

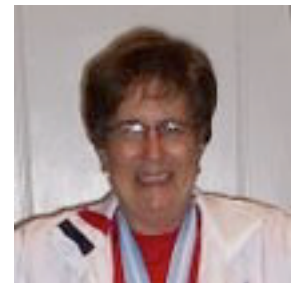
Kimberly Cover (RD, CSSD,LDN) has been a registered dietitian specializing in sports nutrition and disordered eating for fifteen years. She holds the distinction of being among the first 59 dietitians in the nation to complete the requirements for national board certification in sports nutrition in June of 2006. Currently on staff at the University of Pennsylvania Sports Medicine Center and at the Children's Hospital of Philadelphia Sports Medicine and Performance Center.

She was trained in pediatric nutrition at the largest pediatric subspecialty command in the Navy as a Naval Officer stationed at the Naval Medical Center in San Diego. Here, she was trained in pediatrics, developed Health Promotion Modules for the Naval Fleet and was selected to the presentation team that promoted the modules throughout the world.

Her published work includes a *Sports Nutrition and Dining Guide* disseminated to all 1100 athletes at the University of Pennsylvania, a nutrition section in a Physical Therapy Text Book and an article entitled "Seeking Balance for the Student-Athlete" in the *Renfrew Perspective*. She is the mother of very active nine year old twin boys.

CONGRATULATIONS TO JOAN WALDBAUM ON HER MAY 12 INDUCTION INTO THE PHILADELPHIA JEWISH SPORTS HALL OF FAME.

Check out her article on the Maccabi Pan Am games on page 11 and find her name in the Top Ten LCM list on page 9.



It was good to see Masters Swimming back at Rutgers University again after a four year hiatus. Alessandra Lynn-Lupu, the new meet director, and her entire staff did an outstanding job hosting the 2007 USMS Colonies Zone SCM Championships. It was the first time that I can remember where there was a tie in the top 3 places. Both 1776 Colonials and Pennypack (PAFC) tied for 2nd place. Now if they could get the men's team back at Rutgers, I think that would please Coach Warner

The first of the MINI MEETS was held at UMLY on February 17th. Stephanie Walsh-Beilman and Linda VanOcker plus all those who pitched in helped to make for a smooth meet. It was fast, efficient, and everyone had time left over to run a few errands during the rest of the day. However, swimmers might want to be more careful not to overload themselves with events...

THE NEXT MINI MEET IS SCHEDULED FOR

SUNDAY, APRIL 6, 2008

**HOST: BURLINGTON COUNTY COMMUNITY COLLEGE
PEMBERTON, NEW JERSEY**

DIRECTOR: BETSY SCHWARZ (BSCHWARZ@BCC.EDU)

EVENTS:

500 FREE

100 BREAST

200 BACK

50 FLY

400 IM

100 FREE

400 MEDLEY AND FREE RELAYS

CALLING ALL AUTHORS AND EXPERTS.

I am always looking for articles with information that will benefit our swimmers.

Suggested topics might be:

Cardiovascular research

Medical breakthroughs and treatments

Medical conditions and impact on training and recovery

Orthopedic/injury prevention and treatment

Dietary and nutrition

Swimming training methods, tapering, strength training

If you have an article you think might be of interest, please let me know. Scientific topics should be peer reviewed.

I would also love more photos (digital) of events and swimmers.

THE LANE LINE IS YOUR NEWSLETTER; I JUST PUT IT TOGETHER!

TRIATHLETE'S CORNER: PERCEIVED EFFORT AS A TRAINING TOOL BY LAURIE HUG

Triathletes, does this sound familiar? You are on a long easy ride and towards the end notice on your cycling computer that you are averaging 17.8mph (or maybe 13.8 or 21.8 depending on your level). So instead of cooling down properly with an easy spin you pick up the pace so you can bring it up to 18mph. Or perhaps you are racing a 10k on a hot muggy day and notice your HR monitor is reading way higher than normal, perhaps even above your supposed "max", even though it feels like your normal effort. So you slow down to bring it back in your normal 10k race zone and blame your slower time on the weather. If either of these scenarios rings true, then you may be suffering from a dependence upon athletic measurement tools.

Triathletes tend to love gear and there are no lack of products out there to help us measure speed, power, physiological data and the like. Pace clocks, stop watches, HR monitors, cycling computers, and more recently, watches with GPS and power meters for cycling, are all tools to help triathletes monitor their performance. These can all be quite useful to help the athlete determine if they are training in the proper zones.



Sometimes though these tools can do more harm than good. Athletes can get addicted to receiving the feedback from these outside sources, sometimes to the detriment of performance. One evening I was out with a couple of rowers who are addicted to the computer that measures their watts, stroke rating and time. It provides great feedback to aid them in proper training. However, constantly looking down at this computer can make it harder to breathe properly, hurt their form and cause them to go off course. They both said that even when their computer was not on they would stare at it,

as if willing it to give them the feedback they so desperately needed to tell them how they were doing. As an off-and-on addict to several of these items I can say there are times when it is best to just toss them aside and just go naked (so to speak).

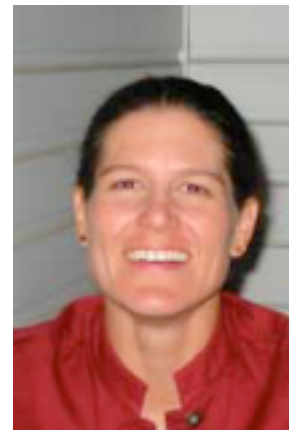
Back in the olden days before all these fancy-schmancy performance measuring gadgets existed, what did these poor primitive athletes use for feedback? Can you imagine -- no electronic devices to tell them what their HR was or what speed they were swimming, running or cycling or their RPMs or how much power they were generating on the bike? Oh the horror! How did these ancient warriors ever manage to prepare for their races? Well, they used good old-fashioned perceived effort (PE).

PE has taken a back seat in these days of the latest and greatest technological devices but it still is a tool that should be included your bag of training tricks. Batteries die, rendering many devices useless; HR is affected by temperatures and fatigue levels; obsession with pushing more watts or averaging a specific pace can cause people to train too hard when they should be recovering. At these times being in tune with your body PE can help save the day. Now I am not suggesting that athletes discontinue using these other tools as they can be very helpful in both training and racing.

Ideally, the athlete will start recognizing what PEs are associated with different HR zones or paces or wattages. As you train at different paces notice your body's physiological responses. At what pace/HR do you start breathing harder and start noticing that burning feeling in your legs? Both of these responses are typically associated with your lactate threshold (LT). At what pace/HR do you feel you can go on and on and on for hours? This could be considered your endurance zone. At what pace/HR do you feel you are going all out and everything is burning and you can only sustain for very short periods of time? This could be considered your max zone. Your body can become very well in tune with these different efforts.

For some people, working with some sort of electronic monitoring device becomes a crutch to determine if they are in the proper range. One way to start breaking free of these shackles is to begin rating your perceived effort on a scale of 1-10 and see what HR/paces it matches in your training. In time you should find that you can estimate your pace/HR within a few seconds or beats per minute.

Learn to become a bit more in tune with your body and be willing to go "old school" from time to time by cutting back on dependence upon external devices. You may even find training feels more like play and less like work when not relying on feedback from sources other than your own



Laurie is a USAT Level II Certified Coach who is currently coaching triathletes, giving private swiminstruction 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.

CONGRATULATIONS TO THESE DVM SWIMMERS WHO EARNED TOP TEN FOR LCM 2007!

Women 25-29

Place	Event	Name	Age	Club	Time
4	50 BA	Kelly Mahler	28	CPAC	33.49
9	100 BA	Kelly Mahler	28	CPAC	1:15.42
4	50 FL	Kelly Mahler	28	CPAC	31.70

Women 30-34

6	100 FR	Michelle C Kagy-Schwartz	32	PAFC	1:05.17
5	200 FR	Michelle C Kagy-Schwartz	32	PAFC	2:22.41
9	200 FR	Samantha Bausher-Grybosky	30	UNAT	2:25.57
5	400 FR	Samantha Bausher-Grybosky	30	UNAT	5:00.10
7	100 FL	Samantha Bausher-Grybosky	30	UNAT	1:12.76
5	200 IM	Samantha Bausher-Grybosky	30	UNAT	2:39.28

Women 35-39

9	800 FR	Dana M Burkart	36	PAFC	11:40.86
10	100 BA	Caroline F Stein	37	PAFC	1:23.61
10	200 BA	Caroline F Stein	37	PAFC	2:59.55
10	200 FL	Caroline F Stein	37	PAFC	3:07.64

Women 40-44

7	200 FR	Laurie Hug	42	1776	2:22.31
4	400 FR	Laurie Hug	42	1776	5:04.30
4	800 FR	Laurie Hug	42	1776	10:07.04
8	200 BA	Laurie Hug	42	1776	2:45.92
6	100 FL	Laurie Hug	42	1776	1:14.47
2	400 IM	Laurie Hug	42	1776	5:42.24

Women 45-49

6	200 FR	Vibeke Swanson	46	1776	2:21.82
5	400 FR	Vibeke Swanson	46	1776	4:58.53
6	50 BA	Vibeke Swanson	46	1776	34.62
3	100 BA	Vibeke Swanson	46	1776	1:11.87
3	200 BA	Vibeke Swanson	46	1776	2:38.48
8	100 BR	Barbara B Burke	46	PAFC	1:32.42
8	200 BR	Barbara B Burke	46	PAFC	3:21.60
3	200 IM	Vibeke Swanson	46	1776	2:41.50
2	400 IM	Vibeke Swanson	46	1776	5:35.38

Women 50-54

10	50 BR	Janet H Bright	52	1776	43.27
6	100 BR	Janet H Bright	52	1776	1:33.52
2	200 BR	Janet H Bright	52	1776	3:22.14

Women 70-74

4	50 BR	Janet Moeller	73 1776	1:00.38
4	100 BR	Janet Moeller	73 1776	2:13.74
10	100 FL	Janet Moeller	73 1776	2:22.39
5	200 FL	Janet Moeller	73 1776	5:36.29

Women 75-79

4	50 FR	Joan B Waldbaum	76 1776	51.13
7	200 FR	Joan B Waldbaum	76 1776	4:29.24
4	50 BR	Joan B Waldbaum	76 1776	1:01.41
4	100 BR	Joan B Waldbaum	76 1776	2:21.50
5	200 BR	Joan B Waldbaum	76 1776	5:10.01
8	200 BR	Ruth Aaron	78 1776	5:41.38
2	50 FL	Joan Waldbaum	76 1776	1:05.09
7	200 IM	Ruth Aaron	78 1776	5:49.26

Women 85-89

6	100 FR	Agnes Zydinsky	85 1776	2:32.59
3	100 BA	Agnes Zydinsky	85 1776	2:43.20



AGNES ZYDINSKY

Men 30-34

9	100 FR	Nicholas Mahler	30 CPAC	58.10
5	400 FR	Nicholas Mahler	30 CPAC	4:55.07
3	50 BR	Nicholas Mahler	30 CPAC	31.66
2	100 BR	Nicholas Mahler	30 CPAC	1:11.10
10	100 BR	Adam K Reuter	33 PAFC	1:16.92
1	200 BR	NICHOLAS MAHLER	30 CPAC	2:40.25
8	200 IM	Adam K Reuter	33 PAFC	2:34.53
9	400 IM	Adam K Reuter	33 PAFC	5:38.83

Men 45-49

10	50 BR	Michael G Casciato	48 1776	34.93
2	100 BR	Howard Seidman	45 1776	1:12.31
6	100 BR	Michael G Casciato	48 1776	1:17.75
4	200 BR	Michael G Casciato	48 1776	2:50.22

Men 55-59

4	50 BA	Geoffrey A Meyer	56 PAFC	32.76
4	100 BA	Geoffrey A Meyer	56 PAFC	1:13.28
7	200 BA	Geoffrey A Meyer	56 PAFC	2:50.06
9	200 BR	Stephen P Dougherty	56 PAFC	3:11.94
9	100 FL	Robert Jones	56 1776	1:12.02
10	200 IM	Stephen P Dougherty	56 PAFC	2:47.70

Men 60-64

6	200 FR	Jay R Platt	60 PAFC	2:28.21
4	400 FR	Jay R Platt	60 PAFC	5:17.46
3	800 FR	Jay R Platt	60 PAFC	10:56.18
6	200 BA	Jay R Platt	60 PAFC	3:05.41
9	200 BR	Jay R Platt	60 PAFC	3:24.19
8	400 IM	Jay R Platt	60 PAFC	6:47.56

Men 65-69

3	50 BR	Raymond Loewe	65 PAFC	39.68
3	100 BR	Raymond D Loewe	65 PAFC	1:29.82
2	200 BR	Raymond D Loewe	65 PAFC	3:16.04
1	200 FL	RAYMOND LOEWE	65 PAFC	3:16.93

Men 70-74

4	100 FR	David P Harrison	70 1776	1:11.97
1	200 FR	DAVID P HARRISON	70 1776	2:32.48
1	400 FR	DAVID P HARRISON	70 1776	5:31.53
2	800 FR	David P Harrison	70 1776	11:35.33
7	50 FL	Paul Croley	72 1776	42.50
7	100 FL	Paul Croley	72 1776	2:05.04
9	100 FL	David Gladfelter	71 1776	2:18.56

Men 80-84

2	400 FR	Roger Franks	80 1776	7:59.34
4	50 BA	Roger G Franks	80 1776	48.40
1	100 BA	ROGER G FRANKS	80 1776	1:42.72
1	200 BA	ROGER G FRANKS	80 1776	3:39.22

Men 85-89

1	50 FR	CLARENCE WEBB	85 1776	54.07
2	50 BA	Clarence Webb	85 1776	59.85
2	200 BA	Clarence Webb	85 1776	5:25.37
5	50 BR	Clarence Webb	85 1776	1:25.72

CONGRATULATIONS TO THESE DVM RELAY SWIMMERS WHO EARNED TOP TEN LCM FOR 2007

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Men 280-319 LCM (2007)

Place Event Club Time

7 200 Free 1776 4:30.18

Paul Croley (72), Jack Kirlin (69), David Gladfelter (71), Joel Lowenthal (68)

Women 120-159 LCM (2007)

5 200 Medley PAFC 2:28.51

Caroline F Stein (37), Dana M Burkart (36), Barbara B Burke (46), Tara M Murtha (27)

Mixed 120-159 LCM (2007)

6 200 Free PAFC 1:57.70

Joseph H Morozin (47), Francois P Springuel (25), Barbara B Burke (46), Tara M Murtha (27)

NOTICE TO TOP TEN SWIMMERS. IF YOU KNOW YOU ARE ON THE TOP TEN LIST FOR ANY VENUE, PLEASE SEND ME A DIGITAL PHOTO OF YOURSELF AND I WILL BE SURE TO POST IT NEAR YOUR NAME ON THESE LISTS. THEY ARE KINDA DULL WITHOUT SOME PHOTOS.

NOW THAT MANY OF YOU ARE RECEIVING THE DIGITAL VERSION OF THE LANE LINE VIA E-MAIL, YOU WILL SEE THAT THE PHOTOS PRINT OUT REALLY NICELY. SHARE YOUR SUCCESS WITH YOUR FELLOW DVM'RS!

MERRYMAN MEET DATES SET:

THE 2008 MERRYMAN LCM SWIM MEET will be held on Sunday, June 15th in the morning. The meet takes place in the outdoor 50 M pool at the Upper Main Line YMCA in Berwyn PA. For more information, contact meet director Linda Van Ocker at ScubaVan@comcast.net
Entry forms will be e-mailed to all DVM swimmers in early May as a reminder.

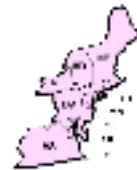
COLONIES ZONE SCY CHAMPIONSHIP

APRIL 11-13, 2008

Location: George Mason University in Fairfax, Virginia

Contact: Cheryl Ward 703-359-5366

Sanctioned by Potomac Valley LMSC for USMS, INC. # 108-02



USMS 2008 SHORT COURSE YARDS NATIONAL CHAMPIONSHIPS

MAY 1-4, 2008

Location: Texas Swim Center, University of Texas, Austin, TX

Contact: Charles Logan 512-471-7703

Website: <http://www.tsc.utexas.edu/2008masters/>

Contact steph Walsh Beilman (stephswim1@aol.com) if you are planning to attend and wish to swim in a 1776 relay.



JOAN WALDBAUM REPORTS ON THE PAN AMERICAN MACCABI GAMES

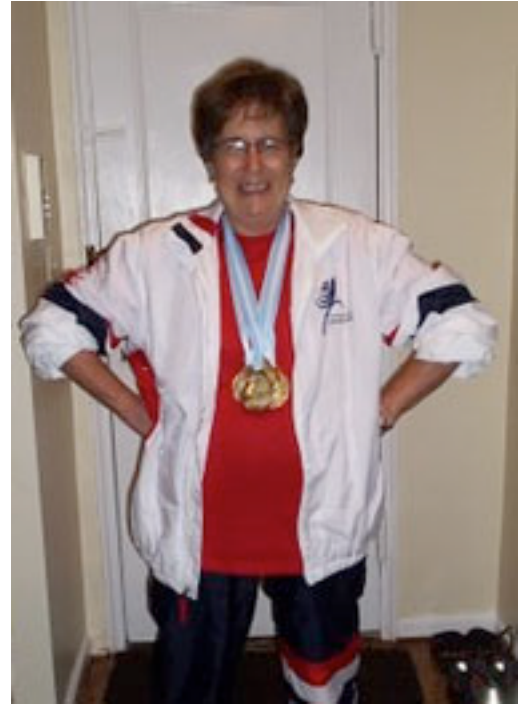
There I was on the starting block for my last event the 200 LCM IM. I looked to my left to check my competition and then to the right where I was blinded by the glare from my competitors braces. We both laughed as I reminded her that I was old enough to be her grandmother.

This is just one of the experiences I had at the Pam Am Maccabi Games in Buenos Aires. It was a wonderful experience to be with younger and older athletes from many different countries. The United States had the largest contingent of athletes, over 485. I'm proud to have been one of them.

Since 1948, Maccabi USA/Sports for Israel has sought to enrich the lives of Jewish youth in the United States, Israel and throughout the world through athletic, cultural and educational programs. The organization is the sponsor of the U.S. Team to the World Maccabiah Games in Israel, the world's third largest international sporting event. It also sponsors U.S. participation in Maccabi competitions in Pan America, Europe and Australia and supports youth through the JCC Maccabi Games.

It was very exciting walking into the stadium en masse for the opening ceremonies. Not quite the Olympics but the closest I'll ever come to something like that. The entertainment provided by the Argentineans was spectacular and the evening ended with fireworks.

Before the competition started, we were taken on several tours of Buenos Aires. We visited the Evita Peron Museum, the Plaza de Mayo where mothers and grandmothers still gather with photos of the "missing children". And we were even treated to a barbecue and entertainment on a ranch outside of the city.



We were in an area called La Boca down by the waterfront that reminded me of Manayunk when I heard tango music. And found a young couple (professional dancers) dancing in front of a café. I went to take a photo of them and they beckoned to me to approach them. They asked if I wanted my picture taken with them and I said no, I wanted to dance. The music started and the young man and I tangoed for the crowd.

Between dancing and swimming I have many great memories of my stay in Argentina. Oh, I came home with six gold medals!!!!!!

PRELIMINARY 2008 OPEN WATER SCHEDULE BY DELIA PEREZ

Email: dgperez@erols.com

As of: 29th February 2008

PAGE 12 of 16

- April 19th **Tampa Bay 24 Mile Swim in Tampa, Florida** ... www.distance matters.com or call (727-531-7999)
- May 24th **Lady Liberty 1.5K Swim** held in NYC ... www.nycswim.org
- May 25th **Jim McDonnell 1 Mile and 2 Mile Lake Swim** (1/2 Mile course) - Lynn Hazlewood (contact via email) lynhzlwd@USMS.org (703-845-7946) <http://www.restonmasters.org>
- May 25th **Beach-to-Beach One Mile or 3.5 Mile Ocean Swim** - St. Johns, Virgin Islands ... www.friendsvinp.org/swim
- May 31st **Potomac River 7.5 Mi Swim** - Point Lookout State Park, MD ... Contact cherylw@crosslink.net
- June 1st **2nd Annual Nav-E-Sink or Swim Distance (1.2 Mile or 2.4 Mile) Festival** ... www.sandyhookers.org
- June 8th **4.4 Mile CHESAPEAKE BAY SWIM** - <http://www.lin-mark.com>
- June 8th **1 Mile Bay Challenge Swim** - <http://www.lin-mark.com>
- June 8th **EagleFest 1.2-Mile River Swim** held in Cambridge, Maryland ... www.tricolumbia.org
- June 14th **USMS 6+ Mile Open Water Championships** at Hartwell Lake in Clemson, SC - Contact jelg@nova.net
- June 15th **2nd Beach Ocean Swims** - Middletown, Rhode Island ... Contact Michael Garr at Michael.Garr@navy.mi
- June 15th **Park to Park 1-Mile Swim** held in NYC ... www.nycswim.org
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- **June 15th **1 Mile Open Water Swim - Virginia Beach Ocean Swim** - E-mail: (durrantb@aol.com)
- **June 15th **25th Annual Jack King 1-Mile Ocean Swim** - Virginia Beach, VA ... www.vaswim.org
- **June 20th **1 Mile Bay Swim** held at Kennedy Park, Somers Point, NJ ... (609-398-6900).
- June 21st **Against the Tide 1 Mile Swim** - Hopkinton State Park, Hopkinton, MA ... www.mbcc.org/swim
- June 21st **12.5 Mile Swim Around Key West** in Key West, Florida ... www.swimaroundkeywest.com
- June 21st **13th Annual Plunge For the Patients** in Wildwood, NJ ... www.plungeforpatients.org
- June 21st **USMS 1 Mile Open Water Championships** - Madison, Connecticut ... coachlyman@hotmail.com
- **June 22nd **1 Mile & 2 Mile Lehigh River Swim** held in Allentown, PA ... www.emacswim@rcn.com
- June 28th **16th Annual Alcatraz Sharkfest 1.5-Mile Swim** in San Francisco, California ... www.envirosports.com/eve

- **June 28th** 10th Annual 1.3 Mile or a 5 K Bridge to Bridge Bay Race, in Atlantic City, NJ ... www.acaswim.org
- June 29th Governors Island 2-Mile Swim held in NYC ... www.nycswim.org
- July 5th Manhattan Island Marathon 28.5-Mile Swim held in NYC ... www.nycswim.org
- **July 7th** Bradley Beach 1 Mile Ocean Swim in Bradley Beach, NJ ... www.raceforum.com or bbguard1@msn.com
- July 12th USMS 2-Mile Cable Swim Championships - in Charlottesville, VA (HenryDaFif@aol.com) or www.vaswim.org.
- July 12th Greenwich Point One Mile Swim - Greenwich, CT ... www.gscevents.org
- July 12th 1-Mile Ocean Swim 11th Annual Swim For the Dolphins in Wildwood Crest, NJ ... www.lmsports.com
- **July 12th** 1-Mile Ocean Swim 10th Annual Spring Lake Ocean Mile in Spring Lake, NJ ... www.raceforum.com
- July 13th Riverside Park Tune Up 1.5K Swim held in NYC ... www.nycswim.org
- July 19th 17th Annual Swim for Life - 1, 2, 3, 4, 5 Mi Swims - Chestertown, MD - www.swimdcac.org
- July 19th USMS National 25K Open Water Championships (plus 5 X5K Relay) - Morse Reservoir, Noblesville, Indiana. Contact www.usms.org or Dick Sidner dsidner@gmail.com or Marcia Cleveland MarciaC944@gmail.com
- **July 19th** 1 & 2 Mile Canandaigua Lake, New York - Phone Vern Hecker at (585-394-4075) (date tentative).
- July 26th Save The Bay - Narragansett 1.7 Mile Bay Swim ... www.savebay.org
- **July 26th** 2.4 Mile Race for the River (Hudson River Swim) in NYC ... www.nycswim.org
- July 26th 28th Annual 1-Mile Masters Ocean Swim in Ocean City, NJ ... www.LMSPORTS.COM.
- **July 26th** Annual Manning Ocean Mile Swim in Sea Bright, NJ ... www.sandyhookers.org
- July 26th Annual Lake Erie Open Water 1 Mile and 2 Mile Swims ... Tom Spence at Talltom13@msn.com
- August 2nd Swim Across the Sound - 25K Open Water Swim in Bridgeport, CT ... www.force5sports.com/calendar/index.cfm
- **August 2nd** 1 & 2 Mile - Gilbert Lake State Park in Oneonta, NY ... bobverna@wpe.com
- **August 2nd** 2.6 Mile Rainbow Channel Bay Swim held in Somers Point, NJ
- August 2nd 12th Annual YMCA Lake Champlain Shore-to-Shore Swim held in Burlington, VT ... www.gbymca.org
- August 2nd Annual Boston Light 8-Mile Swim held in Boston, MA ... www.bostonlightswim.org

- **August 2nd** [John Boyd Memorial 1 Mile Ocean Swim](#) in Seaside Heights, NJ ... [www.oceancountygov.com](#)
- August 3rd [2008 USMS 3-6 Mile Open Water Championships \(5 km\)](#) - Elk Lake, Bend, Oregon Bob Bruce, 541-317-4851, coachbob@bendbroadband.com; Pam Himstreet, 541-385-7770, himstreet@bendbroadband.com; or [www.usms.org](#)
- **August 9th** [22.5 Mile Around the Island Marathon Ocean/Bay Swim](#) in Atlantic City, NJ ... [www.acswim.org](#)
- August 9th [Island Beach Two Mile Swim](#) - Greenwich, CT ... [www.gscevents.org](#)
- **August 9th** [Mid Summer 1 Mile Ocean Swim](#) held in Seaside Park, NJ ... [www.ocymca.org](#)
- August 16th [Against the Tide 1 Mile Swim](#) - Brewster, MA ... [www.mbcc.org/swim](#)
- **August 16th** [Ray Licata Memorial 1 Mile Ocean Swim](#) in Long Branch, NJ ... [www.raylicatamemorialschwim.com](#)
- **August 17th** [2008 ACAC Middle Atlantic Open Water Championships](#) held in Atlantic City, NJ ... [www.acswim.org](#)
- August 23rd [Madison Mile](#) - Madison, Connecticut - contact dave@force5sports.com or [www.force5sports.com](#)
- August 23rd [USMS 1-3 Mile Open Water Championships \(2.4 mile\)](#) - held in Lake Monona, Madison, Wisconsin. Contact Dick Pitman dickpitman@hotmail.com or [www.usms.org](#)
- **August 23rd** [1 Mile Inlet YATES Swim](#) - Atlantic City, NJ ... [www.ACSwim.org](#)
- **August 24th** [1 Mile Brigantine Bayfest Swim](#) in Brigantine, NJCall (609) 266-9826 (Brigantine Elks Club).
- August 30th [79th Annual 1.5 Mile AC Pageant Ocean Swim](#) in Atlantic City, NJ ... [www.ACSwim.org](#)
- **August 31st** [11th Annual Captain Tuner's Memorial Ocean Swim](#) in Longport, NJ ... Call (609-822-3898)
- Sept. 6th [Brooklyn Bridge 1K Swim](#) held in NYC ... [www.nycswim.org](#)
- Sept. 6th [Provincetown Harbor Swim for Life](#) in Provincetown, MA ... [www.swim4life.org](#)
- **Sept. 6th** [Manasquan One-Mile Ocean Swim](#) in Manasquan, NJ - Contact manasquanrecreation@yahoo.com
- Sept. 20th [1 & 2 Mile Bay Swim - September Splash](#) in Wildwood Crest, NJ ... [www.LMSPORTS.com](#) or [www.wcswim.org](#)
- Sept. 20th h [Little Red Lighthouse 5 Mile Swim](#) held in New York City, NY ... [www.nycswim.org](#)
- **Sept 20th** [5K, 3K, 1K Ocean Swims](#) in Ocean City, MD ... Call (301) 934-3675
- Sept. 29th [0.5 Mile Cove to Cove Swim](#) held in NYC ... [www.nycswim.org](#)
- Oct. 19th [13th Annual St. Croix 5 Mile Open Water Swim](#) ... [www.swimrace.com](#)

OPEN WATER 2008

- Oct. 19th *Bermuda Round the Sound EcoSwim ... www.AquaMoonAdventures.com or info@RandyNutt.com*
- October 25th *Gertrude Ederle Swim (17.5 Miles) - Starts in NYC and finishes at Sandy Hook, New Jersey ... www.nycswim.org*
- Dec. 6th *8th Annual Bonaire EcoSwim 10K, 5K, 3K & 1K Swims in Bonaire, Netherlands Antilles ... info@RandyNutt.com*
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LANE LINE ARCHIVES

Beginning with the Winter 2005 Issue, the Lane Line has been an electronic document. Past issues are archived on the DVM website. If you have just joined DVMasters, you might want to look over this list of previous articles and check them out!

You can also get an idea of the types of articles that you might write for us. See the plea on page 6. Your information could be a developed 3-5 pager or a brief 2-3 paragraphs. Please consider sharing your expertise with us!

LANE LINE ARTICLE ARCHIVES -- WINTER 2005 -- FALL 2007:

THE THERAPIST'S CORNER

- SHOULDER INJURY PREVENTION (Lisa Semels Tolotta) (Winter 2005)
- PATELLOFEMORAL PAIN SYNDROME (ANTERIOR KNEE PAIN) (Lisa Semels Tolotta) (Spring 2005)
- KNEE PAIN AND CYCLING (Lisa Semels Tolotta) (Winter 2006)
- ILLIOTIBIAL BAND FRICTION SYNDROME (Lisa Semels Tolotta) (Spring 2006)
- PLANTAR FASCITIS (Lisa Semels Tolotta) (Winter 2007)
- TAKE YOUR TRAINING TO THE MAX -- VO2 MAX! (Bernadette Price) (Spring 2007)

FEATURE ARTICLES:

- NCAA: THE RECRUITING PROCESS FOR SWIMMERS -- PART I (Winter 2005)
- NCAA RECRUITING -- PART II (Spring 2005)
- OPPORTUNITIES FOR FEMALE SWIMMERS -- THEN AND NOW (Steph Walsh-Beilman) (Fall 2005)
- DOING YOUR FIRST OPEN WATER SWIM (Spring 2005)
- POOL LANE ETIQUETTE (From USMS Archives) (Winter 2006)

HEALTH/MEDICAL ARTICLES:

- MELANOMA: A PERSONAL STORY (Tom Tulenko) (Winter 2006)
- ANABOLIC STEROIDS: DO THEY IMPROVE PERFORMANCE IN THE ELDERLY? (Tom Tulenko) (Fall 2006)
- FISH OIL IN YOUR DIET PLAN (Tom Tulenko) (Spring 2007)

PERSONAL JOURNEYS:

- ESCAPE FROM ALCATRAZ (Tom Tulenko) (Winter 2005)
- FROM CAVE DIVING TO RUNNING A MEET (Linda Van Ocker) (Fall 2005)
- ISLE OF JERSEY OPEN WATER SWIM (Delia Perez) (Fall 2006)
- WORLD ULTRAMAN CHAMPIONSHIPS (Fall 2006)
- XTERRA WORLD CHAMPIONSHIPS (SueAnne Clark) (Winter 2007)

THE TRIATHLETE'S CORNER

- BASICS FOR BEGINNERS (Laurie Hug) (Winter 2005)
- PRE RACE PREPARATION (Laurie Hug) (Spring 2005)
- USMS ONE HOUR POSTAL SWIM (Laurie Hug) (Fall 2005)
- THE WETSUIT: WHEN TO WEAR IT (Laurie Hug) (Spring 2006)
- HOW TO MANAGE THE OFF SEASON (Laurie Hug) (Fall 2006)
- GETTING READY FOR THE OPEN WATER SEASON (Laurie Hug) (Spring 2007)

COACH'S CORNER

- BREATHING MADE EASY (Terry Laughlin -- Total Immersion) (Winter 2005)
- MAN: RUNNER BY NATURE (Terry Laughlin -- Total Immersion) (Spring 2005)
- PLENTY OF AIR AND A SMOOTHER FREESTYLE (Terry Laughlin -- Total Immersion) (Winter 2006)
- FOCUS AND PACING ARE SYMBIOTIC (Lou Tharp - Total Immersion) (Fall 2006)
- WHAT IT REALLY MEANS TO SWIM FROM YOUR CORE (Julie Friedberger -- Total Immersion) (Winter 2007)
- RECEIVE ENDURANCE (Terry Laughlin - Total Immersion) (Spring 2007)



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