

THE LANE LINE

THE NEWSLETTER OF DELAWARE VALLEY MASTERS SWIMMING

WINTER 2007

www.dvmasters.org

YOUR EDITOR SPEAKS!

JUDY MICHEL (SWIMICHEL@MAC.COM)

WHAT'S INSIDE?

2 THE PHYSICAL
THERAPIST'S
CORNER: PLANTAR
FASCIITIS

4 TOTAL
IMMERSION: WHAT
IT REALLY MEANS
TO "SWIM FROM
YOUR CORE"

5 WORLD XTERRA
TRIATHLON
CHAMPIONSHIP

7 30 MINUTE
FITNESS SWIM

8 VIRTUAL SWIM
SERIES

8 LE TOUR DE POOL

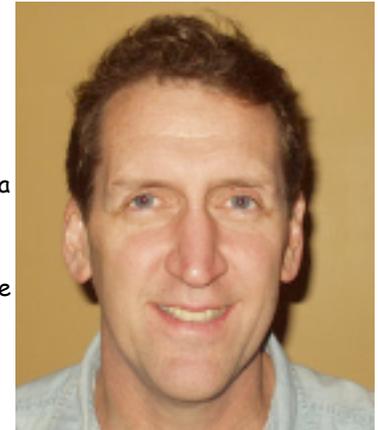
8 TOP TEN LCM

9 2007 OPEN WATER
SCHEDULE

12 UPCOMING POOL
MEETS

This issue of the Lane Line is a bit "skinny". A few of our regular contributors were given the winter "off", but will be back with articles of interest for the Spring/Summer edition in June. We have given you a listing of the open water events for the summer. A fuller description of each is available in a .pdf document on the web site -- a perfect segway to introduce our new Web master.

Dan Allen has been involved with swimming, both as a swimmer and as a coach for over 30 years. Throughout his coaching career he has coached a national champion, numerous state champions, nationally ranked athletes and All-Americans. After a stint in Georgia, during which he stopped training, Dan has now returned to his Pennsylvania roots in Dallas, Pa (north of Wilkes-Barre). He currently is the Head Coach of the Dallas Mountaineers Aquatic Club and is back in training with plans to compete during the summer season!



In the water, Dan has earned many swimming accolades. As a collegiate swimmer, he set 13 school records at Concordia Teacher's College in Seward, Nebraska. He continued this success during his two years in the Army where he medaled in the United States Army European championships. As a Masters swimmer, Dan has posted 32 national Top Ten times, in all strokes and distances and has set many Keystone State Games records. He has also competed in numerous Open Water races including completing the Chesapeake Bay Bridge race 10 times. Dan also served as the DVM Top Ten chair in the 1990's.

Coach Dan is known as a coach who takes a personal interest in athletes of all ability levels. He and his wife, Susan, live in Dallas with their children (and future Mountaineer swimmers), Kevin (4) and Jessica (2).

We welcome Dan back to Delaware Valley Masters and thank him for maintaining our good looking web page!

To those of you gearing up for Zones and Nationals, I wish you the best of tapers and times. I would love a volunteer from each to take digital photos and send a write up. Let me know if you are interested -- otherwise I might have to call/e-mail a few of you!

AS OF FEBRUARY 28, WE HAVE 437 DVM MEMBERS. THIS IS DOWN FROM A HIGH OF 668 IN 2004 AND 590 LAST YEAR. IF YOU ARE GETTING THE LANE LINE VIA EMAIL OR THE WEB AND HAVE NOT JOINED FOR 2007, PLEASE DO SO AT THE WEBSITE ABOVE. PLEASE SUPPORT MASTERS SWIMMING. IT IS ONLY \$30.00. SOME WORKOUTS REQUIRE IT FOR INSURANCE PURPOSES.

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

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

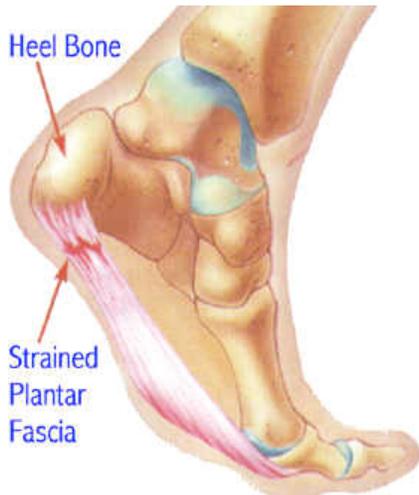
PLANTAR FASCIITIS

Have you ever experienced an aching pain in your heel when first getting out of bed in the morning? How about sharp heel pain while walking barefoot on the pool deck? It is estimated that up to 80% of all people experience heel pain at some time in their lives. I know you readers are an active group of athletes, and may be at risk for this common, plaguing condition. Think of your feet the next time you go out for a run. Each foot pounds the ground some 800 times per mile!

But what is heel pain? It can be any one of a number of injuries to the foot. These are considered "overuse" injuries since they are caused by a change in activity or repetitive stress to your foot rather than one specific accident. The new or increased stress to your foot overloads the normal reparative processes of your body and leads to injury.

The most common cause of heel pain is *plantar fasciitis*. Plantar fasciitis is an inflammation of the fibrous band of tissue (fascia) on the bottom of your foot which connects your heel bone to the base of your toes. The function of the plantar fascia is to provide static support to the arch and dynamic shock absorption. It develops as the result of repetitive micro tears in the plantar fascia, resulting in degeneration at the origin of the plantar fascia at the inside of the heel bone.

Plantar fasciitis is characterized by pain in the heel (sometimes throughout the arch), primarily after a period of rest, when you first begin to stretch the tissue. It may hurt when you first begin to run, and ease up throughout the run, then become quite sore afterwards.



Normally when you walk, your plantar fascia stretches as your foot strikes the ground. If the plantar fascia is overly stretched or strained by the way you walk or run, it can become weak, irritated and painful when you stand or walk. As the fascia is over stressed, it then places more stress on its attachment at the heel bone. This tensile force on the bone may result in a heel spur.

Conditions or activities that may put you at risk for developing plantar fasciitis:

- Excessive pronation (inward twisting or rolling of the foot.)
- Flat feet or high arches.
- Tight calf muscles (the gastrocnemius and soleus), which attach to the achilles tendon at the back of the heel. Repeated plantar flexion of the foot during flutter and dolphin kicking in swimming, can lead to tight muscles in these areas.
- Repetitive activities, such as jobs that require prolonged walking or standing on hard or irregular surfaces.
- Athletes and runners who abruptly change something in their training, for example intensity, duration or surface.
- Poor shoe wear that is lacking arch support, cushioning, or proper fit.

Early recognition will lead to a shorter course of treatment. Treatment first consists of relieving the inflammation and relative rest to allow the tears to heal. Icing the area and anti-inflammatory medication prescribed by your doctor can be helpful here.

Next is to figure out why this happened in the first place? A physical therapist can help identify faulty foot mechanics and muscle imbalances throughout your legs and trunk. You can review your training regimen for rapid changes or increases. If you are not sure if you are wearing the appropriate shoes to reduce the impact, consult a specialist.

All treatment will include some type of stretching to the calf muscles and plantar fascia. Stretching exercises gently before and after activities will keep tissues pliable and resistant to overload.

Refer to the three stretches -->. Hold each stretch 30 seconds and repeat 2 times. Perform frequently throughout the day (3 or more times,) to keep the tissue from tightening up so quickly.

Strengthening the muscles on the bottom of the foot may be necessary to restore proper balance and mechanics. Strengthening muscles higher up on the kinetic chain, for example the hips, may be warranted as well.

Other treatment options include, cross friction massage to the plantar fascia to break up any scarring that may have formed while the tears were healing. Heel pads and cups to cushion the load that walking/running places on the heel.. Taping techniques to the arch of the foot, again, to minimize the load to the fascia and heel.

Sometimes night splints are an effective way to get a constant, gentle stretch to the fascia and calf, as the foot is maintained at a 90 degree angle throughout the night allowing the tissues to heal. Custom orthotics to correct biomechanical issues may be recommended.

Occasionally, if none of the above strategies work, more extreme treatment may be necessary. You can discuss some of these options with your physician: a walking boot, cryosurgery, needling debridement, and steroid injections.

Prevention and early treatment are the keys to overcoming plantar fasciitis. For more information, contact Lisa Tolotta, MSPT at Excel Physical Therapy. 866-883-9235 or www.excelphysicaltherapy.com. Ask us about Direct Access - you no longer need a script or referral to begin physical therapy!



Stretching the gastrocnemius, keeping the knee straight.



Stretching the soleus, with the back knee slightly bent.



Stretching the calf as well as the plantar fascia.

References:

Craig Young, M.D., Darin Rutherford, M.D., Mark Niedfeldt, M.D., "The Treatment of Plantar Fasciitis," American Family Physician, American Academy of Family Physicians, Vol 63/No. 3, Feb 1, 2001.

Eric K. Bartel, M.D., "Don't let heel pain slow you down," Fox Valley Orthopaedic Institute, 2007.

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TOTAL IMMERSION MAGAZINE: WHAT IT REALLY MEANS TO "SWIM FROM YOUR CORE"

BY JULIE FRIEDBERGER

Julie is a yoga teacher, trainer, writer, and TI student, who has practiced and taught yoga as a healing therapy since 1970. Julie works with cancer patients and trains other teachers in that specialty. She has published three books: [A Visible Wound: A Healing Journey through Breast Cancer](#); [The Healing Power of Yoga](#); and [Office Yoga](#). Julie discovered TI in February 2006 and has been hooked ever since. She lives in London with her husband, the painter Klaus Friedeberger.

The defining distinction of Total Immersion from traditional swimming is in swimming *with the body*, rather than the arms and legs. TI style draws power efficiently from the core by engaging the kinetic chain, which involves our deep stabilising muscles, whose function is core stability.

Indeed, all human movement - lifting weights, pushing a stalled car, rising from a chair, doing a demanding yoga posture - should be done from a stable core. The spine needs to be supported and stabilised. The muscles that should support and stabilize the spine are the transversus abdominis and the multifidus. Together with the pelvic floor and the diaphragm, these constitute the body's "inner unit", its core of strength and stability.

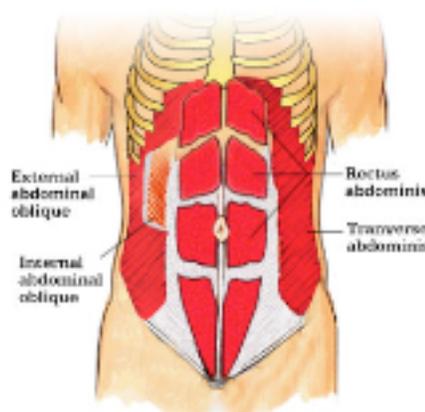
After almost 40 years of practising and teaching yoga, I began to understand my TA muscles when I turned to Pilates two years ago after surgery for a ruptured lumbar disc to help prevent anything like that happening again. Besides a more stable core, my Pilates practice has also given me new awareness to integrate into my yoga practice and teaching... which is now being reinforced by my TI swimming practice.

Meet your deep stabilising muscles...

The **transversus abdominis** muscles (hereafter TA) are the deepest of three layers of abdominal muscles. The middle layers are the internal and external obliques, and the most superficial layer the rectus abdominis (hereafter RA). The horizontal fibres of TA wrap the torso like a corset from front to back, and from pubic bone to sternum to support and stabilise the spine, most importantly the lumbar spine, which is so vulnerable to overuse and injury.

The **multifidus muscles** are the deepest layer of the back muscles. They are small, short pairs of muscles that attach to each of the individual vertebrae and ensure that it doesn't shear too far off its neighbours. TA and multifidus work together to hold the lumbar spine stable, preventing injury by limiting excess movement between vertebral segments.

Because TA muscles are deep-lying, they're difficult to locate or feel, so it's helpful to use imagery when trying to engage them: the engagement is a "drawing-in" movement, like tightening a corset, or wide belt. The best position for feeling them draw in is



lying on the floor, with your hands on your abdomen or around your waist. You can also visually observe this action: Stand in front of a mirror with your hands on your waist, and if you've "got it" you'll be able to see your waist drawing in and growing smaller as the deep muscles engage. (Women will love this.)

Drawing in the TA muscles is a gentle, subtle action - the instruction given in most Pilates material is to use about 30% of total effort. This is different from the strong pulling in (navel-to-spine) of the RA muscles. When the TA muscles are working well, they hold the vertebrae, and the discs between them, stable, snug, and safe.

Most abdominal exercises target the RA muscles; but the familiar "crunches" can overwork them. When that happens the deeper, more subtle TA let the RA take over. But RA muscles are movers" not stabilisers. Overworking them with the intention of "strengthening your abs", at the expense of TA: (1) leaves the spine unsupported and more vulnerable to injury, and (2) produces an imbalance between the front and the back of the body, which also increases the potential for injury, especially for those with poor posture or faulty movement patterns.

... and a few other muscles that help you swim *with your body*

The *pelvic floor muscles* fire the TAs, so it helps to draw them up before engaging TA. The *oblique abdominals* are integral to rotation. The *trapezius* and *rhomboid* muscles support the shoulder blades. When stroking movements originate from your shoulder blades, you have a stable shoulder joint. When they

don't, the result is a long, heavy object pulling on a small, crowded joint via smaller and weaker rotator cuff muscles creating an unstable shoulder - the most frequent cause of swimming injuries.

Pilates exercises work explicitly on these muscle groups; yoga postures involve them, but (having more holistic aims) don't work them with the same specificity. But having become aware of and having the importance of using them, I've been able to bring them into my yoga practice and teaching...and my swimming.

Three effective exercises

Pelvic tilts and lifts *This Pilates exercise will help you engage the core muscles that can aid your rotation while swimming for better rotation. It will also be good for your spine, creating openness between your vertebrae, and gently stretch and lengthen your lower back muscles.*

Lie in alignment on your back, with knees bent, feet flat on the floor, hip width apart, and close to your buttocks. As you breathe out, pull up on your pelvic floor, draw in on your TA muscles, and lift your tailbone an inch or two from the floor. Hold this lift as you breathe in. Then breathe out, engaging your deep stabilising muscles again, and lower your tailbone. As you lower it, direct it towards your heels, lengthening your lower back. Visualise a laser beam shining from your tailbone: follow it towards your heels. Once your lower back has reached the floor, let go of the pelvic tilt and let your lumbar spine return to its neutral position.

When you've done five pelvic tilts, begin to increase the lift. Don't come up too high: this isn't a full back arch. Keep your shoulder blades in contact with the floor. Take about four or five lifts to reach that point, and then five more at full expression.

Lower back rotation *This works the obliques as well as the TA. It's a simple spinal twist movement - with a difference. To do it effectively, you need to switch off your leg muscles.*

Same position as above, but with feet a bit wider than hips. Breathing out, engage PF and TA, and roll your knees gently to the right. Keep both shoulder blades anchored. Your knees won't go to the floor. Hold your position as you breathe in. Then, breathing out, engage PF and TA and let your pelvis roll back to the centre, and your knees follow. Focus only on returning your pelvis to the centre. Your legs will follow, but try to keep them passive.

Because you want your TA and obliques to do all the work, you need to disengage your leg muscles. This is harder than it sounds. Your hamstrings, quadriceps, and gluteals are used to working hard, and they'll want to get involved, but don't let them. This is a very "examined" exercise - do it mindfully, five times to each side.

The Arrow *This strengthens the multifidus muscles.*

Lie on your front with forehead on the floor and arms by your sides. Draw your shoulder blades down your back and your tailbone down towards your heels to lengthen your lower back. Breathe out as you pull up on your pelvic floor and engage your TA, and raise your chest and arms. Lead the movement with the crown of your head, looking down to keep your neck/spine long. Think more of lengthening your spine than of coming up high. Keep your gluteals soft (harder than you might think). Hold the lift as you breathe in. As you breathe out, engage your pelvic floor and TA, and slowly lower your head, chest, and arms. (This exercise also heightens your awareness of the shoulder blade/arm connection.

These three basic exercises (of many) have been the core of my practice since I started Pilates. Since learning how to isolate, engage, and use the deep stabilising muscles, I've brought them into my yoga practice and teaching. And my swimming.

Swimming with your core

After a lifetime of swimming - and nearly a lifetime of yoga and a couple of years of Pilates - discovering TI last year was an epiphany for me: swimming with the whole body, getting power from the core, swimming mindfully, swimming with relaxation unified all the activities I love into a seamless whole. I've been enjoying learning TI for a year now, and expect to go on enjoying it forever.

While writing this article, I spent time in the pool using the core muscles as my sole focal point in drill practice, alternating between consciously engaging them, and not doing so. I discovered that when my core is engaged I experience better alignment, and propulsion. When it's not, my lower back arches, my body line becomes "floppy," and I lose the sense of connection between my legs and upper body. This is noticeable in all drills, but especially in Switch drills. If we're to get power from the core, the stabiliser muscles need to be fully engaged. Without that "spinal corset" there's less power to tap.

Some swimmers are able to recruit and use their core muscles instinctively. I'm sure this applies to elite swimmers, and to the most mindful TI swimmers. But others may need to learn how to use them, as I did. My experience of disengaging those muscles suggests that may be at the root of some of the problems I see reported on the [Discussion Forum](#): poor balance, difficulty maintaining a long, clean line, inefficient kicks, ineffective propulsion and thus a high SPL. So if you aren't yet acquainted with your core muscles, you might do the suggested exercises to become acquainted with them, then make core stability a focal point in some of your drill and swim practice.

XTERRA WORLD CHAMPIONSHIPS BY SUEANNE CLARK

SueAnne Clark is an XTERRA triathlete. XTERRA is an off-road triathlon; it's never a straight swim, includes mountain biking on rough terrain, and ends with an extreme terrain trail run. The first XTERRA type race was held in Hawaii in 1996 and it was called Aquaterra. A typical race has a 1.5 K swim, a 30 K mountain bike and an 11 K trail run.

After a childhood filled with swimming, running track and lots of fun biking, SueAnne began competing in sprint and Olympic distance road triathlons in 2003. Her first XTERRA race was in August 2004 and she had immediate success, coming in 2nd in her age group. She made the switch to XTERRA because she had been doing mountain biking since the 90's and the switch was made easier by the fun and camaraderie of the people who compete at XTERRA. She also likes the fact that there are no cars on the training or race routes and that when you fall off your bike, you usually land in grass, mud or other soft surface.

Here is her account of the XTERRA World Championships in Hawaii.

In August 2006, I reached my goal for the triathlon season: to qualify for the XTERRA World Championship in Maui. When I took the podium as the age group winner in the Midwest Championship in Milwaukee, I looked like Pig Pen from the Charles Schultz's *Peanuts*. The swim was called off because a hot summer storm decided to show up on race morning. The race was just a mud-sliding mess, no bike brakes, and all you could see were the whites of people's eyes as you passed them. After coming off the podium, I began making plans for Hawaii: What was I up against? Uh, hello? The WORLD! So there I am, girl from Bryn Mawr, PA racing against France, Australia, S. Africa, Russia, Japan, UK, and New Zealand, not to mention the high-altitude girls from out west! Did you ever wish or dream you were in the Olympics? At the age of 34, for me, this is the closest thing to experiencing that type of competition: 24 countries and 36 US states were represented.

What an amazing race! I went from race mode to survivor mode about a dozen times in the 4 hrs and 53 mins of my race. You cannot pre-ride the XTERRA World Championship course and the course changes up a bit every year, so you have NO IDEA what you are going to face! This year, the swim portion consisted of 2 laps of 750 meters in the Pacific Ocean, interrupted by a quarter mile run on the plush Makena beach in Maui.



SUEANNE
CLARK

This was not your typical mountain bike single track with twisty turns, tree roots, shady trees, and dodge-able rocks you see mostly here on an east coast course. It is a 4 wheel-only, JEEP terrain, 19 miles, in the desert sun, lava farm, side of the volcano Haleakala (with some incredible views), fire road with 60% climbs and 40% downhill. About 85% of this road is covered in lava rock... some tracks are completely covered, and some are there just to annoy your back tire. With that...I had bike problems, but if you talk to most athletes, including the top finishers, they too had bike mechanical problems.... I saw a ton of tubeless flats & lots of people ran out of spare tubes and just rode the bike with the flats.

My rear de-railer hit a large lava rock on a descend and then the chain got all jammed up in my wheel when I tried shifting down for the next hill... I went from racing mode to survivor mode. 10 mins later got the chain fixed, but had to push the bike up on most hills... or should I say I had to push the HORSE up the hill! This Kona Kikipu is a trail bike (which was a rental...yes I am an amateur) not a racing bike, it's about 40 lbs with 4 1/2 inches of travel. It was great on the downhill, but it totally used up most of my energy pushing up hill. After 3 more pushing climbs in the big ring, I decided to fix the derailleur as much as possible... adding about 10 minutes onto my time. The gears were slipping but I went back into racing mode. I was able to catch up to some of the women that passed me and I passed the Russian girl in my division. I saw her coming in off the bike as I went out of transition to run.

I started out on the 7 mile trail run where the legs felt decent, but I was extremely thirsty and the sun was strong by this time of day. So I stopped at every watering hole possible. Trail runs are 20% harder than a road race... and this is not your Haverford College nature trail run. Was it the 2 mile hill in the sun or the Russian



girl catching up to me that put me back into survivor mode? I kept her in sight, I tried not to pass her until I was ready, but she slowed down due to a stitch in her side... and then I passed her... back into race mode. We hit the beach (more than 5 miles into the run at this point); it's a mile stretch in the plush Makena sands. She passed me in the sand (it was a re-play of the two top male athletes in this race) and my legs were running out of gas. I surrendered my mind and body to God.

Back into survivor mode until I knew I was near the finish line... I felt this rush of happiness as I approached the finish line. I threw my hat in the air, as if it were my graduation cap, and gave out the biggest smile from my heart. (As seen on TV: CBS Sports Spectacular) It was a great accomplishment to finish one of the world's toughest races in one piece. I finished in 396th place (out of 474) and was only 22 places and 9 minutes behind Scott Tinley a two time winner of the Hawaii Ironman Triathlon. I was 15th (out of 20) in my age group.

So what is next? I start my 2007 season with a race in Saipan (it's on the other side of the world) on March 17 and my goal for 2007 is to take a Top Five spot at Worlds. I have also moved up to the 35-39 age group. I am now an XTERRA Ambassador Athlete for the Mid-Atlantic region and will be able to answer any questions you may have about XTERRA races as well as training tips and groups.



Competitors slog up HeartBreak Hill in Maui.

Some great local races to check out this year: King of the Hill, Clinton, NJ (May 20); XTERRA Trimax, Mifflinburg, PA (June 10); XTERRA East Championship, Richmond, VA (June 17); EX2, Flintstone, MD (July 15); Schiff Scout, Long Island, NY (Aug 26). And USA Championship in Tahoe (Sept 30).

For more information, check out www.XTERRAplanet.com.

THREE FITNESS EVENTS FOR YOU FROM USMS!

30-MINUTE FITNESS SWIM

This is a "Junior Varsity" (my term...) version of the One Hour Postal Swim which is held each year in January. (You missed it already...)

The 30-Minute Postal is designed for those who feel they might not be ready for a full hour swim. It can be swum at any time in 2007. You only need to verify that you swam for the entire 30 minutes. If you wish, you can send in your yardage, but this is not a requirement. There is a split sheet available to help you with this.

The cost to USMS members is \$5 (non members are \$8). Upon completion, swimmers will receive an 8.5 x 11 commemorative certificate at the end of the event. (Results are expected to be ready by Feb 2008.) Your name will be posted on the Fitness Section of the USMS website.





VIRTUAL SWIM SERIES (<http://www.usms.org/fitness/content/vsevents>)

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

Each swim has a description and an excel spread sheet to keep track of your progress.



LE TOUR DE POOL

This Postal event asks you to swim all 18 pool events in a calendar year. It's nickname is "Check Off Challenge." As you swim each event, you check it off. You can swim the events in a meet, a practice, in a meter or yard pool at any time in 2007.

We have missed the deadline for the Yellow check off jersey, but if there are extras, Hugh Moore is the person to contact (swimmoore@comcast.net)

CONGRATULATIONS TO THE FOLLOWING DELAWARE VALLEY MASTERS WHO EARNED TOP TEN STATUS FOR THE 2007 LONG COURSE METER SEASON

NOTE: DUE TO EVENTS BEYOND OUR CONTROL RESULTS FROM THE MERRYMAN MEET IN JUNE WERE NOT SUBMITTED TO USMS IN TIME TO BE INCLUDED. WE DID TRY FOR AN EXEMPTION BASED UPON THESE CIRCUMSTANCES, BUT USMS DID NOT YIELD!

Women 70-74

	Name	Age	Club	Time
5 50 BR	Janet Moeller	72	1776	57.79
7 50 FL	Janet Moeller	72	1776	57.40
5 100 FL	Janet Moeller	72	1776	2:21.75
3 200 FL	Janet Moeller	72	1776	5:26.49
4 400 IM	Janet Moeller	72	1776	9:35.14

Women 75-79

8 50 FR	Joan Waldbaum	75	1776	48.77
9 100 FR	Joan Waldbaum	75	1776	1:59.37
9 400 FR	Ruth Aaron	77	1776	9:20.94
5 50 BR	Joan Waldbaum	75	1776	1:00.28
7 100 BR	Joan Waldbaum	75	1776	2:24.04
6 200 BR	Joan Waldbaum	75	1776	5:09.71
10 200 BR	Ruth Aaron	77	1776	5:22.86
6 50 FL	Joan Waldbaum	75	1776	1:04.63
8 200 IM	Ruth Aaron	77	1776	5:20.16

Men 30-34

10 50 BA	Matthew Carlson	34	1776	30.14
3 200 BA	Matthew McKenna	34	1776	2:19.17

Men 35-39

4 50 FR	David Lawson	36	1776	24.68
4 100 FR	David Lawson	36	1776	54.35
1 50 FL	DAVID LAWSON	36	1776	25.92

Men 40-44

4 50 BR	Howard Seidman	44	1776	31.52
1 100 BR	HOWARD SEIDMAN	44	1776	1:08.21

Men 45-49

6 1500 FR	Jeff Reilly	45	1776	19:35.91
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Men 50-54

10 1500 FR	James Ryan	54	1776	20:27.08
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Men 55-59

1 50 FR	PAUL TREVISAN	55	1776	25.74
1 100 FR	PAUL TREVISAN	55	1776	58.07
4 200 FR	Jack Martin	55	1776	2:17.35
3 400 FR	Jack Martin	55	1776	4:51.65
4 800 FR	Jack Martin	55	1776	9:58.62
5 50 FL	Paul Trevisan	55	1776	29.24

2007 PRELIMINARY OPEN WATER
 DELIA GRACE PEREZ (856-251-0902)
 Email: dgperez@erols.com

** D'Chum's Best Guess
 (if no asterisk ** date is firm)
 As of: 1 March 2007

NATIONAL CHAMPIONSHIPS ARE IN CAPITALS AND BLUE: NOTE THAT
 TWO OF THEM ARE IN MAY!

- April 21st **Tampa Bay 24 Mile Swim in Tampa, Florida** ... www.distance matters.com or call (727-531-7999)
- MAY 19TH **2007 USMS 3-6 MILE OPEN WATER CHAMPIONSHIPS (5 KM) - Gulf of Mexico, Ft. Myers Beach, Florida** Contact Gregg Cross at (239-462-3322) gregg.cross@usa-openwaterswim.com
- MAY 27TH **JIM MCDONNELL 1 MILE AND 2 MILE LAKE SWIM (1/2 MILE COURSE) - 2007 USMS 1 MILE OPEN WATER CHAMPIONSHIPS** Lynn Hazlewood (contact via email) lynhzlwd@USMS.org (703-845-7946) <http://www.restonmasters.org>
- May 27th **Lady Liberty 1.5K Swim** held in NYC ... www.nycswim.org
- June 2nd **Potomac River 7.5 Mi Swim** - Point Lookout State Park, MD ... Contact cherylw@crosslink.net
- June 3rd **2nd Annual Nav-E-Sink or Swim Distance (1.2 Mile or 2.4 Mile) Festival** ... www.sandyhookers.org
- June 10th **4.4 Mile CHESAPEAKE BAY SWIM** - <http://www.lin-mark.com>
- June 10th **1 Mile Bay Challenge Swim** - <http://www.lin-mark.com>
- June 10th **Park to Park 1-Mile Swim** held in NYC ... www.nycswim.org
- June 10th **EagleFest 1.2-Mile River Swim** held in Cambridge, Maryland ... www.tricolumbia.org
- June 10th **15th Annual Alcatraz Sharkfest 1.5-Mile Swim** in San Francisco, California ... www.envirosports.com/events
- June 15th **2nd Beach Ocean Swims** - Middletown, Rhode Island ... Contact Michael Garr at Michael.Garr@navy.mil
- June 16th **Manhattan Island Marathon 28.5-Mile Swim** held in NYC ... www.nycswim.org
- June 16th **12.5 Mile Swim Around Key West** in Key West, Florida ... www.swimaroundkeywest.com
- June 17th **16th Annual Swim for Life - 1, 2, 3, 4, 5 Mi Swims** - Chestertown, MD - www.swimdcac.org
- June 17th** **1-3 Mile Open Water Swims (3 km)** at Hartwell Lake in Clemson, SC - Contact jelg@nova.net
- June 17th **1 Mile Open Water Swim - Virginia Beach Ocean Swim** - E-mail: durrantb@aol.com
- June 17th **Jack King 1-Mile Ocean Swim** - Virginia Beach, VA ... www.vaswim.org

- June 22nd **1 Mile Bay Swim** held at Kennedy Park, Somers Point, NJ ... (609-398-6900).
- June 23rd **Against the Tide 1 Mile Swim** - Hopkinton State Park, Hopkinton, MA ... www.mbcc.org/swim
- June 23rd ** **Madison Mile** - Madison, Connecticut - contact dave@force5sports.com or www.force5sports.com
- June 23rd **12th Annual Plunge For the Patients** in Wildwood, NJ ... www.plungeforpatients.org
- June 24th** **1 Mile & 2 Mile Lehigh River Swim** held in Allentown, PA ... www.emacswim@rcn.com
- June 30th **1.3 Mile or a 5 K Bridge to Bridge Bay Race**, in Atlantic City, NJ ... www.acaswim.org
- June 30th** **Bradley Beach 1 Mile Ocean Swim** in Bradley Beach, NJ ... www.raceforum.com or bbguard1@msn.com
- July 1st **Governors Island 2-Mile Swim** held in NYC ... www.nycswim.org
- July 14th** **Chris Green Lake 2-Mile Cable Swim** - in Charlottesville, VA ... www.vaswim.org.
- July 14th **Greenwich Point One Mile Swim** - Greenwich, CT ... www.gscevents.org
- July 14th **1-Mile Ocean Swim 11th Annual Swim For the Dolphins** in Wildwood Crest, NJ ... www.lmsports.com
- July 14th** **1-Mile Ocean Swim 10th Annual Spring Lake Ocean Mile** in Spring Lake, NJ ... www.raceform.com
- JULY 14TH 2007 USMS 6+ MILE OPEN WATER CHAMPIONSHIPS (10 km) - Huntington, NY ... bea10k@yahoo.com**
- July 15th **Riverside Park Tune Up 1.5K Swim** held in NYC ... www.nycswim.org
- July 21st** **1 & 2 Mile Canandaigua Lake**, New York - Phone Vern Hecker at (585-394-4075) (date tentative).
- July 21st **Save The Bay - Narragansett 1.7 Mile Bay Swim** ... www.savebay.org
- July 23rd **2.4 Mile Race for the River** (Hudson River Swim) in NYC ... www.nycswim.org
- July 23rd **0.5 Mile Cove to Cove Swim** held in NYC ... www.nycswim.org
- July 28th **28th Annual 1-Mile Masters Ocean Swim** in Ocean City, NJ ... www.LMSPORTS.COM.
- July 28th **18th Annual Lake Erie Open Water 1 Mile and 2 Mile Swims** ... Tom Spence at Talltom13@msn.com
- July 28th** **32nd Annual Manning Ocean Mile Swim** in Sea Bright, NJ ... www.sandyhookers.org
- July 29th** **1 & 2 Mile - Gilbert Lake State Park** in Oneonta, NY ... bobverna@wpe.com
- AUGUST 4TH 2007 USMS 1-3 MILE OPEN WATER CHAMPIONSHIPS in Lake Pend Oreille, Sandpoint, ID ... larry.krauser@kcgl.net**
- August 4th **2.6 Mile Rainbow Channel Bay Swim** held in Somers Point, NJ ... www.thieler.com/rainbow

- August 4th** **Swim Across the Sound - 25K Open Water Swim** in Bridgeport, CT ...
www.force5sports.com/calendar/index.cfm
- August 4th **11th Annual YMCA Lake Champlain Shore-to-Shore Swim** held in Burlington, VT ... www.gbymca.org
- August 5th **John Boyd Memorial 1 Mile Ocean Swim** in Seaside Heights, NJ ... www.oceancountygov.com
- August 11th **22.5 Mile Around the Island Marathon Ocean/Bay Swim** in Atlantic City, NJ ... www.acswim.org
- August 11th **Island Beach Two Mile Swim** - Greenwich, CT ... www.gscevents.org
- August 11th **Mid Summer 1 Mile Ocean Swim** held in Seaside Park, NJ ... www.ocymca.org
- AUGUST 18TH 2007 USMS 2-MILE CABLE CHAMPIONSHIPS - Lake Placid, NY ... contact frankfield@earthlink.net**
- August 18th **8th Annual Boston Light 8-Mile Swim** held in Boston, MA ... www.bostonlightswim.org
- August 18th **Against the Tide 1 Mile Swim** - Brewster, MA ... www.mbcc.org/swim
- August 19th** **2007 ACAC Middle Atlantic Open Water Championships** held in Atlantic City, NJ ... www.acswim.org
- August 19th** **Ray Licata Memorial 1 Mile Ocean Swim** in Long Branch, NJ ... www.raylicatamemorials swim.com
- August 25th **Little Red Lighthouse 5 Mile Swim** held in New York City, NY ... www.nycs swim.org
- August 25th** **1 Mile Inlet YATES Swim** - Atlantic City, NJ ... www.ACSwim.org
- August 26th** **1 Mile Brigantine Bayfest Swim** in Brigantine, NJCall (609) 266-9826
- Sept. 1st **78th Annual 1.5 Mile AC Pageant Ocean Swim** in Atlantic City, NJ ... www.ACSwim.org
- Sept. 2nd **10th Annual Captain Tuner's Memorial Ocean Swim** in Longport, NJ ... Call (609-822-3898)
- Sept. 8th **Provincetown Harbor Swim for Life** in Provincetown, MA ... www.swim4life.org
- Sept. 8th **Brooklyn Bridge 1K Swim** held in NYC ... www.nycs swim.org
- Sept 22nd** **1 & 2 Mile Bay Swim - September Splash** in Wildwood Crest, NJ ... www.LMSPORTS.com or www.wwcswim.org
- Sept 22nd** **5K, 3K, 1K Ocean Swims** in Ocean City, MD ... Call (301) 934-3675
- October 6th **Gertrude Ederle Swim (17.5 Miles)** - Starts in NYC and finishes at Sandy Hook, New Jersey ... www.nycs swim.org
- Oct. 21st **St. Croix 5 Mile Open Water Swim** ... www.swimrace.com
- Oct. 21st **Bermuda Round the Sound EcoSwim** ... www.AquaMoonAdventures.com or info@RandyNutt.com
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- Nov 10th **12th Annual Bonaire EcoSwim 10K, 5K and 1K Swims** in Bonaire, Netherlands Antilles ... info@RandyNutt.com

- Mar 24th, 2007 (Sat) **MARCH MADNESS SWIM MEET (SCY)**
Location: College of New Jersey, Ewing, NJ
Contact: [Darek Hahn](#) (609) 947-3780
- Apr 13-15th, 2007 (Fri-Sun)**COLONIES ZONE SCY CHAMPIONSHIP**
Location: George Mason University Aquatic and Fitness Center, Fairfax, Virginia
Contact: [Cheryl Ward](#) (703) 359-5366
- Apr 15th, 2007 (Sun) **SCRANTON YMCA (SCY)**
Location: Scranton YMCA, Scranton, PA
Contact: [Diana S. Dempsey](#)
- Apr 21st, 2007 (Sat) **BURLINGTON COUNTY COLLEGE BARRON MASTERS (SCY)**
Location: Burlington County College, Pemberton, NJ
Contact: [Barbara Long](#) (609) 894-9311 ext 1496
- May 17-20, 2007 (Th-Sun) **USMS SHORT COURSE CHAMPIONSHIPS (SCY)**
Location: Federal Way, WA
Contact: [Jane Moore](#) 253-759-4956
- June 17, 2007 (Sun) **JEANNE AND JOHN MERRYMAN MEET (LCM)**
Location: Upper Main Line YMCA, Berwyn, PA
Contact: [Linda VanOcker](#) 610-647-YMCA(9622)

ON A REGULAR BASIS, I RECEIVE EMAILS WITH MEET NOTIFICATIONS AND MEET ENTRY FORMS. I SEND THESE OUT TO ALL THOSE ON MY DVM EMAIL LIST. IF YOU HAVE NOT BEEN RECEIVING THESE AND WOULD LIKE TO, PLEASE SEND YOUR EMAIL ADDRESS TO ME AT SWIMICHEL@MAC.COM AND I WILL PUT YOU IN THE LOOP. NOTE: PUTTING YOUR EMAIL ADDRESS ON THE DVM/USMS REGISTRATION FORM DOES NOT ADD IT TO THIS LIST!



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