

NEM News

the New England Masters Swim Club, Inc., newsletter

March 2008

Issue # 803

Tom Lyndon Memorial Award

In 2007, I announced the establishment of the Tom Lyndon Memorial Award. This award is to be presented, when and as appropriate, to a member of the New England Masters Swim Club who, through his or her volunteer efforts over the years has made a significant contribution to the advancement and success of Masters swimming in New England.

Tom Lyndon passed away in 2006 and New England Masters lost one of its most influential founding swimmers, and the man who set the standard for volunteerism in masters swimming. Tom helped establish New England Masters in the 1970s, just a few years after USMS started, and served as NEM president from 1977 to 1990. Over the years he also served as editor of the NEM newsletter, as the LMSC Chairman, as the



Tom Lyndon, the long-time NEM volunteer for whom the award is named.

Colonies Zone Representative, and as a co-editor of *SWIM Magazine*, the USMS publication until 2005. All this, in addition to coaching his workout group and compiling a long list of honors as a Masters swimmer.

A committee, composed of Isabelle Lyndon— Tom's widow— Kim Goodwin, and D. Barr Clayson has proposed, and your Board has enthusiastically accepted, the attribution of the first Tom Lyndon Memorial award to Jim Edwards.

Photo courtesy of Isabelle M. Lyndon

Inaugural Recipient: Jim Edwards

Jim Edwards was the first editor of the NEMSC newsletter. He served in this role for over a decade, starting in 1977, and helped shape the culture and establish a spirit of camaraderie in the club, contributing to its growth and success. Jim combined his unique sense of humor with sincere interest in and encouragement of swimmers of all abilities. The publication served as an integral part of the club's early development.

Jim used his position and influence towards organizing strong representation and enthusiasm from the New England Masters

Swim Club at national and regional meets. At these meets he typically served as social chairman and chief organizer at pool-side as well as for away-from-the-pool functions.

Jim also served on the board of NEMSC for many years, provided legal advice, and oversaw the creation of the initial legal documents needed by the growing organization.

Jim Edwards has also been one of the most active and passionate participants in Masters Swimming from New England since its earliest days. He has been one of New England's most consistent contestants at national and international competitions (he has participated in every Masters World Championship held). He won All-American honors in 13 different years in both pool and long distance events and was a Long Distance All Star in 1995. Jim served New England Masters swimmers in a manner that exemplifies the spirit of Tom Lyndon and his love of the sport.

Please join me in honoring Tom's memory and Jim, on March 29th when he will be presented the Tom Lyndon Memorial Award, during the NEM SCY Championship at Harvard's Blodgett Pool.— Laszlo Eger



Jim Edwards at an open water race. Jim is the first recipient of the Tom Lyndon Memorial Award

Photo courtesy of Tracy Grilli



Photo courtesy of Tracy Grilli

Jim Edwards (front row, in the hat) and the rest of the NEM team at the 1992 Short Course Nationals in Chapel Hill, North Carolina.

“Go The Distance” with the USMS Fitness Challenge, GTD

Fitness swimming is one of the largest aspects of Masters swimming; a majority of registered Masters members do not compete in pool meets or open water races, but still train faithfully every day. The USMS Fitness Committee has long sought to offer events and motivation to help fitness swimmers stay on track and remain goal-oriented, and the “Go the Distance” event that started in 2007 is a wonderful way for fitness and competitive swimmers alike to have fun and train hard. Due to its wild popularity, GTD (as it is better known) is being offered again in 2008.

The objective of this free event is for participants to track the distance they swim during the year in order to review their progress and to be recognized for their achievements. There is no time limit for the distance milestones (except that only distances swum in 2008 can be counted) so speed does not count— just the effort to attain the next goal. The entry form, monthly results, awards order form, and a “distance tracking log” is available on the USMS web site (fitness section) at www.usms.org/fitness/content/gothedistance.

For 2008, new distance milestones have been added to challenge participants. When participants achieve the specific distance milestones of 50, 100, 150, 200, 250, 300, 365.25 (average mile a day), 400, 500, 750, 1,000, 1,250 and 1,500 miles, they will be recognized on the USMS web site and awards will be available for purchase for a minimal fee.

While it is a nationally offered event mainly targeting individual achievement, local clubs and workout groups are encouraged to get in on the action. This year a new category of “workout group” was added and now, participants can be affiliated with a “workout group” which may offer friendly challenges to other groups as well as achieving goals as a group.

Each month, results are posted on the USMS Fitness Events web site and participants can see how they measure up against other swimmers in their age and gender groups. They can also see how their LMSC, clubs, and workout groups compare through the inclusion of some nifty tracking graphs, all administered by GTD Event Coordinator, Mary Sweat.

Sweat says that the 2008 running of GTD has already gotten off to a bang with 451 swimmers registering their January mileage. She is optimistic that even more Masters swimmers will join in the fun of going the distance, tracking their efforts, and celebrating their achievements. In her monthly letter announcing January results to event participants, Sweat writes:

“We already have 44 folks who have achieved the first distance milestone of ‘50 Miles!’ We also have 2 participants who swam more than ‘100 miles,’ one who has cruised past ‘150 miles,’

and amazingly one swimmer has already cracked the ‘200 miles’ distance milestone. Way to go everyone— congratulations to you! It sure looks like there will be quite a few more of you achieving your first distance milestone in February— I hope you go for it and have lots of fun on your way. The first 50 are some of the best!

“The total distance for all GTD participants is 11,994.55 miles! The maximum distance is 212.41 miles and the average for all of us in January is 26.60 miles. My goodness— there is a LOT of swimming going on these days!”

For more information, an entry form, a handy tracking log, or an awards and apparel order form, please visit the USMS Fitness web site or contact the event coordinator, Mary Sweat directly at: usmsgtd@yahoo.com.— Elaine Kornbau Howley

New England LMSC GTD Participants

Looks like the word is getting out! Participation in GTD by New England Masters members has more than doubled since the end of 2007. New England swimmers swam a total of 491.66 miles in January, 2008.

Swimmer	Age Group	Total Mileage
Tara Gulla	35-39	69.46
John Melczer	40-44	53.63
Elaine Kornbau	30-34	46.31
Mike Broglio	35-39	44.04
Bill Shea	45-49	38.24
Tracy Grilli	50-54	30.42
Deborah Chassler	55-59	29.18
Paula Yankauskas	50-54	22.89
Matthew Schulde	30-34	21.82
Woods Wannamaker	45-49	21.42
Jane Cheney	45-49	21.02
Maureen Dwyer	45-49	20.88
Amy Klodzinski	30-34	17.73
Meaghan Murphy	25-29	17.39
Julie Seeger	50-54	16.42
Sarah Downey	35-39	13.81
James Walker	35-39	7.00

New England LMSC Results: Year-End Mileage for 2007 GTD Participants

Elaine Kornbau	30-34	712.03
John Melczer	40-44	427.37
Deborah Chassler	55-59	279.52
Woods Wannamaker	45-49	210.28
Bob Sege	45-49	170.50
Kristen Cook	25-29	67.32
Larry Richardson	45-49	64.89
Julie Seeger	50-54	45.92

Muscle Fatigue Research Findings

A February 12, 2008, article by Gina Kolota published in *The New York Times* reports that researchers at Columbia University believe they have solved the age-old question of why muscles fatigue.

The study, conducted on mice for information on treating cardiology patients, found that calcium leaks in cells are the primary cause of fatigue and muscle failure. A new class of drugs developed during the study may be able to prevent these calcium channels from leaking, thereby postponing or eliminating the onset of debilitating muscle fatigue.

For a long while, the popularly held belief was that the lactic acid that our muscles produce when we're physically exerting ourselves would build up until the muscle was so full of toxins that it became achy, fatigued, and ultimately would quit. That theory was discounted by researchers in Denmark and Australia in 2004, but the mystery persisted as to what actually causes muscles to grow so fatigued that continued motion is no longer possible.

Dr. Andrew Marks, principal investigator of the new study at Columbia, looked at the molecular chain of events in heart patients' muscles during the progression of heart failure. In chronic heart failure, the heart muscle often grows until it fills a patient's entire chest cavity. As the disease progresses, the lungs fill with fluid, the heart struggles to pump enough blood to the rest of the body, and the brain begins sending a flood of the "flight or flight" hormones— epinephrine and norepinephrine— to the heart muscle to stimulate increased, stronger contractions. The intensified contractions result because the hormones cause calcium to be released into the heart muscle cells' channels, the *Times* article reports. Eventually, this process results in the constant flooding of the system with these hormones and at that point, the calcium channels in the heart muscle begin to leak.

Once they understood how the process works, Dr. Marks' team developed a group of drugs called rycals that stopped the calcium leaks, and in tests on mice, the drugs prevented heart failure and arrhythmias. Because skeletal muscles— the ones that allow us to swim, bike, and run— are similar to heart muscles, Dr. Marks extrapolated out from the findings that there could be an application for his new class of drugs for endurance athletes.

To test this theory, the researchers made mice exercise to exhaustion by first swimming and then running on a treadmill. During the study, the calcium channels in their skeletal muscles leaked just as the heart muscles had in the previous study. But, when the mice were given the rycal drugs, they were able to run 10% to 20% longer than when they hadn't been given the drugs.

Could this be the magic bullet for endurance athletes?

Dr. Steven Liggett, a heart-failure researcher at the University of Maryland warns not to jump to that conclusion so fast, and that even if there is an application for the drugs to prolong sports activity past the normal threshold, there might be a good reason not to. He told *The New York Times* reporter, "Maybe this is a protective mechanism. Maybe fatigue is saying that you are getting ready to go into a danger zone. So it is cutting you off. If you could will yourself to run as fast and as long as you could, some people would run until they keeled over and died."

All the same, there could be hope in the not-too-distant future that the frustrating, forced-curtailment of a workout or long-distance open water race could be postponed by a dietary supplement that keeps your muscle cells' calcium channels from leaking. In the meanwhile, the best way to improve endurance is to eat right, get enough rest, drink plenty of fluids, keep your electrolytes in balance, and train smart to slowly increase the time you spend swimming until you can safely master the distance and length of time of effort your endeavor demands.

— Elaine Kornbau Howley

For up-to-the-minute information on all things NEM, please visit us online at www.swimnem.org. The site is updated frequently and offers details about upcoming events, meets, and goings-on in the New England Masters swim community.

Pool Workout Corner

Want to try a new routine in the pool? Give this 3,000 yard workout a try!

Warmup	700 yards
400 swim easy	
200 stroke	
100 kick	
Main set	2200 yards
3 X 100 breathing 5-7-5-7/25	on :10 seconds rest
400 build	on :30 seconds rest
3 X 100 distance per stroke	on :10 seconds rest
300 build	on :25 seconds rest
3 X 100 50 kick, 50 drill	on :10 seconds rest
200 strong	on :20 seconds rest
3 X 100 breathing 5-7-7-5/25	on :10 seconds rest
100 sprint	
Easy cool down for <i>at least</i> 100 yards	100 yards
	Total: 3000 yards

Al Prescott Editorial: In Praise of Competition:¹ Long Term Goals and Motivation

In this third and final installment of columns discussing the benefits of competition, I would like to start this essay with a quote from the article I referenced in the title.

“The goal of positive competitions is to help young people identify their strengths, overcome their limitations to the best of their ability, and process their disappointments.”

This is a fantastic quote, and luckily for Masters swimmers, the concept is certainly not limited to “young” people. What is amazing though, is that the author of that quote was not referring to athletic competitions, but rather to “intellectual” competitions such as science fairs, writing, and math contests. To quote from this article again, “The self-esteem movement’s latest dumb idea is to ban writing and math contests in ... schools.” I leave it to you, the reader, to read more on that subject.

Our subject is swimming, and luckily for all of us, the day will probably never come when swim meets fail to post final results and times for fear of disappointing us. Swimming, whether at a “young” age or a master’s age, provides infinitely more benefits than detractions. Not the least of which is that it teaches kids, young adults, and adults, that you get out of something what you put into it. Stop going to practice, and you will notice it very quickly. This is most important for younger folks to learn, but it doesn’t hurt to remind us more “seasoned” athletes either. And it drives the point home that in order to have long-term success and motivation, one must have goals and strive to achieve them. Stray from the path, and the journey is long and hard. There are very few shortcuts in our sport.

Those of you who know me know that I like setting long-term goals for myself. These goals vary, but they all have one thing in common: the odds are against me achieving them. After all, what good is setting a goal you know you can achieve? That’s not a goal, that’s an appointment on a calendar. One day back in the spring of 2000, I swam my first 100 yard freestyle ever in competition, finishing in 1:06. Not long thereafter a good friend of mine, Matt Camelio, told me that it was always a big thing when, as a high school swimmer, someone swam the 100 in under a minute. Sometimes it is that simple to define and pursue a goal.

Over the course of many years this goal became more like the quest for the Holy Grail. Sometimes it took on a surreal quality, and other times it felt like a Monty Python sketch, complete with coconuts for horse sounds. In the course of this quest, I lost 80 pounds of body weight, cured my high cholesterol, and attended virtually every SCY meet in the Northeast. I even poked fun at my effort in one of these newsletters back in May

2003, where I naively predicted breaking a minute by April 23, 2004. By 2004, I was still at 1:00.9. I still had much to learn.

I even traveled to New York City with the thought of getting one last try before the end of the SCY season. After having our car stuck in the parking garage in Manhattan, my wife risked jail by speeding to the Nassau County Coliseum while I changed into my competition suit in the passenger side. I walked onto the pool deck with my bag over my shoulder, a leather jacket on, and my goggles in my teeth.

“Hi, I’m Al Prescott. Could you tell me when my 100 freestyle is?” I asked the gal at the check in table.

“Oh my,” she said. “Next heat— lane six.” I went a 1:00.10.

Ultimately, the day of THE RACE caught me off guard. On January 21, 2007 at the Jewish Community Center in Marblehead I swam a time of 0:59.89. The only thing that felt different in this race was the flip turn at the 75-yard mark. In all previous efforts, I had trouble getting my hands over my head to streamline off the wall because I was so tired. There was no such trouble this time. I cannot even begin to thank all the coaches, friends, lane mates, and my wife, Judy, who tolerated this seven-year obsession. As I drove home to watch the Pats, many thoughts went through my head. Ultimately they all essentially broke down into two trains of thought. One is summarized by this quote from the greatest rock band of all time.

“Life is just a candle and the dream must give it flame”²

Ultimately though, I settled on a far better quote to describe my feelings.

“For though he was master of the world, he was not quite sure what to do next. But he would think of something...”³

1) Paraphrased from the article, “In Praise of ‘Thought Competition’” by Rebecca Segall-Wallace, published by The Wall Street Journal on November 28, 2007.

2) From “The Fountain of Lamneth, Part VI: The Fountain” from the Caress of Steel album by RUSH, © 1975.

3) 2001: A Space Odyssey by Arthur C. Clarke, © 1968— Al Prescott



Minuteman Masters swimmers Caleb Davis, Al Prescott, Jeff Stanley, and Ellen Stanley at Marblehead, January 21, 2007.

Photo courtesy of Al Prescott

Wintry Forecast Unable to Forestall SCM Championship Meet

Masters pool competitions in 2007 culminated with the Short Course Meters Championships hosted by Great Bay Masters at the massive Fitness and Recreation Center at Boston University, December 14-16. Despite a forecasted blizzard, 560 swimmers entered the meet, making this meet the best attended ever. However, several inches of snow did cause attendance to drop sharply on Sunday after the storm. Nevertheless, "the number of NEM records set equaled last year's output, with another world record set by Greg Shaw in the 200 fly being the icing on the cake," says NEM President, Laszlo Eger.

Below are top team and workout group standings from the meet, as well as the top ten point scorers for both men and women. Full results can be viewed online at: www.greatbaymasters.org/07scmchamp.php.

Top Three USMS Club Teams

1 Maine Masters Swim Club	2,056
2 Great Bay Masters Swimming	1,400
3 Connecticut Masters	792

Top Three Large Workout Group NEM Teams

1 Cambridge Masters Swim Club	3,808
2 Minuteman	2,975
3 Andover YMCA	2,246

Top Three Medium Workout Group NEM Teams

1 MIT	1,276
2 Boston LANES	938
3 Boston University Masters	647

Top Three Small Workout Group NEM Teams

1 Boston College	1,025
2 UV Rays	762
3 Middlebury Muffintops	617

Top Three Squad Workout Group NEM Teams

1 Lowell YMCA	186
2 South Shore YMCA	115
3 U Mass Aquatic Masters	77

High Point Men Top Ten

1 Gray, Zachary A	181
2 De Hart, Pieter A	166
3 Nguyen, Son	157
4 Platt, Jay	148
5 McKinney, Maury S	146
6 Prescott, Al	144
7 Dolan, John V	139
8 Robertson, Jim E	136
8 Mohl, Bruce E	136
10 Wilson, Tom	134

High Point Women Top Ten

1 Olson, Jeannine	175
2 Onton, Louise	170
3 Day, Nadine	168
3 Miller, Dori L	168
5 Harvey, Jenny E	167
6 Kupan, Cheryl A	156
7 Williams, Melinda B	155
8 Stanley, Ellen D	154
9 Scott, Sheryl L	145
10 Roy, Michele M	143



Photo courtesy of Tim Morse

Swim Rhode Island team members at the Boston Beer Works after the SCM Championship Meet on Saturday, December 15th. "Beer after swimming, what a swell idea."

SwimVacation Offers New Adventure for Swimmers

SwimVacation, a new adventure travel company, has begun offering seven-day training trips to the British Virgin Islands for swimmers and triathletes. A maximum of 10 travelers will stay aboard the Promenade, a 65-foot trimaran sailing yacht, and will be offered guided open water training swims among the islands. The first trip is scheduled to begin on April 6, 2008.

SwimVacation president George "Hopper" McDonough has designed a program that will provide recreation as well as daily workouts throughout the British Virgin Islands. He says the trips include stroke clinics, guided swims, and other workouts in a different location each day. Running and cycling opportunities on the islands will also be available, along with snorkeling, water skiing, kayaking, fishing, and scuba diving. Non-swimming companions are welcome aboard each trip.

The all-inclusive trip features three gourmet meals a day and an open bar. Trip prices range from \$2,850 for a shared double occupancy cabin to \$3,600 for a large single cabin. For additional information about SwimVacation, call (207) 975-5489 or visit: www.swimvacation.com.

New England Masters Seeks Club Officer

NEMSC is looking for a Treasurer who would be responsible for all aspects of money management and cash flow for the Club. The job usually requires less than an hour a month, and an understanding of business concepts and experience in using Quickbooks accounting system would be preferable. Training support will be provided by Homer Lane. The NEMSC Treasurer's responsibilities include:

- Assisting the president in developing an annual budget, paying bills, reimbursing volunteers for authorized expenses, and preparing tax filings
- Managing all of the Club's cash accounts, overseeing the preparation of financial statements as needed, and ensuring proper receipt of membership dues from the LMSC registrar
- Overseeing proper accounting for revenues associated with meets and clinics

Please contact Laszlo Eger at laszloeager@hotmail.com if you're interested in becoming NEM's Treasurer.

Maybe You Should Have Your Head Examined: Lessons From Cold Water Swimming

"Maybe you should have your head examined." My mother has said this to me on more than one occasion. I've been called crazy, nuts, and certifiable, but it was meant in a good way. At least, I think so.

While training for my English Channel swim this August I've discovered a few things. One of them is that I like cold water. I never thought this was possible nor did I inherit this trait from anyone in my family. I used think that anyone who would swim in Antarctica or the Bering Strait is some kind of super human and maybe a little crazy. Last May I went to Dover to swim with the channel swimmers who train in the Dover Harbor on weekends. I specifically chose the first weekend of the season because I figured the water would surely be warmer if my swim attempt is in August.

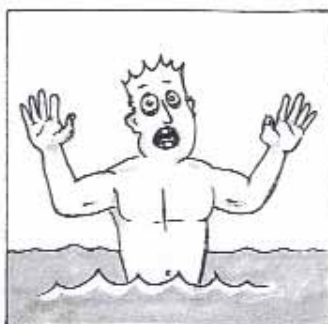
Clinging to our towels on the rocky beach on a gray spring day, we received our instructions from Freda, who is fondly known as the "General." The channel newbies had to swim for 20 minutes, then come back an hour later and swim for another 25 minutes. The water temperature was 54F. I remember gasping for air, but after 10 minutes when I reached the pier, I realized that I wasn't going to die. I had finally put my face in and was swimming a normal stroke, battling through the chop. I kept looking over my shoulder at the white cliffs in the gray fog. When I got out I shivered so much that I could barely get my trousers on.

I continued my cold water swimming at Plum Island and Walden Pond. I eventually stopped shivering so much. Some days, I'd jump in and think it was pretty warm. It was probably 65. But it became harder to find people who would keep swimming with me. My cold-water swimming partner, Elaine, and I swam at Plum Island until late October. We'd get strange looks from people walking on the beach. We cherished every ray of sunlight. The plovers who had been nesting all summer were now whizzing over our heads as we swam. They were so close

The Three Stages of Polar Swimming



Before...



During...



After!

and so fast. We'd stop every 5 to 10 minutes to check on each other and make a decision on when it was time to get out. We stopped for ice cream on the way home until the shops closed for the season. Indian summer was over and the cold air set in. What were we to do? Keep on swimming!

We returned to the cold water on New Year's Day for the annual L Street Brownie Polar Bear swim. The water was really, really cold and my feet really hurt. But we survived and went back the next two weekends. There was a strange thrill to it.

We learned from our first plunge in 37 degree water that wading in was not a good thing to do. There is no getting used to the water; it only makes your feet hurt. The best approach is to jump right in. We usually shriek a bit and begin swimming for all we're worth. There is that half second that I think that I can turn the clock back and not get wet. Then it's over in a cold, bewildering rush.

My longest swim so far has been about 40 or 50 yards. It probably wasn't even a minute. I could only put my face under in the last few yards; my hands, feet and arms were numb. I angled toward the surf so that I could stand up or crawl if I had to.

There is of course danger in this. Never swim alone. I found that getting into the sauna followed by a shower seems to work quite well to warm up. Even the mad dash from the water to the locker room helps to get your blood moving. I went out and bought neoprene boots and gloves because I was concerned about frostbite. After swimming in cold water, even in summer, it's always best to warm up by getting into warm clothes,

by Mark Howley

especially hat and socks and drink warm liquids to bring your core body temperature back up. You may look a little out of place on the beach in winter clothes, but you will be warm and safe.

I checked the water temperature in the Bering Strait last week. It was only two degrees colder than it was in the Boston Harbor. Maybe that swim in Antarctica wouldn't be so bad after all. — Dori Miller, CMSC



Photo courtesy of Mark Howley

L-Street Brownies Elaine Kornbau, Tony Bailey, and Dori Miller warm up after their dip in Boston Harbor on New Year's Day.

One Hour Swim Triumph

NEM News received a note from a very excited workout group coach telling us about one of her swimmers' unique way of finishing the USMS One Hour Postal Event:

"One of our ABC Gray Shark swimmers, Gary Pemberton, 59, did the entire OHS in 100 IMs. He completed 30x100 IMs in the one hour! We were all impressed! He swam the 1,000 at Harvard last year all 100 IMs and was looking for a new challenge this year, so gave it a go on the OHS!" — Coach Kim Donovan, ABC Gray Sharks, Acton Boxborough Masters

Save the Date!

Colonies Zone Short Course Yard Championships

Colonies Zone Short Course Yards Championships will be held on April 11-13, 2008, at the George Mason University Aquatic and Fitness Center in Fairfax, Virginia. The meet will be hosted by Patriot Masters and entries must be postmarked by Friday March 29, 2008. Competitors may enter up to five individual events per day, plus relays. The meet is open to all Masters swimmers holding a valid 2008 USMS registration card. For a meet entry sheet or more information, please visit www.patriotmasters.org or contact Meet Director Cheryl Ward at (703) 359-5366 or at cherlyaward@yahoo.com.

Against the Tide

The Massachusetts Breast Cancer Coalition has set the dates for their popular Against the Tide race series for the summer of 2008.

The 16th annual Against the Tide, Hopkinton will be held on June 21, 2008, at Hopkinton State Park in Hopkinton, Massachusetts while the 9th annual Against the Tide, Cape Cod event will be held on August 16, 2008, at Nickerson State Park in Brewster, Massachusetts. Both events feature a one-mile swim, two-mile kayak, and three-mile fitness walk to benefit the Massachusetts Breast Cancer Coalition. These events bring together swimmers, kayakers, and walkers of all ages and abilities to join efforts with MBCC in eradicating the breast cancer epidemic. Participants raise a minimum of \$150 in contributions and can take part in one, two, or all three events. Visit www.mcbbc.org/swim to register or call 1-800-649-MBCC.

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Got ideas? Want to contribute stories or calendar items? We want to hear from you! Contact Elaine for more information on how you can get your name, club, or event in print!

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Visit us online at: www.swimnem.org

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Upcoming Meets

3/9/2008— 2008 Maine Masters SCY Championships

Sunday, March 9, 2008 at the Kennebec Valley YMCA, Augusta, ME. Warm up at 9:00AM, meet starts at 10:00AM. Send entries to: Colleen Lepage @ KVYMCA; 31 Union St., Augusta, Maine 04330. (Entries must be received by March 5. There will be no deck entries.) The meet fee is \$5 plus \$5 per individual event up to five events plus relays. Make checks payable to: KVYMCA. For more information, contact Colleen Lepage at stingrays@KVYMCA.org or (207) 626-3488:(cell) 754-9079. Entry Form available at www.mainemasters.org.

3/15/2008— The Swimming Hole Meet

"The Swimming Hole" Mini Meet will be held at Stowe, VT on Saturday March 15, 2008. Warm up 5:30 PM, meet starts at 6:00 PM. \$5.00 entry fee and \$2 per event (maximum 5 events). USMS Membership required (may register at the meet). Entry deadline 4pm on Friday 3/14. Deck entries will be not be accepted. Please mail entry forms and payment to Meet Director, 75 Weeks Hill Road, Stowe, VT 05672, or fax entries Attention Charlotte J. Brynn at 802 -253 -9119. Please make checks payable to The Swimming Hole. For more information, contact Charlotte Brynn at cbrynn@theswimmingholestowe.com

3/16/2008— Marblehead Sprint Classic

Marblehead Sprint Classic to be held on Sunday, March 16, 2008 at the JCC, 4 Community Rd, Marblehead, MA. Warm up at 12:30 pm, meet starts at 1:30 pm. Deck entries are permitted from 12:15-1:20 pm. Please note there will be a meet entry fee as well as a per event fee. Pre-Registration: You may snail-mail your entry with payment to the attention and address above. It must be received by 3/14/2008 to be pre-registered. There will be no refunds for non-participation. Make checks out to New England Masters Swim Club. Form more information, contact Andrew Dalton at adalton@jccns.com. Rregistration form available at: www.swimnem.org/entryforms/MarbleheadMM08.doc

3/27-3/30/2008— NEM SCY Championships

The 2008 NEM SCY Championships will once again be held at Harvard's Blodgett Pool. Full information and online entry system are available now at www.meetresults.com/2008/nelmsscyc/. Make note that this year the meet runs for four straight days with the distance day being on THURSDAY, 3/27.

4/11 - 4/13/2008— 2008 Colonies Zone SCY Championships

Colonies Zone Short Course Yards Championship, April 11 - 13, 2008 Hosted by: Patriot Masters— GMUP George Mason University Aquatic and Fitness Center, Fairfax, Virginia. Sanctioned by Potomac Valley LMSC for USMS, INC. # 108-02. Swim meet entry form available at: www.swimnem.org/entryforms/Colonies.April2008.Entry.pdf.

4/15 - 4/25/2008— FINA World Championships

Anyone going to the World Championships in Perth, Australia, please inform Cheryl Kupan at ckupan@aol.com ASAP so that she may put some relays together. Visit www.swimnem.org/wordpress/perth/ for more detailed information on Worlds.

4/19/08— Ellsworth Black Fly Masters Swim Meet

Ellsworth Black Fly Masters Swim Meet to be held at the Down East Family YMCA on Saturday April 19, 2008. Warm up 11:30AM; meet starts 12:30 PM. For more information, contact Scott Redmon at sredmon@hughes.net or 207-288-0212.

Changing of the Guard

No, not the lifeguard, the newsletter's guard! As some of you may have read on the NEM web site, www.swimnem.org, Tim Morse, the newsletter czar has passed the baton. Due to time constraints, a new job that has him commuting to Boston, and "a general lack of 'weltanschauung' on my part," as he says, Tim has decided to hand the newsletter over to me.

So who am I? Well, as Tim mentioned I have oodles of editing, newsletter, and book writing experience as well as the software that helps make the newsletter look a little slicker and a little less like "those 'Make Money at Home' flyers" that Tim gets on his windshield at the train station.

I live in Waltham, Massachusetts, and have been a competitive swimmer all my life. These days, I specialize in open water marathon swims and have been a member of NEM for about three years. I swim with the Cambridge Masters Swim Club at Harvard and coach a fitness squad at the Longfellow Sports Club in Natick, Massachusetts.

In my professional life, I'm an executive editor (that's a fancy title that means I'm essentially a writer and editor) for a small publishing firm. The newsletter presents me with an opportunity to channel some of my creative writing energy and passion for swimming in a way that I can't in my daily work life.

But putting together a newsletter is a lot of work, and I can't do it alone! I need your help and your submissions. I have set up a dedicated email account for all things related to *NEM News*. If you have article ideas, stories we should be covering, or even just a meet announcement that you'd like to appear in these pages, please send me a message at nemnews@gmail.com I have put together an editorial calendar and submissions guidelines for contributors, so please get in touch and we can get your name, your event, your club, your achievement— or anything else that New England Masters swimmers might be interested in knowing about— in print.

In 2008, look for new elements and features in *NEM News*, such as a pool workout in each issue, product reviews, and greater coverage of open water and fitness swimming. Feedback and comments are always welcome, so don't hesitate to contact me if you like something, hate something, or just wish we'd focus on something else for a change. This is your newsletter, New England!

I look forward to a great year of newsletters and I hope you enjoy the new look and design of the publication. Stay strong and swim on! — Elaine Kornbau Howley



NEM News also available in full-color on-line at
www.swimnem.org

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In This Issue:

- *Jim Edwards to receive Tom Lyndon award*
- *Al Prescott discusses the value of competition*
- *SCM championship meet results*
- *Muscle fatigue research findings*
- *Lessons learned from cold water swimming*
- *Go the Distance*
- *NEMSC seeks Club Treasurer*
- *Changing of the guard*

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