

NEM News

Try a Tri/Try a Tri Relay

by Edie Jirak

Triathlon season is underway throughout New England. Being part of a relay team is a great way for a swimmer to experience the tremendous fun and excitement of a triathlon. Usually a team is formed with friends or family, but there are opportunities for swimmers to look for a team. Monster Challenge Tri-Boston, a fundraising triathlon benefiting Aids Action Committee helps individuals get on a team. FIRM Racing has a discussion board on its website on which swimmers can "advertise" for team mates. Here is a list of the major events this summer For a more complete list, including events sponsored by towns and YMCAs, check MetroSportsBoston.com's calendar. If you are interested, don't wait too long to get on a team and register. Many of these events fill up over a month in advance.



The Beverly Y swimmers at Harvard finished 7th and sent in this photo. They were left out of the photos last month.



Frank McQuiggan took these photos at the YMCA nationals last month at Ft. Lauderdale. You can see them and more at <http://hometown.aol.com/epmasters/YMASTERSATFTLAUDERDALE.html>. That's Frank on the right. Above from the left is Dan Rogacki, Andrea Packard, and Joel Meltz. In the big start photo are Dan Rogacki and Fred Myers.



- June 9 Ludlow MA, _ mi pond swim (FIRM)
- June 16 Ashland MA, 1 mile pond swim (FIRM)
- June 23 Worcester MA, _ mi pond swim (FIRM)
- July 7 Holliston MA, _ mi pond swim (FIRM)
- July 14 Middleboro MA, _ mi pond swim (FIRM)
- July 21 Webster MA, _ mi pond swim (FIRM)
- July 28 Devens MA, _ mi pond swim (Danskin)
- Aug 4 N. Kingston RI, _ mi ocean swim (FIRM)
- Aug 11 Kennebunk ME, _ mi ocean swim (FIRM)
- Aug 17 Barrington RI, _ mi pond swim (FIRM)
- Aug 18 Sharon MA, _ mi pond swim (Time Out)
- Sept 1 Boston MA, _ mi harbor swim
(Monster Challenge)
- Sept 1 Chicopee MA, _ mi pond swim (FIRM)
- Sept 8 Hyannis MA, _ mi ocean swim (Time Out)
- Sept 8 Narragansett RI, 1.2 mi ocean swim
- half ironman event (FIRM)
- Sept 15 Hopkinton MA, 1k pond swim (FIRM)

- FIRM: www.firm-racing.com; email: wendy@firm-racing.com; (508) 485-5844.
- Time Out: www.timeoutproductions.com; email: timeout@capecod.net; (508) 477-6311.
- Monster Challenge: www.monsterchallenge.org, email: monsterchallenge@aac.org; (617) 450-1100.

NEM News would like to hear from triathlon participants, so send your stories.

in this issue	
Triathlons, Y photos	1
My Swimming Life	2
Non-Elite, Open Water	3
News for NEMs	4
Mashpee Swim	5
Regis results	6
Open Water, Reading Meets, Dr Swim	7
	8



My Swimming Life

produced by Kim Goodwin
Skwim3@aol.com

Kim Goodwin

Editor's note: Kim was far from certain that including her own story was appropriate. The editor assured her that no one's was more appropriate.

44 years old 20 years in Masters

Swimming Background

I have swum competitively since age 8 when I started swimming for the Hyde Park YMCA swim team (4 lanes/20 yards) until college. Swam and played water polo at Boston College. Broke numerous records as a member of both teams.

Before I continue, I would like to explain why I am featuring myself in my own article! There are actually two reasons:

#1 - I want to give all NEMS a very strong hint that I need more swimmers to profile for this article—a very painless endeavor, I promise.

#2 - I wanted to thank all the swimmers who have already allowed me to feature them.

I had Good Times at Harvard

I had a very successful New England championships in large part due to the “tips” I have gotten from my fellow NEMS who have participated in this article. I greatly appreciate the time swimmers have taken to share their weekly workouts, tapering tips, dieting info., etc. The information has proved invaluable to many, especially to those of us who do not have a regular coach to offer advice on technique and/or direct swimmers in their workouts.

I truly believe the following all contributed to my body staying strong throughout the recent meet at Harvard. Very rarely do I feel good going into my last events when competing in an important meet. During this meet, I did one of my best backstroke times in recent years (I accomplished this in spite of the new and hated “backstroke start” rule.) although it was my 8th event in two days. I have a long way to go in working on proper technique in backstroke and breaststroke and my times would only be meaningful to me, but everyone knows the great feeling of looking up at the timing system and seeing a goal reached or surpassed. I did this in 7 out of my 8 events at New England's because...

Kim's 8 Keys

1. I got weekly massages for 5 weeks leading up to the meet I was told something about all those nutrients that I never knew I had now being able to make it to my muscles so they could work more efficiently and stay stronger longer.
2. I drank lots of water to stay hydrated the week before the meet and during the meet—much more than I ever have before.

3. I really focused on quality rather than quantity by working on stroke technique, doing broken sets and doing more simulated races with lots of rest, even before it was time to taper. No more 10 x 200s sets for me! I also think attending mini meets was very helpful for practicing racing, starts and getting in a great quality workout by doing lots of events plus warm up/warm down.

4. I picked a successful swimmer and mentally pictured swimming my race with that swimmer's perfect stroke. I also focused on what I would do for each length of my event. By doing this, I also learned to swim my own race and not the swimmer's in the lane next to me.

5. I stopped doing weights much sooner (one month prior to the meet) and really forced myself to do a proper taper with lots of rest and declining yardage.

6. Bought a new leg suit.

7. During the meet, I stayed relaxed and didn't get overly nervous. I had much more fun than I usually do at an important meet. After all, swimming isn't everything. Right?

I know that I have taken up too much space, so I will include just one example of a workout I did at The Healthpoint Club in Waltham . I was fortunate to be able to swim there under Coach Alex (who really helped me with my stroke technique and focusing) for about 4 weeks before the meet and before a real taper began.

One Workout

- Warm up - 500 - 600 meters
- 8 x 50s (25 K/25 Swim - 2 of each stroke)
- 3 x 100s (building up speed for the 1st 75 and then an EZ 25)
- 3 x 100s (relaxed sprint for the 1st 50 and then an all out 50) w/ 2 - 3 minutes rest
- EZ 400 to stretch out
- 3 x 50s (relaxed sprint for the 1st 25 and then an aggressive 25)
- 8 x 25s of stroke technique drills
- Warm down.

Other thoughts

Masters swimming is a very important part of my life and no matter how busy things get, I find time for my workouts, even if it means 6:00 a.m. workouts. Juggling my job as a special education teacher, coach, swim instructor, wife, mother of three very active boys, reporter (ha ha), volunteer, etc. can be incredibly challenging, but I wouldn't have it any other way!

One of my most treasured memories since becoming a Master over 20 years ago is when Jim Edwards surprised me with a birthday cake after a mini meet at UMASS for my 25th birthday and my official entry into Masters swimming. Since then I have met so many people from all walks of life and I cherish every friendship and acquaintance that I have made.

A Thank You

I greatly appreciate the time swimmers have taken to share their weekly workouts, tapering tips, dieting info., etc. The information has proved invaluable to many, especially to those of us who do not have a regular coach to offer advice on technique and/or direct swimmers in their workouts.



The Non-Elite Swimmer

by Al Prescott
alprescott@charter.net
(Al wants stories from everyone. Send him yours.)

A 200 To Remember

My article last month about the my 200 freestyle brought back some memories for our editor, which I present below. As I put this article together I am preparing to go on a journey. A “Scouting Mission,” actually. I’m on my way to Hawaii to sit by a pool, get a tan, and maybe jump in every once in a while. I think someone said there would be a swim meet there as well, some kind of championship thingamadubi. Well, as the living epitome of Non-elites, I intend to scout this meet and report back next month with an article tentatively called, “Should Non-elite athletes go to Championships?” Aloha!

The 200 is the freestyle event I dislike by a wide margin. It has always ranked near or at the top on my big pain scale. Much too long to swim fast enough and not long enough to make it OK to slow down much.

Twenty-five ago when I was pretty quick by those standards, I was in a 200 race with another NEM who was also no slouch. I was the short life sprinter; he was the distance demon. My “strategy” was to “let” him have a body length lead for 150 yards and then torch him in the last fifty—turn on speed I thought could fetch up for the last 100 yards. I was totally focused on my mission as I followed him up and down the pool at his heels and into the wall at the 150.

I never had the chance to find out what I had left. Having miscounted, he stopped at the 150 wall. It was as if you had kicked loose my computer connection. I involuntarily stopped too and my mind shut down. With so much focused on what I would summon up for the last 100 yards, my mental slate was wiped clean when he stopped. It never occurred to either of us to resume.

Many of our friends were watching. For some, it was their most vivid memory of my swimming. Oh well. For years after whenever I swam a 200, I was asked if I wanted someone to count for me. Until this day, I worry that I may miscount again in a 200. And I have long ago been convinced that this sprinter type will never unearth speed at the end of such a long race.

Open Water Swimming Tips

by Lisa Ackerman

Scope It Out

Take a little time to educate yourself about the swim. Talk to the lifeguards on site and swimmers that have participated before. Check out where its safe to wade and not. Make mental notes of landmarks on shore that you want to swim toward to stay on course. Get in the water before hand and take your time getting used to cooler water temperature which may be as much as 20 degrees cooler than normal swimming pool temperatures.

Practice

Swim regularly three or four times a week for a month or so before the event. The best training is to go to a pond or the ocean to practice. This type of practice will help prepare you for the darker and cooler environment your will swim in and make it easier for you to stay relaxed during your swim.

Don't Swim Solo

Swim with a buddy or have a lifeguard present.

Be Sensible

In open water wear a bright swim cap and swim only during daylight hours. Avoid over extending your self when swimming in open water and do the majority of your training close to shore. Always bring sunglasses, sunscreen and plenty of warm sweat clothes and towels to warm up afterwards.

Cozy Up to Cold

Take your time getting used to the cooler temperatures before you jump in. The more you expose yourself to the cooler open water temperatures during the summer the easier it is to get in and to stay comfortable. Consider buying or borrowing and insulated swim cap and wetsuit for an ocean swim event. Know what the telltale signs of hypothermia are: loss of coordination, confusion, drowsiness and a general slowing down of mental and physical function. If you suspect that you are suffering from hypothermia get out of the water immediately and warm up.

Pace Yourself

Open water swimming is distance swimming. Save your sprint swimming for the pool.

Start Right

Always stretch and do some dry-land exercises before you swim. If you are a slow swimmer, stay in the rear of the group during the start to avoid any mad rush. Staying in the rear really helps keep the stress level down.

Breathe Easy

An important key to staying relaxed and comfortable during your swim is slowing your breathing down and not hyperventilating. If you start to hyperventilate – slow down and flip on your back or do the breaststroke for a while until you can breathe easy again.

Stay on Course

Another key to staying relaxed, don't get lost! Learn the course and use the landmarks you've picked out. The best way to stay on course and be properly oriented is to look up at your landmarks often. Looking up every other stroke or so maybe necessary if you're having problems staying oriented.

Swim within Yourself

This is your swim. Work to stay focused on your tempo, rhythm and stroke rate and not on where other swimmers are or on what they are doing.

Enjoy Nature and Yourself

Open water swimming is fun, empowering and can be inspirational. Enjoy the beauty of your surroundings and the fact that you are doing something good for yourself by participating.

High Rats?

Despite a widespread belief in the so-called runner's high, a feeling of euphoria that is supposed to come with vigorous exercise, the experience is not consistent or predictable. Some researchers have asked whether it exists at all.

With favored scientific methods for assessing the impact of the so-called endorphins on the human brain by performing spinal taps or brain PET scans while exercising not feasible, rats will be tested while on treadmills and soon after for hormones released in the brain. These hormones are likened to other addictive substances such as alcohol, nicotine, cocaine, morphine, amphetamines, cannabis and painkillers like Darvon.

The New York Times
May 21, 2002

Open Water Swim Workouts

Narragansett area: Wednesdays 5:15 take off from little beach area at Barber Pond. Starting in June. Sunday swims, first chair, Narragansett Beach 4:30. Monday swims, first chair, Narragansett Beach 6:00. Questions? Call Fred Bartlett at home 401-782-6911

Workouts in Seekonk

Seekonk High School, Arcade Ave., Seekonk, MA Mornings workouts beginning early June in brand new 25 yard pool. Monday through Friday 6:15 to 7:30 am. Coached from deck Tues/Thurs and in the water M, W, F by Jacki Hirsty. For more info: masters@jjhirsty.com

Bay State Games Swimming

For much more information, go to www.baystategames.org. What follows will give you some idea of the game plan.

- "All events at qualifiers will be run as timed finals."
- 50 free and all 100's, 200's, 500 and 1000.
- Three age groups: 10-13, 14-16, 17 & older.
- Finals July 12-14: Harvard University; Cambridge, MA
- Qualifying Meets
- June 7+8 Kennedy Elementary, Somerville, Mass. Meet Dir.: Richard Cheney (617) 625-6600 x6676
- June 14+15: Gordon College, Wenham, Mass. Meet Dir.: Lesa Dane (978) 768-7812
- June 7+8: Bridgewater State, Bridgewater, Mass., Meet Dir.: Bay State Games (781) 932-6555
- June 14+15: Holy Cross, Worcester, Mass., Meet Dir.: Paul Parenteau (508) 793-3430

How to Improve Your Butterfly

Everyone knows that butterfly is not the easiest of strokes but when a young lady asked for advice on how to co-ordinate the arms and legs, the battle lines were drawn up and you had to choose sides. The initial elements were 'lotsa one arm fly drills' and then checking yourself on video. This might not go down too well for those who had never before seen themselves on video.

It was suggested that the arm and leg action could easily be practiced whilst lying on a bench but it hindered hip motion. Whilst in the water, you had the choice of believing that the arms were in charge and the kick was due to the undulation of the body; or the kick provided the power and thus allowed the stroke to begin and they thus controlled the stroke; or the hips were the fulcrum and being in charge, they co-ordinated the arms and legs.

Perhaps the answer is that if you want to swim like a butterfly, remind yourself that butterflies can't swim. But if you would like to swim like a fish however, you would be on the right track. If you want to swim butterfly therefore, simply think 'Dolphin'.

<http://www.masterswim2.net/>



From Frank McQuiggan's hotel window in Ft Lauderdale while at the YMCA nationals.

Tom Mack on Open Water Swims

I can't offer training tips because I'm not much on training. However, you can help yourself out in the open water by swimming the straightest course possible. Many pool swimmers have "circle swimming" ingrained into their stroke and will swim a great circle without realizing it when out on a lake. To avoid circle swimming out in the open you have to be aware of your "path". Alternate breathing will help with swimming straighter. However, even with alternate breathing most of us are dependant on a black line on the bottom to swim straight. Out in the open you will need to sight on a landmark to stay on course. What I do is take a quick glance up every 5 or 10 strokes (depending on how straight you're swimming). I make that "glance" part of my alternate breathing when I switch breathing sides. That glance should be quick, without breaking stroke, where your eyes are just barely above the water. To glance without stopping dead in the water you'll need a distant landmark something you can see without focusing on. This can be a single distinct tree on the far shore, a peak on the horizon, or that lake front house that stands out from the others. This landmark becomes your pseudo lane line. This is most important in an open water race. Pre-race you should always scout out landmarks to use in each leg of the swim.

We're conservative up here in New Hampshire, I extend that to swimming too and try not to swim more yards than I have to whether it's the pool or open water. Hope this tip helps you conserve yards or at least your lake swimming buddies will appreciate your swimming straight and not up their backs.

13th Annual Mashpee/Cape Cod SuperSwim



Saturday, June 29th, 2002
John's Pond, Mashpee (Cape Cod), MA
Measured 1 & 3.1 Mile Open Water Swims



DATE/TIME

Saturday, June 29, 2002 (Rain Date: June 30th) Check in starts at 7:30am. Both events start promptly at 9:00am. Day-of Registrations and Check In close 20 minutes before race

LOCATION

John's Pond is located in the northwest section of Mashpee, behind the Barnstable County Fairgrounds.

FROM BOURNE BRIDGE: Take Rte 28 towards Falmouth. Stay on 28 through the Otis Rotary. Exit onto Rte. 151 towards Mashpee/New Seabury. Follow to Currier Rd (just before Fairgrounds). Take left onto Currier Road, and turn right at first Stop Sign onto Hooppole Road and follow to the next Stop Sign. Take right onto Back Rd. and follow through Trailer Park to the Town Beach.

FROM SAGAMORE BRIDGE: Take Route 6 to Exit #2. Follow Route #130 South into Mashpee. At the intersection of Great Neck Road, turn RIGHT and follow to Mashpee Rotary. Take the first RIGHT around Rotary (Rte #151). Follow to just past Barnstable County Fairgrounds. Take RIGHT onto Currier Rd., then RIGHT at Stop Sign onto Hooppole Road. Follow to the next Stop Sign and take RIGHT onto Back Road and follow through Trailer Park to Town Beach.

COURSE

Measured and laid out in triangle and marked by buoys. Course has been re-measured this year.

AWARDS

Immediately after the swim. Trophies to top three (3) finishers – M & F in each event. Medals for 1st – 3rd in each age group, male/female.

Age Groups (14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)

SEPARATE WET SUIT DIVISION – Medals Male & Female Overall 1st – 3rd Only No Age Groups

ENTRY FEE

\$15.00 for entries received by June 19, 2002. After this date and day of: \$20.00. No Refunds. Includes T-shirt to first 125 registered entries. Day-of entries not guaranteed a shirt. Any additional T-shirts may be ordered for \$10 each.

GENERAL INFORMATION

Ample parking and facilities are available. Results will be sent to those who include a self-addressed, stamped envelope. Course will be patrolled by Lifeguards, Harbor Master, & Fire. EMTs will be available if needed. ANNUAL PICNIC TO BE HELD AFTER THE EVENTS SPONSORED BY "Finally Dino's". Bring the Fam!

MORE INFORMATION ABOUT MASHPEE

www.mashpeechamber.com

MASHPEE SUPER SWIM REGISTRATION • JUNE 29, 2002

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Marathon Swimming (training and competition), including possible permanent disability and death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Mashpee SuperSwim against the clubs, host facilities, meet sponsors, or any individuals officiating at the meet or supervising such activities. I further attest and certify that I have read and understand the above waiver and assumption of risk, and all information and signatures herein are accurate and genuine.

Signature _____ Date _____ Birth Date _____

Last Name _____ First _____ Sex ____ Age on race day _____

Street _____ Town _____ ST _____ ZIP _____

Hphone () _____ Wphone () _____ e-mail: _____

Emergency Contact _____ Phone _____

Shirt Size (please x): L , XL , XXL , 3X

Event entered (please x): 1 Mile , 3.1 Mile , Wet Suit

Send entry form & fee (payable to Town of Mashpee) and SASE for results to:

Mashpee Leisure Services, 16 Great Neck Road, N.Mashpee, MA 02649.

PHONE: 508-539-1400 x.519 FAX: 508-539-1447 e-mail: leisure@ci.mashpee.ma.us

Regis College, Weston, MA (SCY) – March 23

Sanction 033-009-SSCY Rich Axtell: meet director; Nate McBride, results

	50 Free	100 Free	200 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM
Women														
19-24														
Nikki Shimshock	27.91	1:02.72		36.22				33.48	1:15.85				1:08.33	
Monica Kung								36.92					1:11.61	
Christina Close											31.86			
25-29														
Caroline Breglia	32.91			37.86		3:01.78								
Vivian Tjoa	28.27						36.03			31.32			1:10.49	
Kristen Larsen		1:03.84	2:18.13											
30-34														
Anita Lang	29.78	1:05.00	2:18.37											
Amanda Pearson	30.31	1:09.55								36.21				
Michele Fox	28.87			35.03		2:36.25							1:17.92	2:53.24
Amanda Pearson														
35-39														
Laura Swain		1:10.97	2:32.05					1:25.88					1:19.49	
Laurie Damianos					1:25.35					36.47			1:20.16	3:03.09
Lucie Rice	36.75	1:22.57	3:01.55											
Robin Davies	38.69	1:29.8												
Gail Pentheny	29.80	1:05.58	2:26.56											
Paula Pollard							35.78	1:18.06		31.08			1:10.71	2:38.72
Jenny Donahue								1:20.55		33.27			NT	
Michele Roy	27.67						35.84	1:18.50						
Stephanie Van Ness							48.12							
40-44														
Kim Goodwin				34.28	1:13.06		37.36	1:21.25		32.3				
MaryLou Tierney							47.38		3:38.78	45.17	1:52.80		1:40.80	
Marcia Misorski			2:43.79							44.53			1:28.68	
45-49														
Jennifer Luker	26.88													
Jacki Hirsty	26.52	59.71	2:10.49							29.83			1:10.93	
Joan Geoghegan	31.48	1:10.09	2:36.30	NT									1:12.00	
Barbara Ream	43.41	1:35.05												
Linda Carstens								1:24.96			1:20.46			2:58.95
Karen Lewis	36.02		2:55.28											
50-54														
Priscilla Tobey	34.23	1:20.39					43.50	1:37.75						
Eileen Craffey					1:21.84		41.82	1:29.82					1:21.58	
55-59														
Susan Regan	47.53			55.75										
60-64														
Claire O'Brien	34.90		2:45.99										1:31.74	
70-74														
Diane Reed	37.50	1:27.84	3:16.13											
Joan McIntyre	43.99		3:38.05				1:02.18							
Men														
19-24														
Pieter DeHart	22.88	50.4					30.70			26.50			58.40	
Rich Sweetman	29.15	1:09.4					37.70							
Steven LeVan	26.05		2:21.95										1:10.29	
25-29														
Noel LaPierre	24.03	52.52												
David Fair		56.41						1:11.96		NT				
Brenden Smith	29.87									36.43			1:19.13	
Sean Barow	27.60	1:00.40	2:09.96				35.50	1:13.25						
30-34														
James Howorth		58.25									1:06.32		1:07.45	
Bryan Grillo	27.74	1:01.11					34.49	1:15.82						
Derek DeCoste								1:10.53			1:02.95		1:03.96	
Al Prescott	29.10	1:04.91						1:22.82						
35-39														
John Kovacs													2:26.06	
35-39														
James Howland							35.23			29.53			2:38.54	
Lincoln Andrews	25.57													
40-44														
Scott Gordon		59:79	2:13.86					1:19.52						
45-49														
Jim Boland	25.90	58.70	2:24.17											
John Stacy	29.50	1:12.53	2:32.95										1:24.33	3:17.25
Bob Morris	28.00													
Cliff Jennings	29.60						32.26	1:13.28						
50-54														
Andrew Richelson		1:03.33									1:13.30			
William Ream	33.22	1:22.84					46.34							
Bob Seltzer									2:40.59		1:01.95			
Robert Lawton				30.26	1:04.64	2:24.62								
Kevin Scully	31.84													
John Boudreau				1:01.11										
55-59														
Laszlo Eger			2:20.82			2:45.09								
Joseph Keilty										47.16	1:52.19			
65-69														
Arthur Cotter		1:40.45	3:31.71											

New England LMSC Relay All-Americans 2000-2001

[All-Americans are those whose times were the fastest in the country during the year.]

NEM

- Kari Andersson 29
- Nathan Andrews 26
- Jonathan Banville 31
- Julie Bard 23
- Shereen Barry 38
- Richard Bell 23
- Rob Berry 33
- Elizabeth Boehm 27
- Douglas M Bosley 38
- Jeff Brown 26
- George Coupe 61
- Stuart Cromarty 36
- Cindy J Curtis 33
- Patti Delgrosso 36
- Jerry DeMuro 46
- Christen Deveney 25
- Amy DeVito 22
- Jason Eaddy 25
- Jason R Faulconer 23
- Brian P Fehlau 26
- Joel Feldman 50
- Ken Fletcher 26
- Peter Fredericks 60
- Bill C Geary 43
- Edmund Gendreau 38
- Mark Goldman 30
- Arnie Green 69
- Britt Greineder 28
- Constance Hallett 41
- Leonard Henkel 26
- Jacki Hirsty 48
- Rob Hudek 39
- Harry Ingram 69
- Bruce Johansson 40
- Dean L Kavanagh 67
- Mark Keil 48
- Roma Kusznr 33
- Homer Lane 51
- Steven LeVan 23
- Benjamin Lo-Pinto 25
- Brian Lucey 24
- Jennifer R Luker 45
- Jennifer Machado 22
- Tom Mack 42
- Norman March 75
- Libby Marshall 29
- Ben McBride 30
- Tara McGarr 29
- Steph Morawski 31
- Tim Morse 52
- Fred D Myers 50
- Brian Nelson 22
- Matt Nuffort 26
- Rick Osterberg 27
- Fred A Pierce 57
- Michael Pitts 22
- Daniel Rogacki 54
- Bill Rupert 57
- Glenna Ryan 45
- Ethan Saulnier 31
- Cathy Scanlan 48
- Michael Schambach 22
- Robert Seltzer 50
- Greg Shaw 50
- Hannah Smalltree 26
- Edward W Sorel 66
- Kevin Stapleton 38
- K Steenbergen 25
- Jessica Stokes 25
- Leslie Tatar 47
- Bob Tyler 38
- Steve Upson 31
- David Vail 57
- Emily S Wang 22
- Kim A Wesson 34
- Greg Wriede 23

MAINE MASTERS

- Norman Seagrave 85
- John White 85
- John Woods 83

Open Water Swims — cont. from page 8

\$15 entry in advance; \$20 at the swim. Warm pond water. Low cost entry. Some food afterwards. Has attracted many NEMs in recent years. Entry form on page X.

July ■■■■

7/4 Mike Rynne 2 Mile Swim SWC

This is a two mile race in the Merrimack River, in Lowell, MA, Swim upstream for 1 mile, turn around and swim 1 mile downstream. Contact Jack Hall, 89 Burnham Road, Andover, MA 01810, H – (978) 475-2285 W – (978-454-5411 x340, e-mail jhall@gltech.org., Ned Tarmey, Jack Taupier (978) 970-4242

7/13 4th Annual One Mile Swim at Nantasket Beach RCC

This is a fundraising event for cancer research at Nantasket Beach, Hull, MA, Kitty Tetreault, 30 Bullard Street, Walpole, MA 01721 (508) 660-1720 jacqkat@earthlink.net, Mary McCullagh, Swim Across America (508) 881-3779. Mmcculla@ma.ultranet.com; www.Swimacrossamerica.org

7/14 Fran Schnarr 5k Swim: Huntington Bay

Long Island, NY; Bea Hartigan, 27 Huntington Road, Huntington, NY 11743; (631) 271-3349 bea10k@yahoo.com

7/19 7th Annual Boston Harbor Islands Swim

This is a 22 mile open ocean team relay starting and finishing at Rowes Wharf in downtown Boston. Participants must pledge to raise a minimum of \$1500 from their sponsors. Kitty Tetreault, 30 Bullard Street, Walpole, MA 01721, (508) 660-1720, Mary McCullagh, Swim Across America (508) 881-3779; Mmcculla@ma.ultranet.com; Fundraiser for cancer research www.swimacrossamerica.org, jacqKat@earthlink.net;

7/21 Cove to Cove (.5 mile) and race for the River (2.4 mile)

NYC. Manhattan Island Foundation. 888-NYC-SWIM. www.nycswim.org

7/21 Greenwich Point 1 Mile Swim

Frank or Kathy Salvo. (203) 966-5494.gsevents@yahoo.com

7/27 Jay Lodi Memorial Swim (1 mile)

Another swim run by Jim Doty. \$5.00 entry fee, for a 1 mile swim along Carson Beach in South Boston. Jim Doty, Deland-Gibson Insurance Co., 36 Washington Street, Wellesley Hills, M 02481 (781) 237-1515

7/27 2.4 Mile Peaks -to -Portland Swim

Casco Bay, Portland, Maine. Mathew Engineri, Greater Portland YMCA, 70 Forest Ave., Portland, ME 04101 (207) 874-1111 x210, Mengineri@cumberlandcountyyymca.org Entry deadline 6/15/2002

7/27 1.2 Mile Buzzards Bay Day Swim

Outer Harbor, New Bedford, MA. Gina Rullo: The Coalition for Buzzards Bay, 17 Hamilton Street, New Bedford, MA 02740 (508) 999-6363 x205, fax (508) 984-7913, e-mail: rullo@savebuzzardsbay.org

August ■■■■

8/2 HWAC Swim (1 mile)

Marblehead, MA. Deveraux Beach. Anne Wargo, 276 Congress Street, Salem, MA 01970, (978) 744-8552. e-mail: annew@helpabusedwomen.org

8/3 1.7 Mile Citizens Bank/Save the Bay Swim

Narragansett Bay, Newport, RI. Jennifer Wheeler, 834 Smith Street, Providence, RI 02908, (401) 272-3540 x119 (401) 273-7153. e-mail: jwheeler@savethebay.org Swimmers of all ages and fitness levels are invited to participate in this year's swim

Burbank YMCA, Reading, MA (SCY) – April 21

Sanction 033-011-SSCY Andrew Kirkpatrick: meet director and results

Age	500 Free	400 IM	50 Fly	100 Free	100 Back	50 Brst	100 Fly	200 Free	200 Brst	200 IM	50 Free	50 Back	100 IM	100 Brst
Women														
Julie Dragon	20-24		30:51:00			:36.16						:32.18		
Kim Goodwin	40-44			1:04.00					2:36.86					
Gail Leichtman	40-44	7:40.55	37.3*	1:22.16				2:53.43				:42.07	1:37.26	
Kelly Sherwood	45-49	8:09.17											1:39.64	
Leigh Wiki Royden	45-49			36:00.00*								27.34	:35.03	
Eileen Craffey	50-54								2:59.82			:36.68		1:29.85
Joan McIntyre	70-74	9:16.87		1:41.03					5:01.62					2:16.14
Barbara Boley	75-79					:58.61					:46.43			
Men														
Darren Porras	25-29			1:07.73							:32.31			
Al Prescott	30-34			1:04.00							:28.90		1:20.50	1:26.29
Phil Vachon	35-39						41:37:00*					:36.83		1:39.88
Mark Talbot	40-44	6:54.27		1:07.97							30.13			
David Riley	40-44			4:48.00							:26.93		1:12.62	
Michael Schmidt	40-44			1:08.04							:30.23		1:26.08	
John Blake	45-49			1:03.00							:28.46		1:15.50	
John Stacy	45-49		35.61						3:02.24		:26.08		1:22.85	
David Judelson	45-49		:28.51		1:13.56		1:04.12				:27.95		1:08.77	
Bob Morris	45-49		:33.15									1:03.13		
John Boudreau	50-54				2:14.10								1:26.25	
William Fiore	50-54			1:05.92				2:30.66						
Peter Cleary	50-54										:28.91			
Igor Lapitsky	60-64					:35.94					:29.18			
Arnie Green	70-74	6:54.23									:30.80		1:36.36	

A 200 Freestyle t-shirt relay was conducted, with an official winning time of 2:35.48
* Technical difficulties. May be solved by next month.

from Newport to Jamestown. The swim will span 1.7 miles, and is held to raise awareness of the need to protect Narragansett Bay. www.savethebay.org. Sanctioned by NE LMSC

8/4 Calf Pasture Beach Swim for Water Safety (1 mile)

Norwalk, CT. Pam Raila, (203) 866-9837. Entries at: www.active.com. e-mail: nhs23par@hotmail.com

8/4 Battery Park One Miler NYC

Manhattan Island Foundation. 888-NYC-SWIM. www.nycswim.org

8/10 Grand Circle Swim for Boston Harbor

Boston, MA (617) 451-2860\ e-mail: wolfe@savetheharbor.org

8/17 1 Mile Harbor Swim

Gloucester, MA. Jennifer Cullen, 9 Hodges Street, Salem, MA 01970, (978) 744-5169\ yjenswim1@juno.com Ritchie Martin (978) 281-0670, Fax (978) 281-8349, lilomartin@prodigy.net

8/17 1 Mile Against the Tide

Flax Pond at Nickerson State Park, Brewster, MA on the Cape
Mass. Breast Cancer Coalition, 51 Diauto Drive, Randolph, MA 02368, (781) 961-7460. 1in8@mbcc.org. Massachusetts Breast Cancer Coalition. www.mbcc.org/swim. This is a fund raiser for breast cancer. See the flyer in the May issue of NEM News.

8/17 Great Hudson River Swim (2.8 mile)

NYC., Manhattan Island Federation 888-NYC-SWIM www.nycswim.org

8/17 Atlantic City Ocean Marathon Swim

22.5 miles around Atlantic City This is the FINA Marathon World Cup www.acswim.org

8/24 Boston Light Swim (10 miles)

This is the oldest marathon swim in the USA. It originated in 1908. Swim from Boston Light in Boston's outer harbor, past a number of harbor islands and finish at South Boston's L Street Beach.

John Werner, 63 Van Winkle Street,, Dorchester, MA 02124, (617) 474-2400 e-mail: johnwerner@citizenschools.org

September ■■■■

9/7 1.4 Mile Swim for Life & Paddler Flotilla

Provincetown Harbor, Provincetown, MA Jay Critchley Swim for Life, PO Box 819, Provincetown, MA, 02657, (508) 487-3684, Fax (508) 487-3684 *51, reroot@tiac.net This is its 15th year, a fund raiser for AIDS www.swim4life.org Sanctioned by NE LMSC

9/7 2002 FINA Marathon Swimming World Cup/10K for the USA

Atlantic City, NJ (Open to Masters) www.acswim.org

9/21 Little Red Lighthouse Swim (7.8 miles) NYC

Manhattan Island Foundation 888-NYC-Swim www.nycswim.org

October ■■■■

10/20 5 Mile Coral Reef Swim

US Virgin Islands. Randy Nutt (800) 356-5132. e-mail: nutt1@mindspring.com. entry at www.activeUSA.com

Go to this web site for a bunch of open water swims in New Jersey: http://www.shorecast.com/html/WhatToDo/Runswim.html. Information printed above is not guaranteed for accuracy. ALWAYS call the race to confirm. Complete listing available at http://www.usms.org.

Two NEMs in Two Swims

NEMs Karen Smyers and Clara Walker are Honorary Chairs for the Tenth Annual Against The Tide fundraising swims that benefit the Massachusetts Breast Cancer Coalition. The two one-mile open water swims on June 22 at Hopkinton State Park, in Hopkinton, MA, and August 17 at Nickerson State Park in Brewster, MA, on the Cape are the only swim fundraising events in the nation solely dedicated to the fight against breast cancer. This year's events, thanks to Smyers' and Walker's participation, are expected to break the million dollar level for total funds raised. For more information about these fun and inspirational swims, contact the Massachusetts Breast Cancer Coalition at (781) 961-7460 or www.mbcc.org/swim.

Swim Meets

June ■■■

6/8 Ocean State Senior Olympics (SCM)
Providence College, Providence, RI

Late entry deadline is June 3. \$35. Mail address to get and return the form: Ocean States Senior Olympics, 21 Dalton St., Rumford, RI 02916

July ■■■

7/21 [Tentative] Blodgett Pool at Harvard (LCM)
Cambridge, MA

Check web site and July NEM News for more.

August ■■■

8/11 Jenny Thompson Outdoor Pool (LCM)
Dover, NH

Warm up 8:00 a.m. to 9:00 a.m., must be done by noon. 6 lane 50 meter competition pool, with additional space for warm up/warm down. Meet Director: Ed Gendreau. Sanction Number: 033-013-SLCM. Fees: \$5 base fee plus: \$3 per event, maximum of five individual events. Entry Procedure: Deck Enter a maximum of five individual events. Timing: Electronic timing planned but not yet confirmed. Otherwise we will use hand watch timing. Notify meet personnel before your race if you think you may set a USMS National or FINA masters world record.

- | | | |
|---------------|---------------|---------------|
| 1) 200 IM | 6) 100 back | 11) 50 free |
| 2) 100 free | 7) 200 breast | 12) 50 back |
| 3) 200 fly | 8) 100 fly | 13) 50 fly |
| 4) 100 breast | 9) 200 back | 14) 50 breast |
| 5) 200 free | 10) 400 IM | 15) 400 free |

Directions:

From Spaulding Turnpike North or South, take exit 8E. Follow to third light, a "T" intersection. Turn left. Proceed to next light. Go through the light. Follow around bend, see small white sign for Rt. 4 (Portland Ave.) Take a right. Go about 2/3 mile, see Philbrick's sports store on right. The pool is directly across the street

Hotels:

Holiday Inn Express: 603 742 4100. Dover Days Inn 603 742 0400

Day of the meet Notes:

- 1) You must sign the WAIVER SHEET. If you do not sign the waiver sheet, you will not appear in the meet results. There will be no exceptions.
- 2) Your age for this meet is your age on December 31, 2002.
- 3) Seed times submitted must be for meter distances. If you need help converting your times from yards to meters, ask meet personnel.
- 4) Children may not swim in the warm-up warm down area during the swim meet.
- 5) Everyone can get a good warm-up during the open pool warm up if each lane has people of the same speed. Select your warm-up lane based on your continuous swimming warm-up pace per 50 YARDS: Lane 1 – 60 seconds, Lane 2 – 50 seconds, Lane 3 – 40 seconds, Lane 4 – 35 seconds, Lane 5 – 45 seconds, Lane 6 – 55 seconds, if you are warming up in an inappropriate lane, an official may ask you to move.

8/15-18 USMS Long Course Champs (50 meter pool)
Cleveland, Ohio

Pieter Cath, 35400 Bainbridge Rd, Solon, OH 44139
cath.p@worldnet.att.net. 440-248-8270

<http://www.mindspring.com/~lakeeriemasters/lcnats.h>

2003 SCY Nationals — Tempe, Arizona

2003 LCM Nationals — Rutgers Univ., Piscataway, New Jersey

2004 Worlds — Riccione, Italy

Open Water Swims

Edited by Tom Dugan. Send him (TDugan7145@aol.com) information about other swims. Contact the swims directly for information about the swims.

June ■■■

6/15 2002 USMS 10K Open Water Championship
Hartwell Lake, Clemson www.usms.org/longdist/ldnats02

6/16 4.4 Mile Chesapeake Bay Bridge, 1 Mile Bay Challenge
Baltimore, MD (609) 468-0010, www.lin-mark.com, www.bayswim.com

6/22 28.5 Mile Manhattan Island Swim
L New York, NY (212) 873-8311, www.nycsim@aol.com, www.nycswim.org

6/22 1 Mile Against the Tide Swim SW\$
Hopkinton Reservoir at Hopkinton State Park Hopkinton, MA, Breast Cancer Coalition, 51 Diauto Drive, Randolph, MA 02368, (781) 961-7460, e-mail 1in8@mbcc.org, www.mbcc.org/swim. This is a fund raiser for breast cancer.

6/29 3 Mile John's Pond Swim: John's Pond SW\$
Mashpee (Cape Cod), MA, This is a 3 or 1 mile swim race sponsored by Mashpee Leisure Services (508) 539-1400 x519, Fax: (508) 539-1447, e-mail leisure@cape.com.
Open Water Swims — continued on page 7

Ask Dr. Swim

Q. Will fins help my swimming?

A. One way or another, yes.

Swim fins, or flippers as some call them, will certainly add to your swimming experience. Whether by muscle, endurance, flexibility, form, or swimming at speed, they can affect your swimming for the better.

Much controversy over size, flexibility, and fit. Dr. Swim favors medium length, medium flexibility, and snug fit. No one really knows what's best for you. Whatever you wear, make sure they do not chafe or worse. Check them out on your feet before buying or ask if you can return them.

No matter how hard you use them, it's most unlikely you can "overdo" it by using them too hard—unlike hand paddles and possible shoulder problems. So no excuses with the fins, no matter how you use them. The following are for freestyle swimmers but backstrokers can adapt some of it.

The commonest use is as a "rest" in a workout, i.e., swimming a distance at a leisurely pace and perhaps even chatting with other swimmers doing the same thing. Limited athletic value. Better is a set of shorter swims where the leg muscles work hard enough to hurt or burn and simulate race conditions. Pyramids when you swim a series of increasingly shorter distances are another way. Kicking on your back with or without a kick board over your head is a good alternative. Kicking on one side with no kickboard and the upper arm stretched above your head and the lower arm at your side forces you to kick under the water.

Some say all kicking should be with the feet staying under the water or barely breaking the surface. This kind of kicking adds to ankle flexibility, an essential part of a powerful and efficient kick. With their increased load on the feet, fins aid ankle "stretching."

Try full stroke swimming with fins on. You will be surprised by how the speed feels and how you feel more turbulence at the higher speeds. That's something to work on, too.

Use fins for up to 25% of your workout, especially if a sprinter.

More Info

- **NEM web page**
www.swimnem.org
- **NEM newsletter PDF**
download it in color at the News button at www.swimnem.org
- **USMS web page**
www.usms.org
- **NEM telephone info**
1-888-SWIMNEM

- **NEM newsletter**
Tom Lyndon, editor
9 Sunset Road
Wellesley, MA 02482
tomlyndon@aol.com
781-235-8587

Mastering It

(It was the) "spirit of the men, 'the response of the spirit,' which is interesting rather than what they did or failed to do."

Apsley Cherry-Garrard, survivor of Scott's fatal trip to the South pole, in a biography of him, "Cherry," by Sara Wheeler



NEM News

JUNE 2002