

August 2002



NEM News



Tom Lyndon photo

Unwinding after the last relays in the Blodgett Pool at Harvard on July 21

Inside and out in the summer



Great Bay Masters digital photo

Great Bay Masters at Mashpee on June 29

Front row: Kym Berman, Paul Griffin, Dave Monsees, Jen Machado, Gail Pentheny, Ann Richard, Theresa Hamer, Many Hult, Kerin Elisens. Back row: Nancy Virnelli, Ed Gendreau, Mike McAfee, Kendra Garrow, Lee Calderone. Missing from photo: Rich Orkin

Help wanted

Your editor would like more help. Be a volunteer. Contribute to your newsletter. Help to make your newsletter better. Contact the editor at tomlyndon@aol.com or 781-235-8587.

- Photos (paper and digital)
- An article — maybe about your first year in Masters
- Stroke and training articles for the average Master
- Results and stories about an open water swim
- Whatever else you think may be of interest
- Ideas for the editor to consider and suggestions for improvement

The Perfect Race

Janet Evans' 1988 400 free in Seoul

by John Walker, USA Swimming National Team Tech. Support Staff//www.usaswimming.org

Ever wondered how great swims happen? Is it the stroke rate? The time off the blocks? The flip-turns? Check in each month as we analyze a new perfect race in swimming history, pointing out all the important factors that were critical in producing these great swims. All data and race analysis will be submitted by the USA Swimming National Team Technical Support staff.

This month's race is Janet Evans' World record-setting, gold-medal swimming the 400m free on September 22 at the 1988 Olympic Games in Seoul, South Korea, a record that has stood for 14 years.

Watch the Race

Janet Evans steps onto the block in Lane 4 to compete in the Olympic final of the women's 400m freestyle. The 17-year-old from Placentia, Calif., stands 5'5" and weighs 99 lbs, but looks much smaller surrounded by rivals Heike Friedrich and Anke Mohring who approach 6 feet in height. Evans had a solid preliminary swim, but the two German swimmers look extremely strong. In the prelims, each had posted lifetime bests that approached the world record of 4:05.45 that Evans had set nine months earlier.

Janet started the Games on a good note for the United States by winning the gold medal and setting an American record (4:37.76) in the 400 IM during the first night of competition. That had been the only bright spot for the American women to this point. The German women's team, lead by Kristin Otto (who would win 6 gold medals at this Games), was well on its way to the last of its five dominating Olympic team performances influenced by the infamous East German sports system.

The Start: An Early Lead

As the race started, Evans grabbed a small early lead using a smooth start and fast tempo stroke with a somewhat unusual straight-arm recovery. Janet turned in 59.99 at the first 100 meters, which was a conservative .4 seconds off her world record pace. As the race progressed to 150 meters, Friedrich and Mohring hung at her shoulder, but the rest of the field fell off, unable to maintain the blistering pace set by the frontrunners. At 200 meters, Evans had expanded her lead to a body length but was still 0.6 seconds off World record pace at 2:02.14.

Janet Evans — continued on page 5



My Swimming Life

produced by Kim Goodwin
Skwim3@aol.com

Editor's note: Kim is always looking for NEMs to share their swimming lives. So, please, email her and make her day.

Pieter deHart

24 and 2 years in Masters

Swimming Background

Pieter was first taught to swim at about the age of 6 months and hasn't left the water since. He swam mostly distance free and IMs as an age group swimmer while part of the USS Cascade Swim Club in Wilmington, Delaware, and during his high school years in Seattle, Washington. He later swam for the University of Utah, where he had both an athletic and academic scholarship, and later at the University of Rhode Island.

Pieter's workout schedule changes frequently depending on his work schedule (teaches marine biology/oceanography and also works as a lifeguard and swim instructor in the summers) and school schedule (has a master's degree in biology and now is working on his doctorate), but he usually gets in the water every day. His best events now are IMs, sprint and mid-distance free and breaststroke. In the summers, he focuses on open water swims. He is a sucker for waves and loves to compete incessantly!

Typical Workout Week

Monday

Works out on a treadmill for about 40 minutes, then does 3 sets of 12 reps on a variety of upper and lower body machines and with weights. During the summers, he swims in Narragansett Bay for 2 miles or more.

Tuesday

Joins the Sandwich Seals Masters group under Coach Joe Smith at Sandwich High School for an early morning workout. Pieter usually substitutes multiple stroke work on repetitive sets. A usual workout ranges from 3500 - 4000 yards.

600 yard warm up
1 x (3 x 100s K on 2:00
1 x 200 P on 3:30
1 x 500 FR - breathing every 5 strokes)
1 x (2 x 100 IMs on 2:00
1 x 200 K on 4:00
1 x 300 P on 4:30
1 x 400 SWIM on 6:00)
and then back down the ladder
200 warm down.

Will also occasionally join Frank McQuiggan's East Providence Masters group on Mon. and Thurs. for a sprint workout in the evening.

Wednesday

In the gym (similar to Monday) followed by 2 hours of basketball. In summers, will go to Barber Pond in Kingston, RI, for a 1 - 2 mile open water swim and then a 4-6 mile run.

Thursday

Early morning workout

600 warm up
2 x (6 x 25s K on :35; 3 x 50s P on 1:00; 2 x 75s FR on 1:15; 1 x 150 IM on 2:30)
500 FR w/ 1:00 rest
2 x 250s FR w/ 45 sec. rest (fast pace)
4 x 125s FR w/ 30 rest (faster pace)
5 x 100s FR w/ 15 rest (even faster pace)
200 warmdown.

Friday

5 mile run followed by gym work (see Monday). In the summers, Pieter does a 2 mile open swim.

Saturday

4,000 - 5,000 yards with Sandwich Masters.

600 Warm up
1 x (4 x 50s Stroke on :50; 3 x 50s FR on :45; 2 x 50s FR on :40; 450 FR on 7:00)
1 x (4 x 75s K on 1:30; 2 x 100 IMs on 1:30; 4 x 75s P on 1:00; 2 x 100 CH on 1:30; 4 x 75s K on 1:30)
10 x 100s FR on 1:30
200 warm down.

May follow swim with a road race or triathlon.

Sunday

Pieter often competes in triathlons, road races or takes a long bike ride, depending on the season.

Other thoughts

Pieter thinks he is the only swimmer on his college team who is still currently competing. They may have burnt out, but hopefully will rediscover the joys of swimming and join him as a Master. He loves swimming Masters because it changed the sport for him, renewed his love of competition and training. He especially enjoys the social aspect of Masters swimming. Everyone in NEM really opened their arms to him and made him feel welcomed when he moved to this area and he is extremely grateful! Pieter only hopes he can stay competitive for the next 60 or so years, as many of his idols in NEM are. It is a lifelong sport with lifelong friends and lifelong memories!

He loves swimming Masters because it changed the sport for him, renewed his love of competition and training. He especially enjoys the social aspect of Masters swimming.



The Self Coached Workout

by David Grilli, LMSC Fitness Chairman
mushield@aol.com

IM Can Be Fun

My father once gave me a very valuable piece of advice. I was considering purchasing a multi purpose woodworking machine when he told me, "Most tools that do many things, do none of them well." Can the same be said for individual medley (IM) swimmers?

All the IM'rs I have coached have one or more weak stroke. But the good ones rise above their weaknesses. Inexperienced medley swimmers may try to work extra hard on their weak stroke in a race but this I think, is folly. You should work hard on your weak stroke in practice but during a race you want to really push your strong stroke or, if you're lucky, strokes.

I like to do IM sets during workouts. Not that I am a proficient IM'r. Actually just the opposite is true. Rather I like the balance IM gives me. Why fatigue some muscles when you can fatigue them all...? When swimming IM, I don't think there is a joint or muscle in the body that isn't used.

Racing IM is thought of by some to be extremely tiring. I don't think so. I like changing strokes. It seems to let some muscles recover while others take over the job of propelling you through the water. Maybe I am not trying hard enough?

Anyway, IM is fun so let me share one of my favorite IM workouts with you.

- 1) Warm up by swimming a 500. Alternate doing 3 lengths free and 1 length stroke of choice.
- 2) 8 x 25 kicks, IM order (That's Fly, Back, Breast and Free).
- 3) 8 x 25 swim, Medley Relay order. (That's, Back, Breast, Fly, Free)
- 4) 3 x 300
 - #1 is 25 fly, 50 back, 100 breast, 125 free
 - #2 is 25 back, 50 breast, 100 fly, 125 free
 - #3 is 25 breast, 50 fly, 100 back, 125 free

Do this set on a 30 second rest interval.

- 5) 4 x 150
 - #1 is 50 fly, 50, back, 50 breast
 - #2 is 50 back, 50 breast, 50 free
 - #3 is 50 breast, 50 free, 50 fly
 - #4 is 50 free, 50 fly, 50 back

Do this set on a 20 second rest interval

- 6) 4 x 100 IM on 2:00
- 7) cool down with 8 x 50 on 1:05, first length is stroke, IM order, second length is easy free style.



The Non-Elite Swimmer

by Al Prescott
alprescott@charter.net
(Al wants your story. Send it in. Make his day.)

The Dog Days of Summer

Within several weeks of coming back from Hawaii the temperature pushed over 90, and stayed there for days. Long forgotten were the comments many folks made in May about how it had never stayed so cool and rainy for so long. Without a doubt, the dog days of summer were here.

The phrase, "The dog days of summer," is a rather interesting one. After a month of intense research and being buried in collegiate archives, as I typically do for my articles, I could find no true consensus on its origin. Here are two equally possible meanings.

First, it may derive from Sirius, the dog star — the brightest visible star during late July and early August. It was once believed that Sirius was responsible for making the weather insufferably hot and miserable during the summer in the northern hemisphere. But more likely is gets its origin from the heat waves of summer causing people to feel and act like a tired, lazy hound dog.

Summer does bring with it a change of pace. Summer is triathlon and open water season. Case in point: as I write this, half of my team is off to Lake Placid for the Ironman. Even I have done a triathlon this season, with more to come later.

As fun as a triathlon may be, open water races are particularly neat. Case in point. The time: July 4, 2002, about 10:00 am. The place: Lowell, Massachusetts. Temperature during the race: >90. Distance: 2 miles. Body of Water: The Merrimack River. Man oh man, let me tell you, Merri-Mack must have been making very merry the day before because that river was really horrid. The water was brown, and when my hand entered the water while free styling, I couldn't see it. Yikes. But no matter my perception of the water quality, it had no impact on my health. Less than 10 miles away, the town of Chelmsford ran a 2 mile road race where EMTs treated several people for heat related issues. I'll take the swim any day.

My final thought on the dog days of summer is my favorite workout to do. On Friday mornings, I get up at 5:00 AM. I then get up again at 5:30, bolt out of the house, drive through some beautiful land through the most (G r o t o n , C o n c o r d , union, jump Walden pond rising in the the opposite is coming Invariably I siting in the sun on my c o m m u t e r finish my swim with a little extra effort now that I'm awake, change, and head over to Starbucks for an ice coffee and a chocolate croissant.



WALDEN POND SUNRISE

through some beautiful land Carlisle and MA) in the in the water at as the sun is east, and get to shore as the sun over the trees. waste time water, with the face, watching a train going by. I

In retrospect, the dog days of summer may have a different pace, but they're not that bad.

The 10K Death Valley Open Water Meet in the "Land of Deliverance"

by Tim Morse

Clemson is the school that had an athletic director who once said about crew, "We ain't going to have any sport where you sit down and go backwards."

Two things about the USMS 10 km Championship in Clemson, South Carolina, struck me as odd. Held on the campus of Clemson University, it was called the "Death Valley Open Water Meet," and it was billed as an event from the "Land of Deliverance". My brother, the suffering Falcon fan, came up from Atlanta to watch me. He knew what they meant. "It's not a desert, it's where other football teams come to die," he said. OK, but the Land of Deliverance? Why would anyone would want to evoke the work of testosterone-addled James Dickey prose when promoting an area for tourism. I saw "Deliverance." People got shot and raped and died. How pleasant.

None of the mayhem from the book was in evidence during our visit. Clemson, although a bit remote, is a modern, big school campus with a huge stadium or three and practice fields with flood lights. This is serious stuff. Clemson and its Tigers, with the ubiquitous orange paw print, have a reputation for caring a great deal about big time sports. This is the school that had an athletic director who once said about crew, "We ain't going to have any sport where you sit down and go backwards."

They must have a new athletic director, because we jumped in the water right in front of the boat house at Lake Hartwell, a man-made body of water west of the campus. Actually, right in front is a bit of an exaggeration, because, the docks were down the hill a bit. Up the hill was shade, grass and registration. They also had refreshments, and T-shirts for sale. Down the hill was the sand/red clay beach. Most of the area has red soil that gets nice and slippery when water is applied. Needless to say, after the swim, this stuff is *in* your suit. My dad, a veteran of swimming 20 mile Lake Norman, NC, said, "The red clay never comes out."

I had been warned, though. East Providence Master Jen Mooney, an ex-Clemson 'Lady Tiger' swimmer, told me that the lake could be full of silt. She also told me that during 5 mile training swims in the lake, you wanted to get the thing over with before the motor boats came out. This turned out to

be true. The lake is kind of narrow, so boats blasting by leave a rhythmic wake that rolls over you for about a minute. It was not that bad when compared to the bigger stuff that can whip across Narragansett Bay.

The Masters swim went off with some 54 bodies at about 8:30 am. The hosts, Clemson Aquatic Team [more cats, and paw prints], put on a bunch of races before and after our swim. There was the 5 km men's start, 5km women's start, then the Masters 10 km. A 3 km, 1 km and .5 km followed with correspondingly younger age groups for each race. It was nice to see Masters, college swimmers, teens, and kids from all over the region suited up to swim.

The course was a 2km line out and back following well marked orange buoys. The air was a little cool at the start, but this really was an ideal day to swim. They billed the water temp as low 80's. The surface was calm, with a slight breeze on the return lap.

At some point, for those of us muddling through the 10 km, a group came charging past. I was on my last mile, and feeling every bit a geezer, when they started passing by. At first, I thought these were 10 km swimmers who had raced smarter than the rest of us. They had some energy left, and were bringing it home at a good pace. There was a break after the first 2 or 3 of them went by, then they just kept coming. At this point, I'm thinking, "Please be in another race altogether." I had been swimming along with another guy for the last 2 miles, pretty much stroke for stroke. After about 5 minutes of passing bodies, he was gone. Either my Masters partner had been swept along with the school, or they had killed him. It seems we got ourselves in the middle of the 3 km.

Which left me on my own to finish the thing. Which eventually happened. I managed a 5th for the men's 50-54 age group, mostly by just lasting long enough. There didn't appear to be any other NEM's about. We didn't stay for the post race festivities, as my handlers were in need of more lunch than power bars and Gatorade. Overall, though, this was a fun swim, a bit grueling, but a good community event.

New England LMSC All-Time Top Ten Times for Short Course Yards (25 yards) & Long Course Meters (50 meters)

The lists are updated through 2001 for individual swims and relays. A big job well done by Stuart Cromarty ably assisted by Frank McQuiggan. Check out thm out on the NEM web site.



Robert Ackerman starting out on another open water swim

Homer Lane and Greg Shaw at Harvard



Bob Tyler and Brian Fehlau at Harvard

NEMs in FINA (world) Top Tens

2001 Short Course Meters

Women 26-29									
Jessica Stokes	100 Free - 5th	200 Free - 7th	100 IM - 4th	200 IM - 1st					
Andrea Packard	50 Brst - 1st	100 Brst - 1st	200 Brst - 1st	50 Fly - 4th					
	100 Fly - 4th	200 Fly - 8th	100 IM - 6th	400 IM - 1st					
Women 35-39									
Paula Pollard	100 Brst - 10th	200 Brst - 10th							
Women 45-49									
Jennifer Luker	50 Free - 4th	100 Free - 5th	200 Brst - 6th	50 Fly - 2nd					
	100 IM - 6th								
Women 50-54									
Joel Feldmann	50 Free - 2nd	100 Free - 3rd	50 Back - 4th	100 Back - 5th					
	50 Fly - 2nd	100 IM - 2nd							
Women 55-59									
Kathy Slifer	200 Back - 8th	200 IM - 10th	400 IM - 6th						
Connie Sasser	200 Back 10th								
Women 60-64									
Susan Livingston	200 Fly 8th								
Women 75-79									
Petey Smith	50 Free - 6th	100 Free - 5th	200 Free - 7th	400 Free - 3rd					
Women 80-84									
Billie Ann Burrill	50 Free - 9th	200 Free - 7th	400 Free - 8th						
Men 25-29									
Jason Eaddy	200 Free - 7th	400 Free - 4th	100 Fly - 1st	200 Fly - 4th					
Benjamin Lo-Pinto	50 Back - 8th	100 Back 2nd							
Jeff Brown	50 Fly - 5th	100 Fly - 4th							
Men 35-39									
Jim Harvey	100 Free - 1st	50 Back - 1st	100 Back - 1st	50 Fly - 1st					
(Maine Masters)	100 Fly - 1st	100 IM - 1st	200 IM - 1st						
Rich Landry	100 Free - 7th	200 Free - 4th	1500 Free - 5th	400 IM - 6th					
Ed Gendreau	200 Brst - 9th	200 IM - 10th	400 IM - 5th						
Men 40-44									
Karl Kolb	1500 Free - 9th								
Men 45-49									
Joel Meltz	400 IM - 7th								
Men 50-54									
Greg Shaw	100 Free - 9th	50 Fly - 1st	100 Fly - 2nd	200 Fly - 1st					
	200 IM - 1st								
Home Lane	200 Free - 7th								
Bob Seltzer	200 Free - 9th								
Dan Rogacki	200 Free - 10th	800 Free - 5th	1500 Free - 9th	200 Back - 3th					
	50 Brst - 4th	200 Brst - 4th	200 Fly - 10th	100 IM - 10th					
	100 Fly - 3rd	400 IM - 3rd							
Fred Schlicher									
Men 55-59									
Bruce Mohl	200 IM - 10th								
Men 60-64									
Eric Jensen	200 Back - 3rd								
Men 65-69									
Barr Clayson	200 Back - 9th								
Womens 200 Medley Relay - 120+									
Kim Goodwin, Paula Pollard, Bella Marlow, Jennifer Luker - 9th									
Mens 200 Free Relay - 120+									
Robert Tyler, Jason Eaddy, Mark Goldman, Jeff Brown - 6th									
Mens 200 Free Relay - 320+									
John White, Norman Seagrave, John Woods, Arnie Green - 2nd (Maine Masters)									
Mens 200 Medley Relay - 320+									
John White, Norman Seagrave, Arnie Green, John Woods - 3rd (Maine Masters)									
Mixed 200 Free Relay - 120+									
Brian Felhau, Jennifer Luker, Jessica Stokes, Benjamin Lo-Pinto - 2nd									
Mixed 200 Free Relay - 160+									
Shereen Barry, Bruce Johansson, Ed Gendreau, Connie Hallett - 2nd									
Mixed 200 Medley Relay - 100+									
Rob Berry, Stephanie Morawski, Jeff Brown, Jessica Stokes - 4th									

2001 FINA Top Ten - Long Course Meters

Women 45-49									
Jacki Hirsty	50 Free - 5th	100 Free - 7th	400 Free - 3rd						
Women 50-54									
Joel Feldmann	50 fly - 3rd								
Women 75-79									
Petey Smith	100 Free - 4th	200 Free - 4th	400 Free - 3rd	800 Free - 4th					
1500 Free - 2nd									
Women 80-84									
Billie Ann Burrill	50 Free - 9th	100 Free - 10th	200 Free - 4th	400 Free - 7th					
Men 25-29									
Jason Eaddy	200 Free - 8th	400 Free - 8th							
Men 40-44									
Peter Worland	100 Free - 10th								
Men 45-49									
David Bright	200 Back - 7th								
Men 50-54									
Greg Shaw	100 Free - 5th	200 Free - 4th	50 Fly - 1st	100 Fly - 2nd					
200 Fly - 4th	200 IM - 5th	400 IM - 5th							
Men 60-64									
Eric Jensen	200 Back - 7th								
Mixed 200 Free Relay - 200+									
Joel Feldmann, Dan Rogacki, Greg Shaw, Jacki Hirsty - 2nd									
Mixed 200 Medley Relay - 200+									
Joel Feldmann, Dan Rogacki, Greg Shaw, Jacki Hirsty - 1st									

NEMs extracted from the full lists by Tracy Grilli.
Full lists and times at www.fina.org.
Patches and certificates can be ordered through the FINA Office for \$5 (cash or check).
Av. de l'Avant-Poste N 4, 1005 Lausanne, Switzerland.

Janet Evans — continued from page 1

The Human Water Bug

Evans' stroke was different from all others in the race. The recovery portion of the stroke has been described using the terms "windmill" and "water bug." Her arms move quickly over the water, but with less arm bend than traditional strokes. Her underwater stroke is outstanding. It is extremely clean with no bubbles carried with the hands and a very high elbow position at entry. Body rotation starts quickly after the hand entry is initiated by a strong downbeat of the kick on the opposite side of the body from the arm stroke. She uses a two-beat kick throughout the race, driving rotation and balancing her head, which moves up and forward when she breathes. Her hand accelerates all the way through the pulling pattern with fingertips pointed at the bottom of the pool through the finish.

Head-to-Head

At 300 meters, Mohring had fallen back to accept the bronze medal, but Friedrich had increased her kick and erased Janet's lead. They turned together .6 seconds under World record pace, with Evans clinging to a small lead of .16 seconds. The crowd erupted, realizing that they were seeing an outstanding head-to-head battle and anticipated an upset, as Friedrich was one of the greatest finishers in the history of the race. Evans quickly responded to the challenge, using the wall to change gears and explode into the last 100 meters. Her tempo increased significantly and she began to move steadily ahead of the German. She was not only holding off Friedrich, but also pulling away!

Break it Down

Evans used a series of impressive racing strategies in the last half of this race. In the first 200 meters she swam in the middle of the lane breathing on the right for 5 or 6 cycles then switching to the left to see her competitors on both sides of the pool. At 200 meters, she moved from the center of the lane to the side closer to Friedrich. This allowed her to stay in contact with her closest competitor in Lane 2 and reduced the ability of Mohrig — who is falling back in the lane next to her — to be aided by drafting.

At 250 meters, she changes her breathing pattern to the side that Friedrich is on and for the remainder of the race breaths only twice to the other side off of each turn to make sure that Mohrig had not made a move back into the race for the gold.

She also changes speed (increases her tempo) right off of the turn, which takes less energy than making the same move in the middle of the pool and takes advantage of a "soft" turn by Friedrich at 300 meters. Knowing that her stroke is driven by tempo, Evans held the two beat kick and slipped into a pattern of six cycles, breathing every three cycles and three cycles with no breath to balance her rotation and maintain the fast turnover that is often lost during the extra time it takes to breathe.

Accelerating through the final 50 meters, Evans touched the wall a body length ahead of Friedrich to claim her second gold medal of the Games. (She would go on to win a third gold in the 800 Free). The world's best swimmer had realized a performance beyond what even she believed possible. She had set a world record for the sixth time in her young career, but it was not a typical improvement. She had destroyed her previous mark by 1.6 seconds with a time of 4:03.85. "I can't believe it! It didn't hurt! I wasn't even tired!" she yelled from the deck to her coach Bud McAllister in the stands. [Free Swimming Time: 3:37.74 (89.3 %) Time spent under water: 18.52 (7.8 %) Turns Time: 7.59 (3.1 %) Under water distance swum: 49 (12.3 %) Total Cycles taken: 196.5]

Negative Splits

The last half of this race is what sets it apart in history. A negative split strategy is rare at this distance, and this was the only time in her career where she used it. Evans covered the last 200 meters in 2:01.71, which was within a second of her lifetime best in the 200m free and would have qualified her for the 2000 Olympic team on the 800 free relay. Splits: (100s) 59.99-1:02.15-1:01.26-1:00.45 (200s) 2:02.14/2:01.71

14-Year Record

The record has stood for 14 years, and no other woman has broken 4:05 in the event. The silver medal time by Friedrich remains the 5th fastest ever and is the fastest time Evans swam against. This race stands as one of the greatest performances in swimming history, not only because the record time has stood for so many years, but also because Evans needed that perfect race to win the Olympic Gold medal.

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<http://www.usswim.org/superstars/template.pl?opt=news&pubid=2405>

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Tom Lyndon
9 Sunset Road
Wellesley, MA 02482

Caps and T-shirts are medium blue with white logos.
Aiming for early September mail delivery.



Hopkinton Against the Tide Swim

by Lisa Ackerman

On June 22, 2002 over 200 swimmers gathered in Hopkinton, Massachusetts, to do something they love for a most important cause. The 10th annual Massachusetts Breast Cancer Coalition Against the Tide Swim to benefit Breast Cancer research continued its successful fundraising and "fun" raising streak of swims.

With more Masters swimmers than ever attending, the total pledges amounted to \$121,000 (primarily from swimmers). This money will directly benefit breast cancer research and the Silent Spring Institute, researching links between breast cancer and the environment.

This year's first place male finisher was Ethan Saulnier and the first place female was Jennifer Mooney. The other real "winners" in the swim were the top fundraisers, including Elaine Grossman, Kathryn Noonan, Barbara Parton, Norma Shulman, and Laura Diamond, each raising between \$3000 and \$7000.

A second swim is planned for August 17 on Cape Cod. For more information on the swims, contact the Massachusetts Breast Cancer Coalition at www.mbcc.org.

Great Bay Masters at Mashpee

by Ed Gendreau

Fifteen Great Bay Masters participated in the Mashpee 1.0 mile and 3.1 mile swims this year. The weather was warm and sunny with a gentle off shore breeze. The water temperature was perfect. The race was well organized. There was plenty of food and drink for everyone after the swim. The race course was a little short this year. I'd estimate about 15% short.

Those of us who arrived on Friday night went out to dinner and then to a nearby amusement park. There we played miniature golf, rode go-karts and bumper cars, and played a few games of laser tag. We had relatively fewer campers this year (where are all our rugged outdoors people?)

After the race on Saturday, part of our group went to South Cape Beach. This is a beautiful public ocean beach. The water is warm, with a reasonable current parallel to shore. There is a lot of sea life on the ocean floor, and those who dove to the bottom found crabs and shell fish alive and well. Overall it was a lot of fun. This is a great summer event for our group; we hope to see more GBM's next year!

Mike Rynne 2 Mile Swim

by Lisa Ackerman

The 7th annual Mike Rynne 2 Mile swim was held on July 4 in the mighty Merrimack River in Lowell. Yes, it's clean. This year saw the most entries ever (60) and the return of Charlie Erwin who won the first five mile swim in 1952. At 72 years old, he got a round of applause from his Class of '49 Lowell High School alumni cheering him on as he finished.

With an increasing number of NEM's participating, the competition was hot. Literally. The river was 80 degrees that day. While some swimmers claimed they hit warm spots along the swim, this participant thinks it was more like hitting a few select cold spots and the rest was balmy.

A few footnotes for those interested. The second place female finisher won last year when she was 12. At 13, she was still rather close to our own Ed Gendreau. Michael Hirst swam in a fancy skin suit, enabling him to not only claim men's third place and beat this author (important since he's still beating himself up over losing to me at Deveraux Beach about 7 or 8 years ago), but also sweating immensely after the finish. Finally, little Robert Ackerman swam from his 9 am arrival until dragged out by Daddy Ackerman at noon to go home. With only one pee break and a few sips of Gatorade, and lots of "reach and pull" strokes, little Robert did not remain awake for the drive home to Bedford. It also may be the most swimming for daddy in ages.

Open Water Swims

Edited by Tom Dugan. Send him (TDugan7145@aol.com) info about other swims. Contact the swims directly for information about the swims. Info printed above is not guaranteed for accuracy. Always call the race to confirm.

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 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.

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.

9/7 2002 FINA Marathon Swim 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

Summer 2001

by Lisa Ackerman

Okay- we have taken it on the goggles for not submitting anything relative to the Ackerman Summer '01. We are still somewhat in shock that anyone out there cares. Really, people must have something better to do than read about the Ackermans. Alas, it is not so, and even with an uneventful Summer of 2001, we submit a belated (and short) summary.

She swam, he ran, Robert played. Is that good enough? Oh, more?

David ran the Boston Marathon, raising money for ALS (Lou Gehrig's Disease). Finished in 3:57, raised \$5000 and celebrated his 40th birthday 2 days later. David ran another race for ALS, which was intended as a family event but didn't happen that way. Lisa got lucky enough to stay home and supervise the emergency contracting crew called out to repair the connection from the Ackerman's home to the local sewer system. That would be the connection that the prior construction crew crushed, thus prohibiting sewerage from safely exiting the Ackerman pipe system. Don't ask.

Lisa did the competitive portion of the one mile Against the Tide Breast Cancer swim in which the Ackerman's raised about \$2500 for the cause. David did the recreational mile, in his longest of the year.

We all checked in and bailed on Gloucester as too cold and much better for windsurfing, did the Lowell swim (Lisa), Graniteman triathlon (David), Lowell Y triathlon (David) and David biked the Kangamangus Highway with another half baked friend of his. And Robert? He took his first swim lessons, got a "big boy bed", bought nicer bedroom furniture than Mom and Dad, and fell in love with his first lifeguard - Jenny, our 16 year old babysitter. It's never too young to start.

So, that's it in a nutshell. Which usually describes our house quite well.

Robert is now officially swimming — albeit, only a few strokes at a time, and we are also proud to announce he inherited Daddy's "sink to the bottom like a rock" gene and any attempt at back float lands him sitting on the bottom.....

Lowell Swim in the Merrimack River July 4 [*not a NEM]

results to NEM News by Lisa Ackerman

1	Gendreau, Edmund	Dover, NH	35:51:00	21	*Sedwick, Paul	Tewksbury, MA	46:25:00	41	*Moore III, Robert H.	Lowell, MA	55:05:00
2	Packard, Andrea	Salem, NH	36:22:00	22	Storey, Paul V.	Chelmsford, MA	46:25:00	42	*Johnston, Ken	Swampscott, MA	55:48:00
3	French, Chris	Nashua, NH	36:47:00	23	*Regan, Elizabeth	Lowell, MA	47:15:00	43	*Erwin, Charles	Virginia Beach, VA	56:39:00
4	*Brady, Lauren	Tyngsboro, MA	37:51:00	24	Dutton, Jennifer	Framingham, MA	47:37:00	44	*Reagan, Terry	Harvard, MA	58:28:00
5	Hirst, Michael	Amherst, NH	38:33:00	25	*Misiorsia, Marcia	North Andover, MA	47:48:00	45	*Jackson, Kelly	Natick, MA	59:03:00
6	Upton, Steve	Brighton, MA	38:53:00	26	*Leach, Randy	Lunenburg, MA	47:59:00	46	Tierney, Mary Lou	West Newton, MA	59:20:00
7	Fitzgibbon, Jeremiah	Bedford, NH	40:24:00	27	*Kennedy, Margeret	Lowell, MA	48:09:00	47	Allison, Roberta	Quincy, MA	59:33:00
8	Ruiter, Steven E.	Seattle, WA	40:42:00	28	Prescott, Al	Groton, MA	48:56:00	48	*Flaherty, Nancy	Lowell, MA	61:36:00
9	Welch, David	Tewksbury, MA	40:56:00	29	*Obrien, Cathertine	Nashua, NH	49:51:00	49	Patterson, Melissa	Lowell, MA	61:42:00
10	*Meyers, Fred D.	North Andover, MA	41:02:00	30	Wyser, Chip	Newburyport, MA	50:03:00	50	*Schepanovsky, Kris	Lunenburg, MA	62:51:00
11	Ackerman, Lisa A.	Bedford, MA	41:18:00	31	Damianos, Laurie	Waltham, MA	50:34:00	51	*Page, Robert	Nashua, NH	66:26:00
12	Neilly, Peter	Hollis, NH	41:38:00	32	Flaherty, Erin	Lowell, MA	51:09:00	52	*Sullivan, Roberta	Dracut, MA	67:27:00
13	*Peterson, Scott	Marblehead, MA	41:41:00	33	*Quintal, John J.	Boston, MA	51:10:00	53	*Galvin, Mark	Providence, RI	68:03:00
14	Mitsch, Mark	Boxford, MA	42:34:00	34	Downing, Jill	Wellesly, MA	51:26:00	54	*Buttolph, Lynn	Weston, MA	75:08:00
15	*McGlauffin, Jennifer	Lowell, MA	42:37:00	35	*Johnston, Brian	Lexington, MA	51:57:00	55	Keilty, Joseph	Dorchester, MA	80:46:00
16	O'Dair, Katherine	Arlington, MA	43:04:00	36	Moore, Jonathon	Newburyport, MA	52:29:00	56	Noonan, Marybeth	West Roxbury, MA	84:29:00
17	*Flink, Peter	West Newbury, MA	43:55:00	37	*Donahue, Nancy	Lowell, MA	52:57:00	DNF	Landry, Rich	Methuen, MA	
18	Gronewold, Andy	Plymouth, MA	45:00:00	38	Conti, Joe	Waltham, MA	54:02:00	DNF	Palmisano, Rex	Malden, MA	
19	Hoffman, Keith	Waltham, MA	45:13:00	39	*Croteau, Robert	Taunton, MA	54:17:00	DNF	Araujo, Gregory	Los Angeles, CA	
20	Veneman, Steven	Hudson, NH	46:22:00	40	*Hall, Jack	Lowell, MA	54:39:00	DNF	Warren, Jennifer	Andover, MA	

Swim Meets

August ■■■

8/11 — Sunday — 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. **Electronic timing will be used.** 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

Results each day at www.usms.org

December ■■■

Rutgers University, Piscataway, NJ 12/7&8 Colonies Zone Championships (25 meter pool)

2003 and 2004 ■■■

2003 SCY Nationals — Arizona State Univ., Tempe, Arizona

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

2004 Worlds — Riccione, Italy

OPEN WATER SWIMS ON PAGE 7



Jan and Jim Boland
with daughters India
and Tasha at the
Regis College meet
March 23

Karla Nisley-Black and
daughter Erica
taking a break at the
Harvard meet July 21



Tom Lyndon photos

Ask Dr. Swim

Q. Could there be an easy way to get stronger?

A. Could the Brits be right this time?

Cogito ergo swim. Next time you can't make it to the weight room, try thinking about your routine instead. Your body may benefit nearly as much, if a new study is anything to go by. English researchers measured the strength in the little fingers of 18 men and then asked six of them to do a finger exercise twice a week for a month. They asked another six to imagine doing the exercise but to not actually do it. The remaining six men didn't do anything. Four weeks later, the finger strength of the exercise group had increased by one-third. The finger strength of those who imagined doing the exercise increased 16 percent, while the fingers of the couch potatoes were about the same. The researchers suspect that imagined exercise stimulates the same neural pathways that real workouts do, and it—theoretically—boosts the amount of nerve input into muscle fibers. The more muscle fibers you can fire up, the stronger you get. Of course, little fingers aren't lungs, and there's a lot more than just strength involved in swimming, so you may not want to make a habit of staying in bed and thinking about swimming instead of doing it.

Fitness Swimmer January/February 1999

Q. What does the sweet smell of victory smell like?

A. Peppermint, perhaps.

According to the Journal of Sport and Psychology, 2001, Vol. 23, pp 156, via Running & FitNews and the New Jersey Masters newsletter, The Fast Lane, researchers have linked improved performance to the odor of peppermint. The peppermint condition resulted in increases in running speed, hand grip strength, and number of push-ups, as compared to the odorless condition. Certainly this is one ergogenic aid in which there is no possibility of ill effects or doping scandal.

More Info

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

Mastering It

"The miracle isn't that I finished...
the miracle is that I had
the courage to start."
John "The Penguin" Bingham
on the measure of a true runner
having little to do with speed.
Runner's World November 2001



NEM News

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