

September 2002



NEM News



East Providence Masters at the 1.7 mile Save The Bay swim across Narragansett Bay from Newport, RI, on August 3

"My Coach"

NEM News wants to know more about its coaches. NEM News wants a monthly "My Coach" column about coaches. All types, shapes and variations. Pro and amateur. From the major leagues of the Rob Berry, Ed Gendreau, Rich Axtell, Frank McQuiggan, and Dan Rogacki superstars to the triple A and lesser leagues of coaches of a few or even only one.

See the kick-off "My Coach" column on page 2. If Isabel can tell all, or almost all, you can too. Candor, insights, and praise where due are appropriate. Send it in. Tell us about your coach.

Thanks for the Help

Last month your editor asked for more help — more volunteers to make our newsletter better — and he got it! Tim Morse, John Quintal, and Laszlo Eger volunteered. Tim has contributed several times before. Lazlo has contributed once before and coincidentally is Kim Goodwin's My Swimming Life swimmer this month. John is a first time contributor.

More help wanted

Photos (both paper and digital), articles — maybe about your first year in Masters, stroke and training tips for the average Master, results and stories about swims. Whatever you think may be of interest, including ideas for the editor to consider. Be a contributor. Contact the editor at tomlyndon@aol.com or 781-235-8587.

The Open Waters of Summer Citizens Bank/Save The Bay Swim

by Tim Morse

The almost 300 swimmers in the 26th annual Newport to Jamestown across Narragansett Bay, RI, swim on August 3 raised money for Save The Bay, RI. Once again, Stuart Cromarty, without a wetsuit, was first to cross the bay from the War College to Potter's Cove. First woman across was Jessica Knapp, also sans wetsuit. Local NEMs were in evidence. East Providence Masters showed 8 of the top 15 swimmers. South County, with Fred Bartlett in second place; Brown; Providence College; and the new group from Seekonk also had swimmers entered.

Bit of a current this year, but not as bad as some years. Since they allow wetsuits and kayak escorts after the competitive wave of swimmers, there are families and friends of many first time open water swimmers. Great weather and great reception afterwards with lots of healthy food.

Misquamicut Beach Saltpond Challenge

by Tim Morse

This race in Misquamicut, RI, on July 20 was put on by the Westerly Track and Athletic Club, so lots of triathletes. A non USMS sanctioned race but well attended by local NEMs. Salt ponds are on the back side of the beach. Shallow, relatively calm and yes, very salty. Won by our Springbok in residence, Stuart Cromarty, leading a group of East Providence Masters, followed closely by Fred Barlett and his South County Y swimmers. Jen Mooney was the first woman after struggling past the tentacles of the tri swimmers. Race started at the very civil hour of 6 pm, so we got to hang around and have clam cakes and stuffies at the beach pavillion afterwards.



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.

Laszlo Eger

58 years old; 8 years in masters

Swimming Background

Laszlo began competing during his sophomore year in high school while living in New York City. He also played water polo. While attending Yale, he continued to swim, but the emphasis shifted from swim team to water polo. Laszlo returned to competitive swimming many years later in 1994, while living in France, as a Master. He was immediately hooked once again. This was partially due to the environment. His first meet as a Master took place in a beautiful salt water 50 meter pool in Deauville on a beach. 400 swimmers from all over Europe competed at that meet. He loved the feeling of camaraderie of his fellow swimmers and the satisfaction of accomplishing some great times. He had gotten a late start in swimming, so never had the 'burned out' feelings that many of his college teammates had, but still swimming now took on a different meaning. Swimming became far more exciting as he began to focus on his times, splits, technique, starts, turns, etc. He returned to the United States in 1995, where he competed as a Master in the NY/NJ area, before becoming a NEM in 1997.

Typical Workouts:

During the months leading up to a championship

event, Laszlo tries to swim 5 times per week. He mostly competes in the backstroke, freestyle and IM events. He alternates between long yardage (5500-6500 yards) sessions and sprint (2500-3500 yards) workouts.

Sample of a "sprint" workout

400 IM warm up. 500 backstroke pull. 4 x 100 IM KICK. 5 x 100 FR on 1:45. 5 x 100 BK or IM on 2:00. 10 x 50 IM DRILLS. 500 FR or BK swim. 200 warm down.

Sample of a "long yardage" workout

Laszlo adds the following sets or similar variations to the above workout to get in more yardage. 2 x 400 IMs. 6 x 200s (fast 1st 50). This set replaces the 5 x 100s from above. 5 x 200 IM KICKING. 1000 BK or FR swim using paddles and/or fins.

Other info

Laszlo does some weight training but does not feel he does enough, mostly because he gets easily bored working with weights. He has, for the most part, maintained or improved his times over the past years. The learning process continues, but he is convinced that more time spent in the pool results in better times. His best times have occurred after increasing his yardage during the weeks prior to his taper for a big meet.

Swimming is becoming an increasingly important part of his life. He sorely misses his time in the pool whenever he has to miss even 4 - 5 days. The feeling of physical well-being that swimming provides him is a prerequisite to his overall mental health. In addition, swimming allows him to eat just about anything he wants to. Laszlo always looks forward to discovering new pools while traveling, particularly while in Europe where there are many more 50 meter pools. He continues to want to learn more about all aspects of swimming, is eager to compete in as many meets as possible and hopes to spend many, many more years in the pool!

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My Coach

by Isabel Lyndon

Coached workouts is a hot topic bandied about at swim meets. Who is your coach, what kind of sets s/he promotes, how intense the workouts are and where the pool is are key elements.

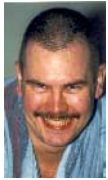
I admire these dedicated swimmers with their well-defined muscles and fast times. If I had their talent, I might put more time and effort into being a better swimmer because I have embraced other endeavors with zeal and enthusiasm and found success and satisfaction. But swimming has always been my recreation, a way to wash off the stresses of the day and a way to soak up the pleasure of moving through space and water. Oh yes, I go to some meets and do my best and am thrilled when I do well. Yet, while I am "coached" and do do "workouts", my coached workouts are somewhat different from those of many of my fellow NEMs.

I swim at a local pool that has no group workouts. I have found a coach who has helped me improve my times and stroke considerably. My coach nags me frequently to keep my head down, not pull so deeply, roll more, try one more set, and the

usual torture tactics used to improve times. Sometimes I pay attention; sometimes I smile sweetly and ignore his advice. I have even occasionally flashed a certain gesture under the water when he views my stroke underwater. Yes, I whine when I think I am too tired to swim and always take it as an affront that this man does not consider me perfect. In spite of this, I kicked his butt at the Hobbs Pond swim this summer in Maine. I find that a close relationship with my coach has done the most for my competitive swimming. I've even coached him in the delights of rolling over on his back in a lake and looking at the clouds and mountains rather than counting strokes while training in a large body of water for a pool swim.

It's up to you as to how much you want to improve your times and how hard you work out. Maybe you will train your coach in subtle ways so you can also have the other joys of swimming and settle for less impressive times in the pool.

Can you guess who my coach is?



The Non-Elite Swimmer

by Al Prescott

alprescott@charter.net

(Al wants your story. Send it in. Make his day.)

Don't Dis the Water

Lets face it, folks. Not everyone sees things the way I do. Okay, scratch that. Most people don't see things the way I do. The following letter reminded me that, despite the accuracy of my journalistic words [enter a large sarcastic smirk here], different folks can interpret them differently.

In open water races, many things can affect a body of water's looks. Could be the torrential downpour the night before, or it could be the person swimming in front of you. Regardless, lets be clear on one thing: this has nothing to do with the tremendous job the race directors of these races do. I have nothing but respect for these folks because without them, we wouldn't have races like the Mike Rynne 2 mile race, or the Mashpee Super Swim. I have swum both these events (the Mike Rynne twice) and will be racing them every chance I get.

To the race directors and all the others who help make these and the other open water events what they are, I simply say, "Great job, and thank you." *Having said my piece above, here is Lisa Ackerman's email to me.*

Dear Al,

I'm writing in response to your August NEM News article entitled The Dog Days of Summer.

While I usually appreciate your humor and point of view from the not so elite side of things, this time I think your wit was slightly misplaced.

In your article, you write about your experience at the Mike Rynne 2 mile swim in Lowell. You state "...that river was really horrid. The water was brown, and when my hand entered the water while free styling, I couldn't see it..."

Statements like this, read by almost every New England Masters swimmer, do nothing but harm the integrity, reputation and credibility of an outstanding swim event. The Rynne swim is testimony to the dedication of an outstanding group of individuals in Lowell who desired to revive a tradition for that city.

With the millions of dollars Massachusetts and the U.S. have poured into the Boston Harbor cleanup project, we still face many beach closings on the Harbor. Wollaston Beach in Quincy is still plagued by CSO's and the sewerage that can be produced

after a large storm. Last year, the Grand Circle Swim for Boston Harbor had to be cancelled because of excess pollution following a storm event. The Merrimack River, however, has staged its own cleanup project with great success. As a Professional Civil Engineer, I find their achievement even more outstanding.

Five years ago, my husband and I did many swims up and down the coast of New England. At that time, the Lowell swim was just an idea. Five years later, the swim is a strong reality thanks to the cleanup program run by the Lowell Regional Water Utility. Five years later we will not do many of the swims in lower New England as the water quality there has become severely compromised.

The Lowell swim remains a triumph to the desire of that city to remain an "All American City". Paul Tsongas, a fellow NEM, had a dream for his hometown, one that is being realized in part by the return of the Lowell swim. Not every body of water will be as pristine as you find Walden Pond to be. However, I do not think your statements were justified.

Sincerely,

Lisa A. Ackerman, P.E.

PS

Dear Al-

I hope you understand what I'm getting at in the attached piece. While I also value a time I saw a fish swim under me at Walden, I just want to respect the work of race organizers and let NEMS decide what is their view of swims. I greatly appreciate your article each month, since I have always felt NEM had to be more than something for the guys in Lane 4. I have always worked hard to tell people that meets and especially Open Water stuff is as competitive as you decide you want to be. Thank you again for your columns, and please read the attached with a sense of perspective of what goes into a race and how easily that work can be harmed.

Lisa

Lisa Ackerman's letter was published in its entirety with permission from Ms. Ackerman.

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Games Swimmers Play

By Laszlo Eger

Thank God! My goggles and suit stayed on this time. Not a bad start. Careful, don't go too deep. Wow, look at the guy in the next lane. He's already a body length ahead!

Four laps of fly! What was I thinking? No way. I'll never make it!

OK, coming up for air. That guy has already taken a couple of strokes. He's going to lap me in a 100! How embarrassing! Just ignore him. Don't waste energy; concentrate on your miserable effort!

Not too fast now. Get into a nice rhythm. Head down, reach, reach, easy on the kick. Don't want to lose the legs after 2 laps.

Who am I kidding? I'm never going to make this! I'm going to die after 3 laps. I'll be bobbing up and down like a buoy in choppy waters. They're going to have to pull me out in front of all these people. I'll never live it down! Maybe we can move. New Jersey wasn't that bad after all.

But, so far so good. Coming up to the first turn. Still feeling fine. Gliding into the wall, grabbing it. Ah, heaven. Resting for an instant, pushing off, gliding, undulating like the hot shots at the Olympics! Who am I kidding, I've got to surface; I need air!

The 25 year-old has 5 yards on me, but I'm ahead of the septuagenarian on the other side. Can't see the other lanes. Don't waste your energy looking around, keep your head down, keep your rhythm, head down, swim!

3 more laps to go! But I'll die after 2 more laps; I know I will, no question about it. What made me enter a 100 fly? Just because Greg Shaw and Fred Schlicher made it look so easy? But they're wearing body suits and I'm not! Without it, they'd sink like rocks, just as I will in a couple of laps.

Still feeling OK. Keeping a steady cadence, easy with legs, breathe, stroke, stroke, breathe! Good form, just like those pictures in Swim magazine! Hey, maybe I'll make it! Forget that young kid, he's gone, but I don't think he'll lap me! Finishing the 50. Now it's going to get tougher! But don't think about it yet. First, need to get a good turn with some rest. Gliding, turning, big breath, pushing off — not too deep. Take an extra kick for some more rest.

Now what? What can I do to avoid dying the last

lap? Maybe I should breathe on every stroke? But that will really slow me down, and, so far, I'm still OK. Use your legs, kick harder!

Look at the bottom of that pool! This water is really clear! Hey, I can see the others in the far lanes and, other than the kid, I'm still hanging in there. But will it last? Impossible. Don't forget that last lap! Arms are getting heavier; make those legs work. Kick harder! I'm trying, but the legs don't get the message! Coming to the final turn. Gliding. This turn has to be a major rest stop! Don't rush it or you'll never make that last lap!

Take a deep breath. Who are those idiots yelling, "Go, go!"? What do they think I'm doing here, taking a bath? Don't they realize that in a couple strokes I'll die and they'll be pulling me out! I'd love to see them in a real man's event like this. Anyone can do a 50 free!

The rest feels good. Couldn't I linger a bit longer? OK, I'm going, I'm going. Pushing off, gliding. This is it; have to get my act together. I don't want to drown. Imagine the headlines, too embarrassing to think about.

Arms are getting heavier, legs are sore, need air! It's imminent. My demise, that is. Sinking deeper on each stroke. It's a long way back up for breath! Maybe I'll just turn on my back and breathe! What made me do this? Never, never again! Please God, if you allow me to finish this time, I promise I will never do it again!

Come on! Don't be a wimp! You can do it! Put that head down, grab that water, pull through, kick hard — you'll be getting plenty of rest in a few seconds. Wait a minute, what's my next event, how much time will I have? Maybe I better ease up! Forget it. Just a few more strokes! It hurts, God it hurts, but the wall is approaching! One more stroke! Yes, yes, I made it! Can I kiss the wall? Nah. It would detract from the image.

What's my time? Wow, a new PR, 2 seconds faster than my goal! But I took it too easy, I'm really not that tired. Could've gone faster if I hadn't lingered so long on the turns and had gone out faster. When is the next meet? Gotta try it again in two weeks and, this time, really move it!

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and down like a
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Deleting the Dreaded Dropped Elbow

Excerpts from the Coaches Quarterly Newsletter, Winter 2001

- Change the angle of their hand at top of their stroke from their fingertips pointing to the end of the pool to having their fingertips extending toward the bottom of the pool at an angle. They should be able to feel their arm pit hollowed out with their arm extended. If they point their fingertips toward the end of the pool, they won't be able to have a hollowed out arm pit.

Janet Renner

- Sculling with hands under the body and high elbows. Hand paddles help show this as well.

Angie Friday

- Imagine reaching over a large oak barrel of your favorite wine, creating a wide open armpit, leading to a high elbow and fingertips anchored perpendicular to the direction of travel.

Lee Wanie

- Fist freestyle drills where I emphasize distance per stroke and using the entire forearm. If they drop their elbows during this drill, they'll really go nowhere.

Brian Robinson

- Keep the elbow above the hand all the way through the stroke. Catch-up stroke drill to keep the elbow up and pulling with a bent elbow through the front of the stroke into an extension at the end of the stroke and a lift from the elbow to come out of the water.

Carol Macpherson

A New York Weekend and A Park to Park Mile Swim

By John J. Quintal

A curious fascination with open water swimming — despite any swimming pedigree — recently took me to New York City to participate in an event sponsored by the Manhattan Island Foundation, a non-profit organization dedicated to the sport of marathon swimming and preservation of New York's waterways.

Saturday, August 3: Depart from Boston's Chinatown with family on 8 AM bus. At \$28 roundtrip, simply the best travel bargain around. Settle into another favorite activity — stack of newspapers and cup of coffee.

10 AM: Requisite halfway pit stop off interstate in New Haven. Slightly appalled at number of travelers who can't sit still for two hours before the lure of fast food takes root.

12:15 : We arrive in the Bowery, the automile of lighting and kitchen supply stores.

1 PM : Katz's Deli, where Harry met Sally. Pastrami on dark rye at a place where time has stood still, yet evolved to the changes around the neighborhood.

2 PM : The Paramount Hotel. Ian Schrager, of Studio 54 repute, owns the joint. Staffed by attractive help clad in black. Feel slightly square in the hipster's paradise but will gladly suffer any indignities for the promotional price of \$75 per night.

3 PM: The MET. Score tickets from employer for Guein exhibit. Seeking low overhead, Guein lived in some of the remotest places on earth. Like his compatriot Van Gogh, his health was generally poor and his work never accepted. But on this day in New York he is the brightest star in the art universe.

Evening : Dinner at Pastis in the "meat market" district. No steak frites or crepes suzette. It's Omelettes aux Fines Herbs sans Budweiser. Stroll the neighborhood after dinner to check things out. See a club called "Hell" and a streetwalker built like Ian Thorpe. Still a neighborhood in transition. Taxi to the Empire State Building for a view from the top.

Sunday August 4 Morning: Lunch at Time Café. French toast with maple pecan butter. Tour SoHo for a peek into the fashion world. More intrigued by the historic steel frame buildings. But Anne Klein intrigues wife and I eventually concur.

Mid day : Want to see Lance Armstrong at Tour of New York but have my own business at hand. Head to Battery Park. Told the race is 1.125 miles and will never feel the sensation of swimming so fast. The energy level is high and the much-anticipated thrill of swimming in the shadow of lower Manhattan is finally here.

The race: We're into the Hudson and off. Feeling strong but everyone is flying. Hug the right perimeter, as close to the sea wall as permitted. The chop is rough but keep focus on two bodies ahead and hang on. Try and keep a straight line for the finish. Out of the water onto a dock and the effort is most evident. Led to a shower. Led past a table of drinks and snacks. Get a beautiful T-shirt and medal for participation. My wife and parents are happy and proud. Learn later that the winner crushed the field of 136 in 18:14. Second was a woman aged 19. A 45-year-old was 5th. Marveled at the ability and perseverance of these athletes, so typical of the sport.

Later: Went to St Patrick's Cathedral, FAO Schwartz, got interviewed by CNN in Times Square, and ate in another brilliant French restaurant.

As you can tell, I love New York, even though I grew up in the Bay State. Put an MIF event on the calendar for next year. The web address is www.nycswim.org.



The Self Coached Workout

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

Beginning Anew

This is the time of year when a swimmer can begin anew. Perhaps your past training efforts have not been effective. You thought you were in pretty good shape, went to a meet and bombed. Don't worry. It happens to everyone including world class swimmers.

Perhaps you need to consider putting your training plan on a cycle to optimize our swimming in preparation for a championship meet. This is what the elite swimmers do.

A proper cycle includes the conditioning phase, a speed working component, a degree of maintenance, and a tapering phase. These components have to be blended properly. You don't want to get bored with your training but at the same time, the boring sets are usually the more productive ones.

The cycle should start with an emphasis on aerobic conditioning. About 60% - 75% of the workout should be sets like 5 x 300s, 10 x 100s or even 20 x 50s. All are good examples of aerobic conditioning sets. These sets can be done on an interval that allows for a short amount of rest or with a predetermined rest period. I prefer and recommend using a definite interval. Choose one that allows 10-15 seconds rest between swims. As your conditioning improves, you should be getting more rest. Once the rest is more than 15 seconds, shorten the interval by 5 seconds. Eventually you will get to an interval that will be hard work to maintain. At this time, consider expanding the set. Instead of 10 x 100, do 12 x 100 on your hardworking interval.

The remaining part of your early cycle workouts should focus on speed and technique.

These speed sets are to be swum at 80% - 90% race pace. Allow more rest between repeat swims. A good set for this phase is the "broken set" that has stops or breaks during the repeated swim. Say it's a broken 200. You swim 50, rest 10 seconds, swim a 100, and rest 10 second, and swim a 50 for a total of 200. You repeat this type of swimming on an interval that allows a minute or more of rest between repeat swims.

The key is to swim fast and use the breaks and the long rest period to recover. Look at your overall time to swim the 200. Subtract your break time and get your swim time. As the cycle progresses, measure improvement by a decrease in your swim time.

After 4 to 6 weeks of this blend, work into the speed building phase of your cycle. Scale back the aerobic yardage and increase the speed yardage. Have your aerobic yardage be no more than 50% of your total workout yardage. Your speed workouts now need to get more intense. You can continue to do broken sets. Give yourself a little more rest between repeats and increase the break time. But make sure your swim time is faster.

You can do these sets with any combination of freestyle or stroke. I suggest alternating the sets within a workout so you can do an aerobic set then a speed set then another aerobic set and so on.

When you are two weeks away from your big meet, you should begin to taper. Drop dead sprinters can taper a little longer and distance swimmers need not taper as much.

There are numerous little tricks to tapering but the concept is to do less yards with more rest. This allows your muscles to recover so that come race day, you will be stoked.

Northeastern University Masters Workout Group

Fall Workout Session starts Monday, September 16, and continues through Saturday, December 14th. All practice sessions are at Barletta Natatorium located in Cabot Gym on Huntington Drive, Boston, MA

Sun.-7-8:30 PM; Tue.-6:30-8 PM; Thu.-6:30-8 PM; Fr.i-5-6:30 PM; Sat.-8-9:30 AM

*Tuesday & Thursday-6-7:30 AM will hopefully be added by last week of October.

Three sessions a year. Each session will cost \$200. All swimmers must join the New England Masters Swim Club prior to his or her first workout.

The Masters Coach is Amy DeVito, Assistant Coach of Northeastern University is a New England Masters member and a record holder. Amy swam at Denison University and was captain of the 2001 NCAA National Championship Team. contact her at AmyLDeVito@hotmail.com

For more info or to sign up, contact Roy Coates (617)373-2676 or e-mail r.coates@neu.ed or Roy Coates, Northeastern University, 219 Cabot Gym, Boston, MA 02115. Roy is Northeastern University's head swim coach..

For directions, parking info, and facility info, access GoNU.com

New Wave Swim Club coach wanted

Age group coaches wanted for New Wave Swim Club. We train at Lowell High School located in downtown Lowell. Growing club, competitive pay, enthusiastic Board, cohesive coaching staff. Our emphasis is on starts, turns, mechanics, stroke, team building and having fun. Please contact Rick Battistini, Head Coach, 978-373-7408 or battwave@mva.net or Jackie Hunter, President, 978-692-1310 or jnhunter123059@earthlink.net "

North Shore Piranhas coach wanted

The JCCNS is seeking an Assistant Swim Coach Responsibilities will include but are not limited to coaching an age group team, attend swim meets, assist in the administration of the swim team, at least 15hrs of coaching + swim meets. Requirements: bachelor's degree in PE or related field. ARC: LGI, CPR, FA, ASCA level II, three years of swim team coaching experience. Position begins on or before September 3, 2002. Please e-mail resumes to jvillegas@jccns.com or fax at 781-631-8181 att. Julian Villegas.

The North Shore Swim Club.

NSSC is an USS age group program that swims at Salem State College, Gordon College, Minuteman Tech H. S. and Hanscom AFB. We are currently looking for assistant coaches at all locations, beginning September 9, 2002. Tony Padvaiskas, 978-314-5445

Jenny thompson Pool, Dover, NH (LCM) – August 11

Sanction 033-013-SLCM Ed Gendreau: meet director and results

		50 FR	100 FR	200 FR	400 FR	800	1500	50 BA	100 BA	200 BA	50 BR	100 BR	200 BR	50 FL	100 FL	200 FL	100 IM	200 IM	400 IM	
NEM 28	Karen Story	F			2:56.61	6:13.53								45.01						
NEM 23	Joan Kisthardt	F	34.49	1:15.35							43.41	1:36.98								
NEM 29	Diane Brown	F	35.45	1:17.30										37.45	1:25.11					
NEM 33	Carol Prescott	F			5:59.15								4:00.09		3:14.39		3:23.46	7:01.03		
NEM 40	Gail Pentheny	F	34.50	1:16.72																
NEM 43	Kathryn Vitale	F	37.77	1:31.19		6:46.90														
NEM 47	Karla Nisley-Black	F			5:41.55				1:24.30	3:05.69										
NEM 48	Lorna DeVries	F	52.22	2:00.35																
NEM 50	Linda Carstens	F									45.87	1:42.60	3:34.89	43.22						7:06.03
NEM 55	Peggy Weisberg	F						58.99												
NEM 57	Ann Fredette	F	40.16	1:34.84	3:29.66															
NEM 57	Kathy Slifer	F	40.01					47.61			47.74	1:44.32						3:28.56		
NEM 64	Susan Livingston	F		1:30.94	3:18.15								4:42.02							
NEM 74	Joan McIntyre	F														8:00.70			11:45.99	
CONN 39	Rick Klutey	M			5:25.46															5:55.95
NEM 47	Jim Wilson	M		1:00.67	2:18.06										1:08.88					
CONN 85	John Merrill	M		2:06.72	9:36.04			56.46	2:03.78	4:24.74										
MESC 30	Benjamin Morse	M			2:18.84															5:48.15
NEM 31	Sean Clark	M	28.02						1:19.20										2:43.70	
NEM 33	Nick Paquette	M		1:24.54	7:17.83									38.76						
NEM 33	Yee Yu	M	33.33	1:16.81	3:23.80	7:53.85								41.58						
NEM 38	Stuart Cromarty	M			4:23.36										1:00.66			2:24.54		
NEM 39	David Gingrich	M	31.74	1:11.11										33.81	1:23.11					
NEM 40	Chris French	M			4:45.97				1:11.75	2:37.34								2:37.40		
NEM 40	Edmund Gendreau	M			1:00.81	4:48.79				1:13.18					29.81					5:25.88
NEM 42	Michael Hirst	M	28.73	1:07.54	2:32.42	5:17.68										2:54.03		2:58.97	6:09.79	
NEM 42	Peter Neilley	M			2:40.53	5:26.04														
NEM 43	Guy Davis	M	27.79	1:00.77							40.86			30.41	1:09.45					
NEM 43	Kym Berman	M			5:51.57										1:21.49			3:02.01	6:24.36	
NEM 44	Michael Schmidt	M		1:21.09										45.09						
NEM 44	William Peirce	M			6:15.11															
NEM 45	Andrew Pelletier	M	35.35	1:18.63	2:57.90															
NEM 46	Bob LaMont	M		38.66	1:15.43									39.51						
NEM 49	David Bright	M	31.88	1:07.80				37.59						35.52						
NEM 49	Patrick Stevens	M	30.14		2:45.14									36.86						
NEM 53	Maurice Regan	M										1:50.25			1:48.30			3:41.93	8:17.96	
NEM 55	Daniel Rogacki	M			5:16.16			34.77		2:57.90			3:00.97					2:44.47		
NEM 57	Laszlo Eger	M		1:14.26	6:02.98										1:32.83					
NEM 60	Phil Read	M	34.91	1:24.61	3:32.62	7:54.10								50.08						
NEM 61	Eric Jensen	M		1:16.56					1:25.61										3:02.15	
MESC 65	Frank Giustra	M	36.67	1:28.26																
NEM 65	Richard Clapp	M	1:03.22	2:22.72	5:01.97	10:53.56														
NEM 65	Wayne Pickering	M	42.61	1:47.10	3:52.18	8:08.71							4:50.27							
MESC 70	Amie Green	M	34.86		6:44.62				1:41.60										3:45.26	

NEMs and a few others at the USMS Long Course Nationals, Cleveland, Ohio, August 15-18

Extracted from the USMS web site (usms.org) by Tracy Grilli. (The USMS web site also has the splits.)

New England Masters		Age	50 Fr	100 Fr	200 Fr	400 Fr	800 Fr	1500 Fr	50 Bk	100 Bk	200 Bk	50 Br	100 Br	200 Br	50 FI	100 FI	200 FI	400 IM
Garrow	Kendra	F 28	o		2:28:47	5:32:02	10:49:37	22:04:79	37:27	1:30:46	3:01:13	43:45	1:13:78	3:20:70	34:18	1:13:78	3:07:46	6:21:93
Grilli	Tracy	F 45		1:10:53		5:15:20	10:49:37		37:27	1:30:46	3:01:13	43:45	1:13:78	3:20:70	34:18	1:13:78	3:07:46	6:21:93
Handler	Barb	F 45	30:73	6th					40:58	1:30:46	3:29:25	7th			41:04	1:22:54		
Kerchen	Sue	F 50	34:60	8th					35:07	1:27:44	3:19:02	5th			31:59	1:02:69		
Feldmann	Joel	F 51	29:39	2nd	1:07:70		10:21:45		35:07	1:27:44	3:19:02	5th			31:59	1:02:69		
Bright	David	M 49			2:16:29	4:55:57	10:21:45		35:07	1:27:44	3:19:02	5th			31:59	1:02:69		
Bolz	Dietrich	M 63						25:22:95		1:12:46	2:37:03	5th						
Volckening	Bill	M 36			2:25:10	4:52:53	10:21:45		40:58	1:30:46	3:29:25	7th						
Karb	Karl	M 41			2:22:08			19:40:10		1:30:46	3:29:25	7th						
Seltzer	Bob	M 51		1:03:92	2:22:08			20:22:25		1:30:46	3:29:25	7th						
Shaw	Greg	M 51		59:74						1:30:46	3:29:25	7th						
Rogacki	Dan	M 55		1:01:70						1:30:46	3:29:25	7th						
Song	Mingjie	M 55		27:70						1:30:46	3:29:25	7th						
Clayson	D Barr	M 67								1:30:46	3:29:25	7th						
Haartz	Ted	M 74								1:30:46	3:29:25	7th						
Edwards	Jim	M 80			3:22:76			30:37:13		1:30:46	3:29:25	7th						

Maine Masters		Age	50 Fr	100 Fr	200 Fr	400 Fr	800 Fr	1500 Fr	50 Bk	100 Bk	200 Bk	50 Br	100 Br	200 Br	50 FI	100 FI	200 FI	400 IM
Rupert	Bill	M 59			5:29:98	11:59:85	3rd	50:19:05		1:21:78	2:56:82	3rd						
Woods	John	M 84								1:21:78	2:56:82	3rd						

Kenyon Masters		Age	50 Fr	100 Fr	200 Fr	400 Fr	800 Fr	1500 Fr	50 Bk	100 Bk	200 Bk	50 Br	100 Br	200 Br	50 FI	100 FI	200 FI	400 IM
Luker	Jennifer	F 46	29:40	2nd	1:07:79					1:32:88	3:24:17	9th			27:59	1:13:78	2:33:31	5:38:42

Henderson Southern Nevada Masters		Age	50 Fr	100 Fr	200 Fr	400 Fr	800 Fr	1500 Fr	50 Bk	100 Bk	200 Bk	50 Br	100 Br	200 Br	50 FI	100 FI	200 FI	400 IM
Pyle	Ed	M 53			2:31:18					1:32:88	3:24:17	9th			27:59	1:13:78	2:33:31	6:10:32

New England Relays		Age	50 Fr	100 Fr	200 Fr	400 Fr	800 Fr	1500 Fr	50 Bk	100 Bk	200 Bk	50 Br	100 Br	200 Br	50 FI	100 FI	200 FI	400 IM
Women's 160+ Freestyle Relay																		
4	New England Masters 'A'			2:02:90	2:04:57													
1)	Handler, Barb B 45																	
2)	Grilli, Tracy L 45																	
3)	Kerchen, Susan N 50																	
4)	Feldmann, Joel T 51																	
31.52	1:02.57	1:35.74	2:04.57															


Men's 200+ Freestyle Relay		Age	50 Fr	100 Fr	200 Fr	400 Fr	800 Fr	1500 Fr	50 Bk	100 Bk	200 Bk	50 Br	100 Br	200 Br	50 FI	100 FI	200 FI	400 IM
1	New England Masters 'A'			1:52:60	1:49:28													
1)	Rogacki, Daniel J 55																	
2)	Seltzer, Robert L 51																	
3)	Bright, David C 49																	
4)	Shaw, Greg J 51																	
27.99	55.86	1:23.09	1:49.28															

Mixed 160+ Freestyle Relay		Age	50 Fr	100 Fr	200 Fr	400 Fr	800 Fr	1500 Fr	50 Bk	100 Bk	200 Bk	50 Br	100 Br	200 Br	50 FI	100 FI	200 FI	400 IM
11	New England Masters 'A'			1:57:00	2:02:57													
1)	Grilli, Tracy L 45																	
2)	Karb, Karl A 41																	
3)	Kerchen, Susan N 50																	
4)	Volckening, Bill 36																	
33.08	1:02.27	1:35.82	2:02.57															

Mixed 200+ Freestyle Relay - NATIONAL AND WORLD RECORD!!!		Age	50 Fr	100 Fr	200 Fr	400 Fr	800 Fr	1500 Fr	50 Bk	100 Bk	200 Bk	50 Br	100 Br	200 Br	50 FI	100 FI	200 FI	400 IM
1	New England Masters 'A'			1:54:48	1:52:06													
1)	Rogacki, Daniel J 55																	
2)	Feldmann, Joel T 51																	
3)	Handler, Barb B 45																	
4)	Shaw, Greg J 51																	
28.18	56.01	1:26.08	1:52.06															

NEM CAPS & T SHIRTS

\$4 Caps & \$10 Hanes "Beefy T" cotton T-shirts [M, L, XL, XXL]
Medium blue caps and T-shirts with white imprint
Combo special: \$10 for one cap and one T-shirt
Send your name and mailing address, how many caps and T shirts (and T shirt sizes), and a check payable to "NEM" to Tom Lyndon, 9 Sunset Road, Wellesley, MA 02482



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.

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

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

For a bunch of open water swims in New Jersey, go to: <http://www.shorecast.com/html/WhatToDo/Runswim.html>. Complete listing available at <http://www.usms.org>.

Swim Meets

October ■ ■

12 — Saturday

NEW LISTING Bowdoin College, Brunswick, ME (SCY)

Warm up 11:00 a.m.; first heat at noon. 8 lane, fast pool, with additional space for warm up/warm down. Meet Directors: Arnie Greene. 207-729-8179 or arnie@nqi.net and Sandy Potholm 207-729-0649. Sanction Number: 033-015-SSCY. Maximum of five individual events. All swimmers must be USMS registered. More information in the October issue. This is a Maine Masters meet.

November ■ ■

17 — Sunday

NEW LISTING Bath Area YMCA (SCY) Bath, ME

Warm up 9:30 a.m.; first heat at 10:00. 8 lane, fast pool, with additional space for warm up/warm down. Meet Director: Richard: frontstreet@hotmail.com or 207-442-8681. Sanction Number: 033-016-SSCY. Maximum of five individual events. All swimmers must be USMS registered. More information in the October issue. This is a Maine Masters meet.

December ■ ■

7 & 8 — Saturday & Sunday (not confirmed)

Rutgers University, Piscataway, NJ
Colonies Zone Championship (25 meter pool)

14 & 15 — Saturday & Sunday

NEW LISTING New England Short Course Meters Champs
Wheaton College, Norton, MA

Edmund Gendreau, meet director.

2003

May ■ ■

15 - 18 — Thursday - Sunday

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

Mark Gill: mark.gill@asu.edu; 480-775-1485

202 E Baseline Rd #146, Tempe, AZ 85283

August ■ ■

14-17 — Thursday - Sunday

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

Edward Nessel: ednessel@aol.com; 908-561-5339 (tel); 908-769-2892 (fax)

10 Irene Ct, Edison, NJ 08820-1024

2004

Worlds — Riccone, Italy

Ask Dr. Swim

Q. What is the optimum number of yards I should do in my workout?

A. It depends on what you want to get out of your workout.

For some, yardage is measured by the clock. They pay little attention to the makeup of the yardage and only watch the minute hand move. OK, but what you do with your yards as well as how many can yield the highest return, something in short supply these days.

Let's assume your primary goal is to get in shape. That can mean getting in shape in one or both of two ways. The first way to "get in shape" is looking more like the way you did some years ago or the way you would like to look now, i.e., with a few less pounds and with some reallocation of them on your body. Almost everyone agrees that more yards, up to a point, will help that happen.

You may also want to "get in shape" so you can swim faster and you may want to swim in meets. For that, your quantity of yards may be less important than the quality of them. It may not be enough to just log a bunch of yards. As the saying goes, it's not how much you got but what you do with what you got. In other words, you need to swim at least some of your yards in ways that will more directly improve your speed. This includes some yards at race pace with yards in sets or repeats that move your cardiovascular system from the aerobic mode to the anaerobic mode — meaning your system can't keep up with that unpleasant lactic acid buildup. Some call the latter mode the one where you aren't getting enough oxygen and still need to not slow down. Sorry. That is part of swimming fast.

For many, yardage is measured by how you feel after the workout. Has it given you a mental health fix? Has it left your body feeling more alive — not to be confused with more tired — than when you started? Yardage for this purpose may have little to do with the body weight and distribution aspirations and speed and endurance goals.

More Info

NEM newsletter PDF ■ ■

Download it in color by clicking on "News" and then "NEM newsletter" at www.swimnem.org.

NEM website ■ ■

www.swimnem.org

NEM telephone info ■ ■

1-888-SWIMNEM

USMS web page ■ ■

www.usms.org

NEM newsletter ■ ■

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Mastering It

"Fatigue can lead to really learning how to be efficient."

John Jerome, former NEM and the author of numerous books including *Staying With It*, the story of his life as a Masters swimmer.



September 2002

NEM News