



“Go the Distance” April, 2008 Highlights

April Highlight # 1: Swimming “50 Miles” and celebrating! Karen Zelif (40-44, 58.66 miles year to date) is new to GTD in 2008. She has already achieved the first distance milestone of “50 miles” – way to go Karen! She ordered a GTD distance patch to celebrate her accomplishment. The really cool thing is what she did with it ...

“I had never swum on a team as a youth. I grew up in Somerset, Massachusetts, near the ocean, and always loved the big pool in my yard and boating. My mother used to swim for hours a day at the nearby beaches. My grandmother swam in Narraganset Bay every day in the summer until she was about 65!

I now swim with Dynamo Masters in Atlanta with the weekday lunch crowd. I enjoy the camaraderie of meeting other moms, as well as world-class triathletes, in the pool. I swim 3 days a week, about 2500 yds each time. I'm not fast, but I'm improving all the time. I just learned how to do Butterfly last month! My son's are faster swimmers than me, but I've got endurance. They are amazed that I can beat them in a sprint after we've all been swimming for one hour straight!

I am very involved in Boy Scouting and have been for 6 years now. I have two sons. My eldest is 12 and a Tenderfoot rank in Boy Scouts. I'm an Assistant Scoutmaster with his troop. My youngest is 9 and a Bear Cub Scout, and I'm involved there as well. I started swimming just last year, for my 40th birthday. I earned the Boy Scout "Mile Swim" patch and Lifeguard Certification last summer. I'm now the person who plans activities for the Boy Scout troop, especially water-activities. We'll be canoeing an 11-mile stretch of the Flint River in June. This 50-mile award shows my dedication to part of the Boy Scout Oath "to keep myself physically strong". Next year, I hope to do a 50-mile canoe trek!

I'm looking forward to trying my first open-water masters swims, maybe this fall. In any case, my goal for the 2008 is 203 miles. The 3 is hoping to earn the Mile swim at each of the 3 boy scout camps I'm attending this summer with each of my two sons, and my 3 nephews.

*Karen Zelif
Atlanta”*

I'm sure Karen's story is encouraging to our GTD community and Masters swimmers ... but can you imagine how inspirational she must be to all of the youngsters she is involved with! Check out this great picture of Karen ... is that a proud smile or what!?!?



April Highlight # 2: Announcing New feature for GTD highlights! Dave Sebastian (45-49, 67.01 miles year to date) had a wonderful idea that I would like to share with you. He suggested that we have a "Meet the GTD Swimmer" column where we could select a swimmer and find out more about them ... what a cool idea - Let's give it a try! Please let me know if there is someone in particular you would like to "MEET" and what kind of questions you would like to ask them. Then we can ask and see what happens! Stay tuned for the May GTD Highlights where I hope to debut our new feature! Feedback and suggestions are needed and welcomed!