

# ***“Go the Distance” Highlights***

**September Highlight # 1: Future GTD participant!** Sometimes I receive entries of zero miles for the month. This usually means someone has suffered an injury, there was a pool closure or life was too hectic to find time to swim. However, when I received this September entry from Diana Adlowitz (149.30 miles ytd, 30-34) she had the best reason of all .....

*“Hi Mary,  
No miles for the month of September but I did have a baby boy on Thursday! :)”*

*I look forward to next year's challenge. Thanks again for running this.....it was easy to keep track of the miles swum and I even included the total in the scrapbook I put together for my pregnancy. :) “*

*“Hi Mary,  
I'd love to share a picture of my baby boy(what mom wouldn't!). Hopefully the attachment will work. He was 5 pounds 14 ounces (a tiny peanut!) and 19 3/4 inches long. He was born at 3:16 am Thursday September 27 after starting induction at 1 pm the day before. Oh and we had the added excitement of finally finding out if he was a boy or a girl. His name is Bailey Quinn. I know that my background as a swimmer helped me through labor (I'd been part of teams that practiced relaxation and I was able to use those techniques up to transition!).”*

*Here are some fun facts that relate to swimming:*

- 1) we swam 145.03 miles together*
- 2) my OB is a fellow masters swimmer and ended up being on call that day.*
- 3) competed twice (including an open water race that I do annually but kicked with fins because of shoulder issues).”*



*Welcome to the world Bailey Quinn ... !*

## **September Highlight # 2: How do you celebrate your GTD achievements?**

Carrie Kostopulos (1170.59 miles YTD, 35-39) is one of our "GTD Xtreme" ladies (those that have swum over 1000 miles so far this year!). I often wonder how these folks view their accomplishments and how they celebrate their achievements. You might remember one of the April highlights where I included a picture of Carrie proudly displaying her GTD distance award patches – she had just received her "250 miles" patch which was pretty amazing at that time. Well goodness sakes .. now have a look at all the awards she has received for her amazing achieved! The really cool part is that Carrie shares her achievements with her coach Mike Daley – what a nice way to celebrate!



**"I've attached a picture of my swim Coach Mike Daley. I gladly share my success in this challenge with him. He has an awesome amount of dedication to each one of his swimmers. I would not be at the mile mark I am today without his passion for the water and his deep love for the sport of swimming."**

**September Highlight # 3: Great quote of the day!** One really fun aspect of receiving your email entries are the stories and thoughts you share with me. Jon Wood (346.50 miles YTD, 45-49) sent me this deep thought for the day that I thought you might enjoy as well .....

*"Mary,*

*Here's something I've been telling people about swimming:*

*I've got good news and bad news. The good news is that I've found the fountain of youth. The bad news is that I could only schedule it from 6 to 7 in the morning.*

*Jon"*

**August Highlight # 1: Going the Distance Big Time!** Elaine Kornbau (503.77 miles YTD, 30-34) really went the distance ... a couple of times! Many GTD participants engage in long distance swims all over the world – but Elaine swam in 2 very long distance races in one month – whoa! Either of these swims would be challenging to most – so I think a big, hearty congratulations is due to Elaine for swimming both of them! Sure sounds like she had fun .....

"Hi Mary-

Sorry this is late in coming over- it's been a whirlwind the past couple weeks around here between my 12.5 mile race in Key West and the 41K in Lake George!

I swam 66.38 miles in June.

I just got back this past Sunday from Lake George which was just a blast. I think it's safe to say that it was one of the coolest things I've ever done. It was an extraordinarily well-run race and I met some great people. There were 5 men and 5 women who were entered in the race- I took 4th for the women and 8th overall.

The first 10 miles were like swimming through a brick wall. We had a heavy head wind, chop and slop, and it was just impossible to get any kind of rhythm going. It was so frustrating and probably the hardest 10 miles I've ever swum in my life. Happily, conditions improved once we hit the Narrows at about mile 11 and I cruised for the next 6 hours or so. The race director had capped the time we could be on the course- we started at 8am and 12 hours later, the race would be terminated.

Because the conditions were so tough at the beginning, only one swimmer actually finished the whole 25.5 mile course. The rest of us got fished out at 8pm and the organizers marked on a map where we were to determine our places and prize money. I had just about reached mile 21 when time was called and was within 200 yards of a male swimmer who it seemed was running out of gas. I'm fairly certain had there not been a time limit, I would have passed him. More importantly, I know I could have finished the course had I had another 2 or 3 hours.

It was such a great, fun, rewarding, memorable experience. I learned a lot about my nutritional needs and my limits (and how the work I've put in over the past several months has really made a difference in stretching those limits). I know the GTD challenge was a big help in keeping me on track with my training, so thank you!

I'm having trouble attaching photos on this computer, so will forward you a few when I get to work later today. Thanks! Elaine"

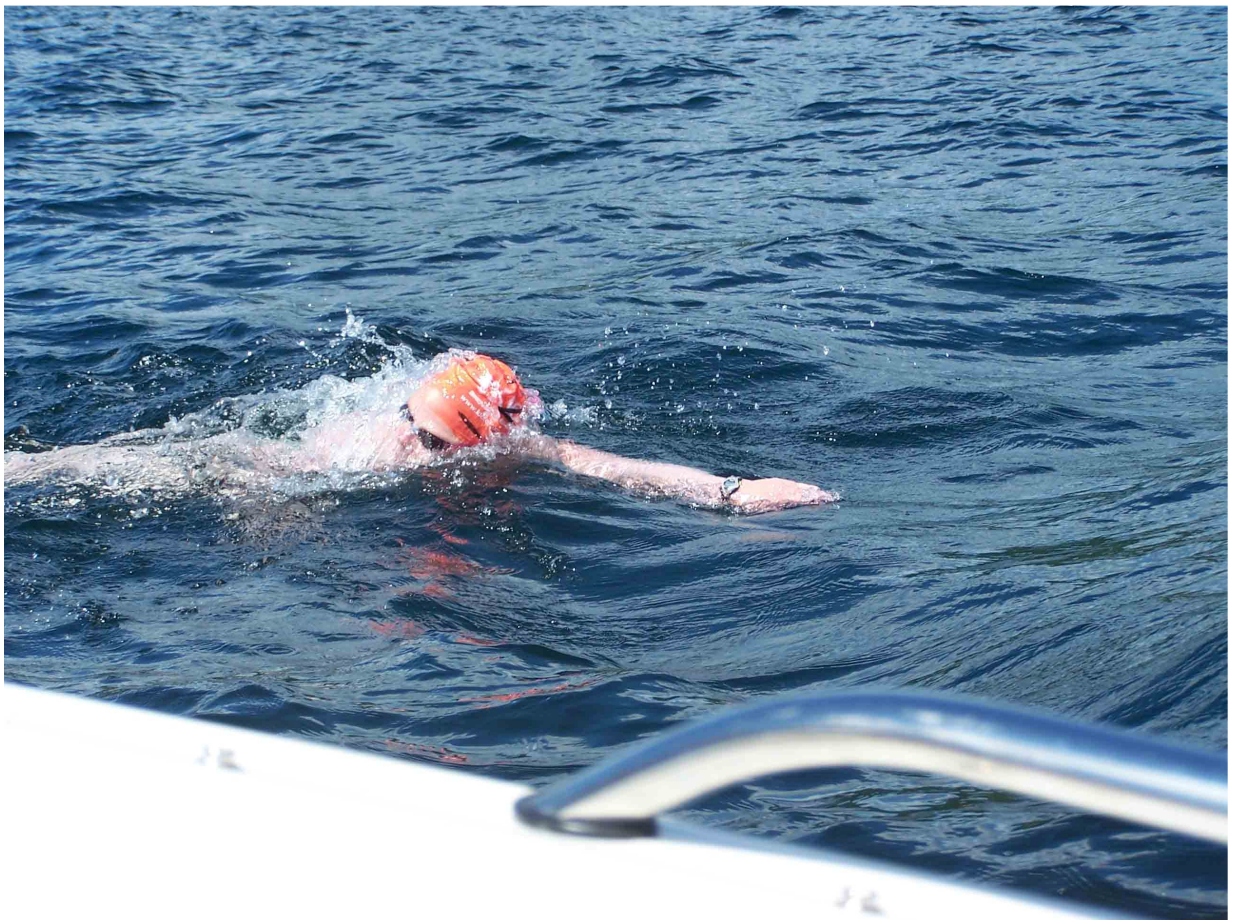
Another GTD Participant, Denis Crean (393 miles ytd, 45-49) also swam in the Lake George event. He made it to the 23.5 mile mark and was awarded second male swimmer, fourth overall. He recommends the race to anyone so inclined to swim a marathon. For more information see

<http://www.swimlakegeorge.org/>





*Lake George 41K participants getting ready to swim ...*



*Elaine Kornbau swimming the Lake George 41K.*

## **August Highlight # 2: Mother & Daughter Swimming Together – who had more fun?!**

Deb Summa (45-49, YTD 325.37 miles) sent me a terrific email with her August entry. She was telling me her story about participating in a 5K open water event in Farmington. The really cool thing is her daughter Lauren was swimming the 1 mile event. As you will read, Deb was a very proud Mom (and understandably so!) of young Lauren - fondly referred to as Laurenfish!

.... “I did do the Farmington 5k, and I finished it in less than the 2 -hour limit (I did a 1:40:45.47, or something like that). I was thrilled, even though I was last :) The cool thing was this one boy who was shocked and impressed when he saw me in a suit, asked if I was really going to swim this, and the small crowd of age-groupers he gathered to cheer for me when I came in-- a bunch of kids I've gotten to know by sight anyway over the years, since I always time or officiate at their meets. For the younger kids they had a 1-mile race, my little one did that-- she wanted to do the 5k, but they wouldn't let her (*editors note – because it was only for 13 & over!*). Anyway, the milers were sent off 40 minutes after the Masters 5k people. I was paddling along having a great time when I saw a flurry of pink caps bearing down on me.. leading the pack was my 10-year-old, and I have to say-- embarrassing though it was, I was proud to be swamped by her. She ended up winning the 12 & under girls mile”.



Lauren TenCate, Lauren's Mom Deb Summa and their coach Phil Coe. They swim for PAC which is short for Pajarito Aquatic Club. The age-group team is also known as Phil's Awesome Crew!



***July Highlight # 1: Family Training Adventure!*** Karen Zemlin (595.76 miles YTD, 40-44) is really going the distance these days! A few months ago she sent me her GTD entry with this tidbit of information ....

"July is the month my dad (68 years old) and I try to swim across Lake Mille Lacs. I hope we make it. It's about 22 miles and it's a lake that can be seen from outer space"!

*Now doesn't this sound like a fun adventure?!? What I didn't realize at the time was that the swim across Lake Mille Lacs wasn't the main objective for them – it was going to be a "training swim" for Karen and her dad – oh my goodness! Here is a wonderful description of their journey together. Please make sure to read to end to see how their swim went!*

## ONE AMAZING YEAR

This amazing year really all starts with my dad, Roger Bosveld. My dad taught himself to be a competitive swimmer when he was 12 years old, already forming dreams of swimming the English Channel. My dad and I swam together every morning all summer long for many summers, starting when I was 14 years old. That first summer, my dad introduced me to lake racing. As I stood waiting for my first swimming race ever, feeling the sun on my body and seeing the sun's shimmer on the lake, nerves started to give me butterflies in my stomach. As I prepared to enter the water, he said to me, "You have a real advantage over the other swimmers." Eager to find out what my advantage was, he told me, "You're not scared of weeds." I headed out into the lake, feeling more confident as I swam along; hoping not to bump into any weeds! When I did swim into a floating weed clump I was ready. I turn the words over in my head, like [The Little Engine that Could](#), "I'm not scared of weeds; I'm not scared of weeds..." I pushed through those weeds; and many more since then. And soon I really wasn't scared of weeds.

We quickly learned that we share a powerful drive for open water racing; just individuals versus the elements.

Now my dad is introducing me to another adventure. He has been training to attempt a solo swim crossing of the English Channel. The oldest person to complete a channel swim is 70 years old. My dad will be 68 years old when he goes. The English Channel is an extreme challenge for any age swimmer. The first successful attempt was in 1875. This was only after tidal currents in the channel became better understood. The tides are strong as the water moves through the narrow, shallow passage between Dover, England and Calais, France. The tides change directions about every six hours, which pushes the swimmer up and down the channel; making the swim much farther than the 23 miles that separate the two cities.

There are other challenges channel swimmers face: Water temperature- which might be as high as 62 cold degrees in September. Shipping traffic- the English Channel is one of the busiest shipping lanes in the world. Wind and weather conditions are hard to predict and prone to change quickly and not match the forecast. Jellyfish can be a problem if a swimmer bumps into one it can sting in several places as it rolls down the swimmers body. Boat exhaust from the swimmers support boat and sea sickness from waves can make the swimmer unable to keep their food down; with nothing to fuel them, their energy level and ability to stay warm decreases.

The focus and dedication to training for this kind of event is an achievement in itself. My dad will make his attempt in September 2007. My dad is training about 30 miles of swimming each week. Long hours of pool training this winter, gave way to long hours of lake training this spring and summer. Our favorite open water training swim is an 8 mile chain of lakes in the Brainerd area. Being dropped off at one end and swimming back to our camp sites; walking through the channels that connect the lakes. We tow bright floats behind us to be more visible to boaters and tie water bottles and food to them.

As part of this big adventure, we will be attempting a swim across Lake Mille Lacs together on July 21<sup>st</sup>. For my dad the Mille Lacs swim is a training swim to test himself for the channel; for me it is an opportunity to challenge myself and push my training and knowledge to a whole new level.

From my best calculation Lake Mille Lacs will be a 22 mile swim. With calm water, we think it will take 11 hours (but the water is rarely calm and more waves equals more hours!) By training together it allows us to share our experiences of extreme distance swim training with each other. As I train, it gives me a better perspective on what my dad experiences training for the channel. I realized after our first 5 hour training swim this winter that I had no idea of how the nutrition should look for an event like this. We worked with a nutritionist that was able to set us up with nutrition plans. Based on body weight and energy output we will be using gels, shots blocks and electrolyte drinks; heating up drinks to help with body temperature if needed. Meals are structured into quick stops every ½ hour. We won't touch the boat during the swim. Support crews working for each of us will get us the food over the side of the boat and throw water bottles on ropes that they can pull back when we are done. This is also how feedings will be done for my dad during his English Channel swim. I can already see the things we have learned about nutrition will help make a huge difference on these events and on all my training in the future.

For me the Lake Mille Lacs swim can be an all out effort; the only thing to keep me from it may be lightening. For my dad the Lake Mille Lacs swim comes only 6 weeks before his attempt on the English Channel. If the waves are high in Mille Lacs, he may need to temper his effort; watching out for shoulder injuries that may be hard to overcome before his real challenge in the channel.

I have heard that only 1 out of 10 attempts to swim across the English Channel are successful. This is one amazing year. I wonder how it will turn out.



*Karen Zemlin and her Dad Roger Bosveld – both with beaming smiles!*

#### ["Mille Lacs Swim Update"](#)

39,218 strokes later...

The swim was totally exhilarating! I was hoping my dad and I would swim together longer after I caught up with him but I just got too cold and had to move on. The nutrition worked great, my crew was fully into it. Even though my dad and I didn't swim side by side like I was hoping, we really felt like we were in it together. For me it was everything I could have hoped for; for my dad it was a really positive test for the English Channel".

**July Highlight # 2: Israel – an aquatic paradise!** Laurie Hohwald (50-54, 85.99 miles ytd) recently went to Israel for an adventure. She was able to swim and get some mileage in at some exquisite and beautiful places - It sure looks like fun! Here's her story ....

#### ***An Aquatic Tour of Israel***

*My July 2007 swimming was done, in part, in Israel, where I spent two weeks touring with my husband and two teenaged sons. This trip was a dual celebration for us – our 25<sup>th</sup> wedding anniversary and our older son's high school graduation. The itinerary promised a comprehensive overview of the country, including major points of interest from the northern border with Lebanon to the Negev desert in the south. The only problem – how was I going to get in my daily laps, not to mention keep in shape for an upcoming Masters meet just ten days after my return? I knew I would have to sneak in some quality swim time, even if it was only a few minutes in the hotel pool after a long day on the tour bus.*

*I needn't have worried – Israel is an aquatic paradise. Apart from the technological miracles of advanced irrigation and desalinization practices that have allowed Israelis to truly make the desert bloom (no, it's not just a cliché), the opportunities for good old-fashioned water recreation were more numerous than I had imagined. The usual challenge is to swim "the Med, the Dead, and the Red" (there are even T-shirts printed with this slogan), but my tour turned out a bit different. Here are a few highlights:*

#### ***The Med***

*With miles of Mediterranean beachfront to enjoy, it's a wonder that anyone does any work in Tel Aviv. We arrived on Friday morning, thoroughly jet-lagged and cranky, but still managed to stroll down the beach from our hotel to Old Jaffa, one of the world's most ancient working ports. Note the swimmers in the water, despite strict "no lifeguard on duty, no bathing*

*permitted” signs in Hebrew, Arabic and English. I splashed around in the waves on Saturday along with all the other rule-breakers, but did most of my serious swimming in the hotel pool. Except for the languages, you could be in southern California: dogs, swimmers, surfers, kayakers, yoga and tai-chi on the beach, and a significant number of guys with great tans in tiny Speedos.*



#### ***Sachne Hot Springs-Gan Hashlosa National Park***

*After spending the morning touring the Galilee, we stopped at these extraordinarily beautiful natural springs at the foot of Mt. Gilboa. Sachne was definitely the aquatic highlight of our trip – just lots of clear, turquoise blue, sparkling water, well-maintained changing, showering and picnicking areas – and did I mention the inviting grottoes and waterfalls! This site is government-run and, like all the other national parks we visited, immaculate. Israeli day-trippers were out in force – I’m told that the springs are warm and swimmable even in the winter – and my only regret is that we were on a tour-bus itinerary and time there was limited. Only the excitement of seeing our next destination, Jerusalem, got me out of the water.*



#### ***The Dead***

*My younger son “lost” his passport in the hotel room (it was later “found” under a piece of furniture), so I missed this one, spending the day at the US Consulate in Jerusalem instead. No comment . . . don’t ask.*

#### ***The Red***

*The last leg of our trip took us through the Negev, where we saw David Ben-Gurion’s desert home and the crater of Mizpe Ramon. Then it was “on to Aqaba” and the resort city of Eilat, at the extreme southern tip of the country, sandwiched between Egypt and Jordan. It was hot (about 105 F during the day) but I cooled off in the magnificent Red Sea-Gulf of Eilat. It was very salty, and my old goggles leaked, but the water was calm, clear and delightful, with minimal current and, surprisingly, no waves. There were many snorkel, scuba, paragliding and other watersports available, but I stuck to the basics in a long, wide*



*swim area in front of the hotels. And when I was thoroughly water-logged and swum out, we took a glass-bottom boat cruise of the coral reefs on the Gulf – a terrific finale to the trip.*



***Postscript:** All that swimming “b’kef” (just for fun) in Israel must have agreed with me, because my team, Cherry Valley Masters, successfully defended our championship title on July 22. I improved my times, won two 2<sup>nd</sup> place ribbons in freestyle and backstroke, and was part of a first-place free relay team too!*

### **June Highlight # 1: How much do you love to swim?**

*I’m pretty sure that all of our GTD participants have a passion for swimming – why else would we swim mile after mile after mile!? But often there are those real life situations that unfortunately get in the way of our swimming at times. For example, most folks would probably take some time off after an injury .... But not John Sloan (55-59, 166.62 miles to date)!! Check out his story ....*

*“A little story on how I love swimming:*

*During the early part of the month (June 9th), I attempted to do my first Triathlon. I had a very good swim, but approximately halfway through the bike, I took a big spill. I was able to finish the remaining 5k run and then realized that my arm was killing me. I went to the emergency room and the doctors confirmed it was broken in two places (fractured in the right wrist and elbow). Fortunately, it didn't need to be cast and the doctor let me continue swimming for the month. I could only swim breaststroke without applying any pressure/force to my right arm. All other strokes continue to be a problem. After three weeks, I decided to test my arm and entered the Annual "Firecracker" Invitational in Indianapolis. Although my times weren't real fast, I was able to compete in the 50, 100 and 200 breast. Hope to be able to start the other strokes in the next couple of weeks. Glad I was able to continue swimming even if it was not the way I had planned”.*

### **June Highlight # 2: What a feeling!**

*Swimming with youngsters on a USA-S club is quite an experience – motivating, challenging and definitely lots of fun! But, do you ever wonder what our younger swimming pals think of us? Susan Miller (50-54, 337.85 miles to date) had one of those simply delightful experiences that showed her how they felt .....*

“As I've shared, I've been swimming with the Pleasanton Seahawks USA Swimming team for the past 12+ years since we moved out to CA from Phila. I'm just like every other participant in that I love the challenge, find swimming humongously therapeutic - plus - I've got the killer swimmer bod! I always reveled in my goals and accomplishments during each workout and challenging set. However, this event gave me an unexpected goal - one that gets me to every single practice and staying 'til the end, allows me to share my pride in achieving my milestones with anyone who will listen, and the challenge of meeting or surpassing my previous month's yardage.

So, what happened this morning? I proudly told my coach that I'd surpassed 300 miles. He stopped the kids in the middle of the set, announced my achievement, and they congratulated me! I actually believe I saw some admiration shining through their eyes (or maybe that was my tears because it was so touching). That was an intensely gratifying and proud moment for me.

I don't prefer to compete in meets and have only historically swum the One Hour Postal in January. I've been motivated by personal milestones during workout the past 12 years, but the GTD event gave me my priceless moment of a lifetime this morning! “

### **June Highlight # 3: What are you training for?**

*Goal setting is an integral component of GTD. However, some of our participants have decided to go after some extreme challenges as their personal goals. Michelle Macy (30-34, 355.13 miles to date) has decided to “swim the English Channel” this September! Most of us only dream about such things. She has created a blog to describe her adventure at <http://www.macyswim.wordpress.com/>*

*Here's a great picture of Michelle “going the distance in cold water” in one of our beautiful Oregon lakes .... (Lake Trillium with a spectacular view of Mt. Hood). Let's give her a bunch of GTD support!*



**May Highlight # 1: My favorite email entry this month!** *As you know, I receive 350+ emails within 5 days at the beginning of each month. I have really enjoyed the humor, your patience and the great stories that you have shared with me – it actually makes the email frenzy quite enjoyable! But sometimes ... every now and then ... I receive an entry that's really special. I received this one from Jim Sanders (50-54, 59.75 miles to date) – it made me grin big time knowing that he was clearly enjoying his accomplishment – as he should be! Now this is the good feeling we all strive for!*

“Hi Mary!

Yeeeeeeeeeeeeeeee Haaaaaaaawwwwww”!

.... (personal data deleted) ....

“total year to date: **59.75 !!!**

I did it, I did it, I did it, I did it, I did it!



be well,

jim”

**May Highlight # 2: What are you training for?** *Do you ever wonder why some folks are swimming? Most of us are probably swimming for the sheer enjoyment of the sport and to stay healthy and fit. But there are many GTD participants that “going even further” and are “training” for specific events – some extreme! Check out why Elaine Kornbau (30-34, 331.48 miles to date) is motivated to “go the distance”!*

*“I’m also excited to report that all this training is for something: I found out 2 weeks ago that I’ve been accepted to participate in the 41K Lake George Swim Marathon on June 30th! I’m so excited for that race! Additionally, I’m off to Key West with some swim friends in a couple weeks for the 12.5 mile Around Key West Swim on June 16th. So, I’m hoping that my June number will include at least 37 miles of competition distance! (That’ll hopefully offset some of the distance I’ll lose by tapering down the next couple weeks!)”*

*“I don’t think I have much else to add- hopefully I’ll have good results to report next month! I guess the biggest challenge I’ve had to overcome in training for these races is getting the nutrition right and setting aside enough time to not only train, but to rest and recover as well (which I haven’t done as great a job with as I’d hoped, hence why I’m sick right now and out of the water until Monday- doctor’s orders.) It’s definitely tough working full-time, coaching part-time, and trying to train for ultra swims simultaneously. The laundry has a tendency to pile up and sometimes I have to drag myself to the grocery store after practice when all I want to do is crawl into bed. But it’s been an amazing learning experience, and I’m really looking forward to testing all this training and getting out there and competing! There’s nothing quite like being in open water to make your soul feel good”.*

Wow ... now that’s a lot of swimming and racing - Best of luck to you Elaine!

**May Highlight # 3: Where in the World are you “Going the Distance”?** *Many of you are swimming all over the World! Tina Alkezweeny (30-34, 69.89 miles to date) is currently in Germany and was kind enough to share her story with us – it sure looks like she has a cool place to swim!*

*“For me, the month of May meant going the distance to go the distance. In April I quit my engineering job in Seattle. April 28th I was on a 747 bound for Berlin Germany. I should mention that I had been planning to quit my job and study in Berlin since last October. I am taking a German course in Berlin for the months of May, June, and July. I have class for four hours per day, five days per week. Before I came to Germany I had no formal German courses and had learned only a few German words from CD’s from the library. After one month I am conversing in German and working very hard on correcting my grammar and spelling.*

*When I am not studying, enjoying the sights of Berlin, or having a "wurst" or "donner" from a sidewalk stand I have made it to the pool. Berlin has many indoor pools of 25m and 50m length. I have been swimming at the Berlin Olympiastadion pool. This is the pool (50m) that was used in the 1936 Olympics. The temperature is nice and cool. Perfect for lap swimming. Some of the pool and pool area have been redone, but for the most part the feel of the pool in ’36 has been preserved. The cost is 4 Euros for swimming as long as you would like.*

*The pool is outdoors with the original stands on either side. One end has the diving well with the platforms and the other end has a large park. In back of the stands is a large grass area. On the tour of the stadium I remember reading that the swimmers laid their towels out on the grass and waited for their events. The*

majority of the people have a "swim" and then lay in the sun. Swimsuits are a must for this, but the city parks in Berlin are a whole other story!

The first time I went to the pool I had a bit of a shock. First of all the pool had no lane ropes and no circle swimming. People were swimming laps lengthwise and amazingly there were no crashes (even including backstroke). In the US I could see this situation being chaos from the start. My second shock was the fact that the locker room is one large hall for men and women. One end is men and the other is for women. How do you know you have walked too far? There is a large red shower curtain that divides the halves. I laughed to myself because in the US this would never fly”.



**May Highlight # 4: Crazy Jac really “Goes the Distance” in February!** Quite a number of GTD participants entered the popular February Fitness Challenge hosted by the Tualatin Hills Barracudas. Each February they challenge folks to see how far they can swim during the month of February! The results are simply amazing. “Crazy Jac” Nickels (55-59, 323.34 miles to date) swam an incredible 156 miles in one month! Here are some of the highlights of a story that was printed in the Ashland Daily Tidings on May 10, 2007.

“The man who 30 years ago pioneered early morning aerobics — a workout so vigorous and verbal they called him “Crazy Jac” — has at age 59 swum his way to fame, covering 275,000 yards or 156 miles in a month, placing first in his late fifties age group”.

“The victory in the February Fitness Challenge, sponsored by the U.S. Masters Swimmers, placed him fifth in the nation among all age groups and 3d among men — and capped a long career as an athlete and sparking force of fitness, getting hundreds of people out of bed to start aerobics at 6 a.m. with plenty of joyful hooting, lunging, leaping and shouting. He did that for 30 years, ending in 2005”.

“Nickels started the month slowly but as he passed 100 miles, he realized that if he poured it on, he could beat his two closest competitors, who were on the East Coast. He did, jumping from the 6,000-yard range to over 12,000 yards a day on a regular basis”.

I beat the second place guy by 41 miles — I smoked 'em," Nickels laughs".

"On such a roll, Nickels had only one frustrating obstacle — the snow day, Feb. 22. The SOU athletic staff kept the pool closed, despite Nickels pleading and banging on the door.

"Nickels' record for the year is about half the all-time record but next year, he'll be in the 60-65 age group, where the record is in much closer reach. Will he try for it? "Some people have asked me that. I tell them it's kind of like childbirth. You don't want to think about it again for another six months."

*Awesome swimming Jac!*

### **April Highlight # 1: Distance Milestone Awards Proudly Displayed**

Many GTD Participants have achieved distance milestones so far this year. Many of you have purchased the awards to commemorate your achievement and have found a variety of ways to enjoy and wear them proudly.

Here is a beautiful picture of Carrie Kostopulos (35-39) – one of our awesome distance ladies. Is she smiling because she just had a speedy swim?! Probably - as she has really "gone the distance" training for it! As of the end of April, Carrie has swum 408.54 miles – I'm guessing she will be adding her "500 Miles" distance patch to her very cool shirt soon. Looking good Carrie!



### **April Highlight # 2: Attempt at a very clever entry!**

I've always said that you can track your mileage with whatever method is easiest for you. If you jot down your yardage on a beer napkin, scratch piece of paper or use a spreadsheet – it doesn't matter – just send it to me at the end of the month! Well it seems that Bill Sulik (45-49) took me at my word.

I received an email from him last month that said "I dropped my yardage off at the post office this morning. I sent it priority mail, so you should have it by Monday. You may recall you said I could send it on a cocktail napkin or whatever was handy..." Needless to say I ran to the mailbox every day anxiously awaiting his entry!

Sadly, his "entry" never came. Then one day I received a truly official letter from the U.S. Customs and Border Protection. YIKES! There was a "MAIL INTERCEPTION NOTICE" form inside which indicated Bill had indeed sent me a package but entry in the U.S. had been prohibited. Apparently, "Canine Annie" had sniffed out (?) an unauthorized substance. The box for "Prohibited Material removed and destroyed" was checked off!



*So what did he try to send? The intercepted material was listed as "coconut w/ husk and liquid 1.08 kgs" - What a hoot! Bill had actually written his yardage on one side of the coconut and mailed it to me! I'm still giggling.... I will probably frame the interception notice – it's a keeper!*

### **April Highlight # 3: Inspiring Story about our Swimming Pal "Dom in AZ"**

*Any one who frequents the USMS Discussion forum will know who "Dom in AZ" is ... he is very supportive and his enthusiasm is quite contagious! He is currently in the 70-74 age group and achieved the "100 miles" distance milestone in early March – whoa! He was very proud. We started chatting and he said "Mary at the end of my GTD, I will tell you somthings about me ,I hope will inspire others. Have a great day DOM IN AZ". Of course I didn't want to wait until the end of the year so I asked him to please tell me his story! He has allowed me to share his incredible story with you (a few emails) .... So get ready to be inspired by a truly remarkable man.*

"Hi, Mary. Thank you for the compliment. If I do inspier you, then that is my goal, not only you but whoever. I will tell you this . I am a left leg amputee above the knee ( AKA ). From here if you want to ask any questions about me . Please be free to ask. When I swim I do all free style no stoping . Generally in the 3 mile range. Have a great day and stay HEALTHY DOM IN AZ.

Hi Mary , I want to thank you for those nice things you said> Having said that ,I want to say ,what I tell you about me , although it is about me It is not for me. If I can make people see ,you can have a wonderful life just by being HEALTHY. This is how I view happy living.. When young particapte in all kinds of physical sports.All in moderation.So that when you are older you hve a good physical base. And you wont find it so hard as to when you return to physical activity. We wont all be world champs. NO smoking, NO drinking( Aglass of wine a few times a week.) NO drugs ( unless given by a doctor).Also try to find the one girl or man in your life, that when you say I do , it is forever.( I am married 43 yrs to one woman We have our ups and downs but I wuld not trade her for the world ). I was Told at age 9 that I had cancer in my left leg They (doctors )try to save my leg. But could not. My mother was told I wuld live with one leg or die with two legs. Well I hadto be sent to a home in up state N.Y. to recuparte. The operation and medications wrecked havoc on my body, so 3 months in the hospital and 8 months in the home. But I must tell you prior to that I was in great physical shape ,my father was a boxing trainer so from age 6 I was always in the gym And yes did box untill loosing my leg. I did contiune about age 10 to 15. Swimming came natural to me . Although I learned in a pool , most of my swimming was ocean water. from april to sept , oct. in winter months I would swim in the pool when i had the chance. I never competed in swimming untill age 64. I hve never been coached or swam with a team or club untill i joined the masters. But to this day I am not coached or swim with a team. I like going to the masters meets ,because you are treated like every one else. I am avery slow swimmer I do not do flip turns , and most of the time when I reach the wall I dont know which arm I ging to touch first. I was at the nationals in 2003 at ASU in AZ. That is because I live about 15 miles from there. Although I did not qualify for any thing ,I was allowed to enter 3 events. There were 2000 swimmers there. Alot of ex gold medal silver medals etc,. I did the 1650 , 500 200. Although I did not win any events, I still got 2 medals for cming in the top ten in those events. Someof my other sports were Gymnastics some diving baseball, But my workout routine is mostly free hand exerises. Although I do use excerise machines when I am at the gym. Now when I say freehand excerise , I do not want it sound so easy. If one day you could go and watch some fighters in the gym you will know what I mean. But above all watch very carefully what you eat I never say diet, but eat sensibly. If by now we do not know what sensible eating is , then we better find out. One more prior to my retun to swimming I had not swam for 45 yrs. I can only tell you when I took 1 lap in a 25 meter pool after 2 strokes I was asking GOD to help me,(LOL) One more thing I have not rec,d my long sleeve T- shirt. Mary you have a great day, and happy swimming.

One more thing Mary ,you can add this, I would love to swim open water. But I would be totally intimidated. Although I now swim in a inside pool, I can be intimidated in a out side pool. But

after a few laps I am O.K. But open water, I would need a little or a lot of practice. One more thing at that 2003 nationals at ASU. the reason I got those medals . Was because in the 1650 & 500 there were only 8 swimmers. So I lucked out. In the 200 I was last (14 th ) . This is to say people who think they do not have it are just not giving a little extra effort. in sports there are 3- main ingredients. Success is in these three ingredients. One is HEART, TWO is Mental Ability to think in seconds, THREE I always put this last, Physical , stamina , and endurance. Remember when all else fails Heart is all you have left . That is why its #1 in my book. O.K Mary go A head and print it. My only hope is some one person or persons will benefit. And maybe some one has A child that is physically challenged. Help that child as best you can to achieve, physical fitness, not as a olympian. But as a person who can say I CAN. Of course this not easy but it will challenge the best of us. DOM.A. in AZ.”

*Wow! Dom's perspective on life is incredibly motivating to me – hopefully you too! I would very much like to thank him for sharing his very personal story with us.*

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**March Highlight # 1:** *I received several emails from folks who were quite curious about our awesome leaders in this event! Folks were asking - do these women work? How do they train? What are they training for? I was curious too! So I asked them if they would share with us a little about their training. Here's what they had to say ...*

***Darcy LaFountain (50-54):***

“Hello Mary. No secrets - I am happy to share. I am blessed to train with an age group team in Delray Beach under the leadership of David Wright ([nzdaw@yahoo.co.nz](mailto:nzdaw@yahoo.co.nz)), a level 5 coach and New Zealander. We train up to 13 sessions per week, with distances up to 85k per week, depending upon the time of year. The age groupers put up with me because I bake 12-15 dozen homemade cookies per week for them. They often eat them during a long kick set. The coach puts up with me because I can count and keep the team honest in the long sets.

I find the time, because I am a Realtor, which means I am practically unemployed with the slow market. I view distance swimming as a cheap alternative to therapy! And much better than alcohol or smoking for stress! I love to swim long distance and participate primarily in open water events (4 time USMS National Champion).

There are a few downsides: my skin is very dry, I get too much sun even with spf 50 year around and my hair is a color that does not occur in nature thanks to sun and chlorine.

Thank you for your interest.  
Darcy”

***Denise Brown (45-49):***

“P.S. I just like to train - it is the only exercise I do and since I enjoy it - I do it. I train 6 days a week - one marathon practice a day - 3-31/2 hours a day. As an age grouper and in college we did high yardage and that is what I know and like and so I continue. I also swim distance events”.

**March Highlight # 2:** *This entry was from Regina Gillman. She sent an email to let me know she was going to try to make the “100 miles” distance milestone by the end of March – but still had 11950 yards to go with only 2 days left in the month! Here is her delightful and motivating story that she has allowed me to share with you ....*

"Hi Mary.....just reporting March results for Regina Gillman. I swam a total of 97950 this month. I made my 100 mile mark for the end of this first quarter.

I emailed you before when I had 11950 to go for the last two days of the month to make my 100 milestone. I thought I was going to split it up and do half Friday and the rest Saturday. Well I went to the pool Friday and I had to bring my 3 kids along since it was a day off from school. The place was packed and they had to shut down due to an "accident".....so I had to quit after 3000. That left 8950 for Saturday. I'm thinking "painful" but "do-able".

So I rolled out of bed Saturday and headed straight to the pool. I skipped my morning cup of coffee and downed a Power Bar on the way. I promised my husband I'd be back by 12:30 so he could get in a round of golf.

After my first 4000 yards— I broke my goggles. No problem had an extra in the car! So I ran outside to my car, raided my daughter's equipment bag and was quickly back in business.

Got to 5000 yards and pulled out my waterproof Ipod. If you don't have one — it is a great gadget — it is that one thing that can really get you through the boredom of solo lapswimming. My husband and kids bought it as a gift. I was skeptical at first but quickly became hooked.

So I am cruising through my next 3000 yards doing a backstroke kick set when suddenly in the middle of U2's "It's a beautiful Day" — I flipped and cracked my heels on the wall. On any other day, that would have been enough to send me to a nice warm shower. I kept moving and finished the set. I now had 900 yards to go. I decided to do a straight 1000 swim since I was getting close to my quit time. I felt like lead but I had to make the arms keep turning. After about 650 yards, my play list ended. Now when you get to the end of a play list — you know you have **gone the distance!**

I swam the last few hundred yards with the biggest smile. I finished the 1000 and felt like punching my fist in the air like a world record breaker. I did a few laps to cool down for a total of 9150. I don't recall ever swimming that much in a single workout in all my life of competitive swimming — so that was a personal record for me.

Now my heels are bruised and I can only wear slip on shoes, - but you will be getting my order form for my 100 mile swimcap shortly! It's been great!

Regina Gillman"