



“Go the Distance” February, 2008 Highlights

February Highlight # 1: Perception of Swimmers? *Liz Blair (30-34, 9.12 miles year to date) included this quote with her February GTD entry. One can't help but smile when you read this*

“It's been told that swimming is a wimp sport, but I don't see it.

We don't get timeouts, in the middle of a race we can't stop and catch our breath, we can't roll on our stomachs and lie there, and we can't ask for a substitution.”

~Author Unknown

February Highlight # 2: Swimmers – how they train for Triathlons!?

Swimming is the weak sport for quite a few triathletes I know. I watch some of them brute force their way through the water – and it's not a pretty sight at times. This makes me wonder what swimmers are like training in the other two sports. Sara Bothwell (30-34, 55.89 miles so far in 2008) sent in her entry and said her swimming miles were down a bit because she was cross training for a triathlon. I responded to her by saying that I personally think it's silly to get on a bike after a long swim (because I usually fall off!) so she sent me her story Giggling is allowed and encouraged!

“Yeah, the tri thing is a bit insane, but it's fun so far because I am doing it with Team in Training. As part of my participation, I am trying to raise \$5000 for the Leukemia & Lymphoma Society as well (money for blood cancer research and patient support). I think b/c that is the environment we're training in, people are very cheerful and peppy (I won't lie, there is some moaning during our dryland-type training). If you know anyone you think might be interested in supporting me in this adventure by donating to this cause, direct them to <http://www.active.com/donate/tntsvmb/Bothwell>

I'm having some pretty funny adventures so far in this cross training. The first coached bike ride, about a month ago, I thought I should go with the beginner group since I've never trained on a bicycle, but turns out that being a swimmer plus commuting on a bike for years put me up into the middle group. I didn't know this at first, so I went out on a ride with the beginners. Since I had just moved to a new area, and I didn't really know anyone on the team yet, I got lost. I didn't know I was lost at first because there were so many other cyclists (who turned out to be not with our team) around, that I kept riding hard to catch people. Then I would ask if there were with Team in Training. No? OK. And onward. This went on for a really long time. I started seeing some people with the TNT jerseys coming back the other way. I hollered out to them, and one came to rescue me. Turned out she was one of our coaches, and I had basically caught up with the trailing end of our advanced "pro"

group, on a completely different route. And I ended up doing more miles than might have been ideal for a first ride. But it was a beautiful day, and I had a general idea of how to get back, and I had a spare tube and water, so was never all that worried. Mind you, I'm still doing this on my commuter/mountain bike. I'm saving up to buy a road bike, hopefully soon because everyone keeps dropping me on the downhills at practice. I leapfrog them on the uphill.

My other funny adventure was in the running department. It was yesterday. I had been down in Santa Cruz for a couple of days and accidentally left my running shoes at my friend's house. When I got home, I realized this but I didn't want to miss our track practice that night. But no running shoes was a big problem! Since I finished doing field work for my PhD last summer, I'd thrown away my old running shoes/ AKA muddy field shoes. I had nothing appropriate to wear. So, I put on my running socks, and then put on a pair of hiking socks and my boyfriend's running shoes. I managed to lace them tight enough so they felt snug (but with very very long toes out in front of me). I made it through our running drills without tripping (impressed myself in this feat!) and then we did mile repeats. I'm glad I was able to make it to practice, that I didn't manage to hurt myself, and even happier that I got my shoes back today.

This is why I have two complete sets of swim training stuff: one set I leave in Santa Cruz at the university. The other set I have here at home. I'm currently swimming various practices with three different masters teams here, depending on day of the week and where I am. It's a little crazy, and I am certain I would show up with no suit to wear if I was repacking my bag all the time.

Not as amusing as mailing you a coconut with my miles written on it, but hopefully good enough to give you a laugh.

:)
Sara”

February Highlight # 3: Celebrating your achievements. *Carrie Kostopulos (35-39, 333.74 miles). Yes, our GTD Xtreme lady is back in the highlights. How many of you have calculated how far she must swim each day to achieve the distances she swims? Probably most of you ... and yes it is amazing. I have gotten lots of emails asking me about Carrie – how does she do it!?!? But, even our leader can get weary and run down at times ... but check out her attitude. Here are some excerpts from her entry:*

“This month has had it's ups and downs with me. I went though a pretty bad 2 weeks of walking pneumonia which meant no swimming for about 11 days. I know there were many swimmers who were sending me their best wish for a speedy recovery and I truly appreciate that.

I would personally like to thank Dominick Aiello. Dominick swims in AZ and this is his second year doing the GTD challenge. His kind words were very supportive and I hope to eventually meet other swimmers through out this great challenge.”

“I'm challenging all of you to find a swimmer who is not yet involved in the GTD challenge and show them how much fun it is and most importantly how well they will do by the end of the year.! Lets make this year bigger than the last year! I know it's possible!!!”