



“Go the Distance” October, 2008

Highlights

GTD October “Deep Thought on Fitness” (Linda Shoenberger)

If you struggle to get the yardage in for swim fitness try to find a buddy to work out with or join a masters program where everyone does the same sets and time flies. Another great suggestion is to sign up for Go the Distance. You’ll find yourself wanting to put in a little more yardage each workout just to see the results on the fun Go the Distance charts. Check out the usms.org website, click on the upper bar under Health and Fitness and go to Fitness Events. It’s free and easy to sign up.

October Highlight #1: Wedding Cake Topper!

Many of you may remember from early May that a request was made for help in finding a wedding cake topper for one of our GTD pals Carrie Kostopulos (35-39 age group, 1903.07 miles to date) who is also our GTD Xtreme Leader! Quite a few of you responded with some great suggestions. My favorite suggestion remains to be from Dom Aiello (70-74 age group, 351.64 miles to date) who offered to jump out of the cake! Well, our pal Carrie got married in October. She ended up creating her own wedding cake topper. Check out the matching dress, cool goggles and those fins!

Congratulations to the new bride!



October Highlight #2: GTD Workout Groups Progress

The GTD Workout groups are swimming lots of miles these days! When these groups were formed they were requested to provide a group goal for 2008. There is quite a range of goals ranging from swimming more than last year to 1,000,000 yards every month! The groups range from one person to 34 participants. The results for the GTD workout groups are updated monthly and posted on the USMS website for your review.

Exciting October news for GTD Workout Groups

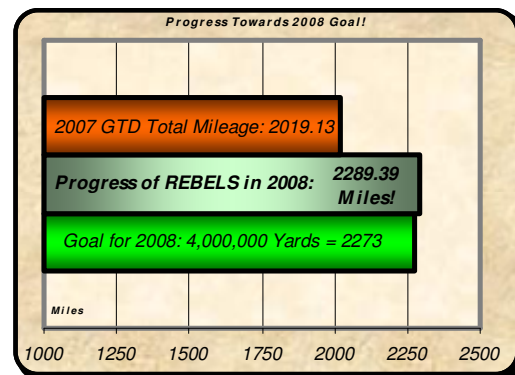
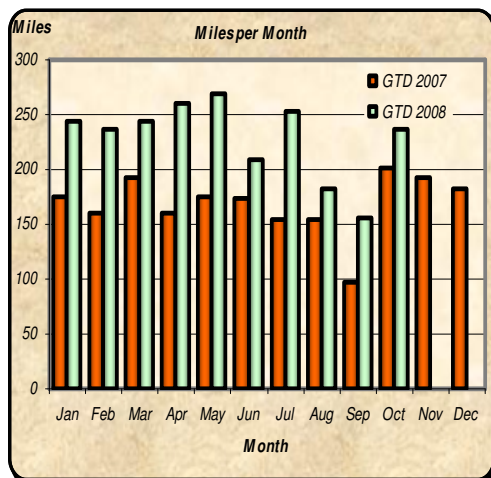
The MIT Masters (Maureen, Bob and Woods) set out to swim as many miles or more than they did last year. The total they were chasing was 540 miles. Great news – as of last month they have now swum 595.45 miles!!! Way to go MIT Masters!

The Crawfish Masters GTD Workout group is one of our smaller groups consisting of Doug Kopp (who I think was hoping to have others join him in his quest!). Nevertheless, the goal was to swim 1,000,000 yards this year which is equivalent to about 568.19 miles. Doug, by himself, now posts 635.66 miles smashing this goal – yeah Doug!

You might remember that Doug created the concept and design for the swim cap for the MAD (Mile a Day) GTD distance milestone. Looks like his goal could be 2 MAD!

The REBELS (Redmond Early Bird Enthusiastic and Lovable Swimmers) is a group of nine folks from Redmond, Oregon (Central Oregon). The Rebels group goal was to swim 4,000,000 yards during 2008. Each team member dons a swim cap with REBELS on it to proudly display their association with this group while swimming during the wee hours of the morning. Others at the pool are curious and very supportive of their efforts! Maybe next year, a few more of them may join the group!

The monthly progress of the REBELS is even posted on the bulletin board at the community pool. This past month the REBELS achieved their goal for 2008! Congratulations to Diane, Denise, Susan, Jeannie, Teri, Cynthia, Amy, Mary and George!



Meet GTD Swimmer: Kate De Simone (35-39 age group, 226.12 miles to date).

Greta van Meeteren: Kate is a world traveler and very committed to her fitness, as you will see from her story.

It is so much fun to meet all of you wonderful people each story that you tell us is just fascinating to me!

I work part time for a non-profit local soccer league.

I am a full time mom with a daughter age 10, and son age 7

Life is very busy.... Both kids do swim team and soccer, so after school it is hectic to get to all the practices. Weekends are often filled with soccer games and/or swim meets

I like photography and keeping fit!

Swimming is a hobby – I think I swim more now than I have ever done before

I've been swimming for as long as I remember. I learned to swim in Libya as a child, when I lived there for 3 years and we would swim at the beach. I do compete. I do triathlons in the summer and my swimming is strong compared to most triathletes. I also competed in a masters' swim meet in February 2008 for the first time and really enjoyed the experience!

I try to swim about 3 or 4 times a week. Typical distance is 2500 (if I'm by myself) to 3500 (if I have company). We have an "unofficial" masters group where we swim (private club) and we meet on Saturday mornings. I have been swimming with this group of friends now since shortly after my son was born (7 years now). Then various members will meet up at different times of the day to swim during the week. I'll also sometimes fit in a swim while my kids are doing swim training.

My favorite stroke is freestyle. Distance 100 or 200's.

I prefer pool swimming (and in the summer in an open-air pool), but loved Curacao for open water, as it was so clear. Our closest open water is the Long Island Sound, which is not the most exciting of destinations! (or the clearest!)

I participate in Go the Distance, because it gives me a goal.

My advice is – be realistic

Goal for 2008 – 250 miles..... I am calculating how much I need to swim now in order to complete it, factoring in the holidays when I'll be traveling (back to the UK to see my family, and to Italy to see my husbands' family)

I'm English, my husband is Italian, my daughter was born in Switzerland and my son was born in the US. We've been living in Connecticut for 8½ years now, having moved from Italy in 2000.

My hobbies are traveling. I also love to scuba dive and have been all over the world with my husband to scuba including Tahiti, Palau, Maldives, Red Sea, Thailand, Malaysia, Caribbean, Coco Island (Ecuador) and others.

We love to ski too and often return to Italy to ski near my in-laws home.

My friends would probably describe me as competitive, energetic and dependable.... if I say I'll meet a friend at a certain time for a swim or a bike ride, then I'll be there, even at 5.30am!

Meet GTD Swimmer: Roberta Bardini (40-44 age group, 228.08 miles to date).

Greta van Meeteren: Like everyone we have “met” so far, Roberta is a great person to meet! Like so many of us, Roberta was wary of the idea of “masters swimming”, and look what she is doing now!

I swim with the Columbia Masters group in Columbia, Maryland. I have 2 children, 4½-year-old Christopher and 2½-year-old Bridget. I also have Hannah, a nutty 1½-year-old Labrador Retriever. Life is fairly hectic, although it has actually calmed down some over the past year (the dog is somewhat better-behaved, so that helps tremendously). I am currently staying home with all of them, although I have begun to venture back into the working world. I teach chemistry and math part-time at the local community college. It keeps me busy and keeps something on my resume until I go back to my profession of environmental engineering.

I never swam competitively so I was wary of the master's group, but after I gave birth to Christopher, one of the lifeguards at the pool suggested I look into it, and I started Masters when Christopher was 6 months old. Coach Sue spent the first few months trying to fix my strokes and I was hooked! I prefer swimming freestyle and backstroke (my fly and breaststroke are quite pathetic!). I was (and still am) swimming 2 to 3 times per week. Our workouts total anywhere from 2700 to 4000 yards, depending on what we are training for. I swam the entire time I was pregnant with Bridget, and as soon as I was cleared to go back post-partum, I got right back in. I've never swum in a meet, although I think I may try that this season. I consider myself more of a fitness swimmer. Coach Sue talked me into doing an open water swim 1½ years ago as part of a relay for a triathlon. I loved it and have participated in a few other open water swims since then.

One of my fellow swimmers told the group about GTD, so I decided to give it a try. I like to see the cumulative effect of my workouts. I'd like to make 300 miles this year, but I'll have to add a few more workouts in to make that goal.

Besides swimming, I run several days a week, and walk the dog twice a day. I think I do it mainly to keep my sanity now. I always feel much calmer after a workout! I enjoy reading, but I don't have as much time for that now. I used to enjoy cooking, but the finicky tastes of the toddler and preschooler have curbed that hobby for me for now.

I'm not sure I have any interesting swim stories, although I admit that when I committed to the swim leg of the triathlon, I was petrified. I got into that ridiculously cold water and thought: "what have I gotten myself into?" I knew I couldn't let my fellow teammates down, and when I finished I thought it wasn't really that bad, so I did it again the next year.



Roberta and her family (minus the dog!)

Meet GTD Swimmer: Joan Campbell (75-79 age group, 305.12 miles to date).

Greta van Meeteren: Oh, where to begin to talk about Joannie? She is an inspiration to many people, including myself. She is a 78-year-young energizer bunny. Here is her story:

I was Investment Executive for a large insurance company in New York; retired in 1995. Just re-retired from an investment firm this year. Now I help a friend out two days a week with bookkeeping – have to keep busy! I was not a swimmer as a child, my swimming career started at age 59 at the Senior Olympics in Connecticut in 1989 with the enthusiastic support of Dorothy Donnelly, who became my best friend and mentor. My most important award is the Dorothy Donnelly award that I received last year from USMS.

I swim six days a week – between 3000 and 3500 yards or meters during the week and about 2000 on weekends. During the week I swim with my fellow SUN Masters for yards and on my own for long course meters – Coach Joe corrects my bad habits in the yard pool! I like distance freestyle and IM's. Although I like those long events, I swim everything but open water - I'm partial to that black line down the center. Since my involvement with Masters swimming, I have made Top Ten in over 300 events and earned All American five times. Currently I hold the National YMCA record in the 1650 yards for the 70-74 age group and the 3000 USMS record for the 75-79 age group. Masters has given me good health and a zest for living as well as a host of friends all over the world. I like to swim everything and score points for the team!!

I have been married for 56 years to my 3rd grade sweetheart, Jim, who has supported both my careers (swimming and business). We live in Palm Harbor, Florida and have four married children and five grandchildren.

Jim thinks watching swimming is like watching paint dry – I have to say he watched our four children swim for many years. I have touched an interesting point though – his degree in Math sparks interest in my long distance swimming. He counts for all my distance swims because he finds it fascinating to see how close the pace remains for each lap.

I was encouraged to become active in all facets of the swimming community from my local club, which at the time was Connecticut Masters, through the LMSC and on to the National organization.

I enjoy organizing and writing – do the monthly newsletter for our Regional team of Florida Aquatic Combined Team, which I was instrumental in forming in 2003. I am involved in helping to manage our yearly SUN Masters Valentine Meet in Clearwater where we regularly have at least 250 participants. Also serve as Senior Games Liaison for the Florida LMSC and a member of the Finance Committee for USMS since 2001. I am also the Senior Games Liaison for the Florida LMSC and currently compete for SUN Masters, a chapter of the Florida Aquatic Combined Team (FACT). I volunteer regularly for both my local chapter and club.

GTD helps maintain my competitive juices. I want competition for total yardage – and found it in the GTD program. My advice to other GTD swimmers would be: Just make it a habit and make sure you stick with a program – don't overdo when major competitions are on your schedule. My goal is to swim 400 miles this year.

My co-swimmers equate me to the “energizer bunny” and feel they can call on me for just about any job. I can be a bit impatient!

Sailed and boated for 65 years in Connecticut, St Lawrence River and the Eastern Atlantic, as well as the Caribbean. Jim and I sailed together from our teenage years. We sold our last boat and relish an invitation to ride on our oldest boat – a 1956 Lyman – which we gave to our oldest son. We now keep our two black labs happy with walks and swims and have been active in Lab Rescue here in Florida.