



**“Go the Distance”
June, 2008
Highlights**

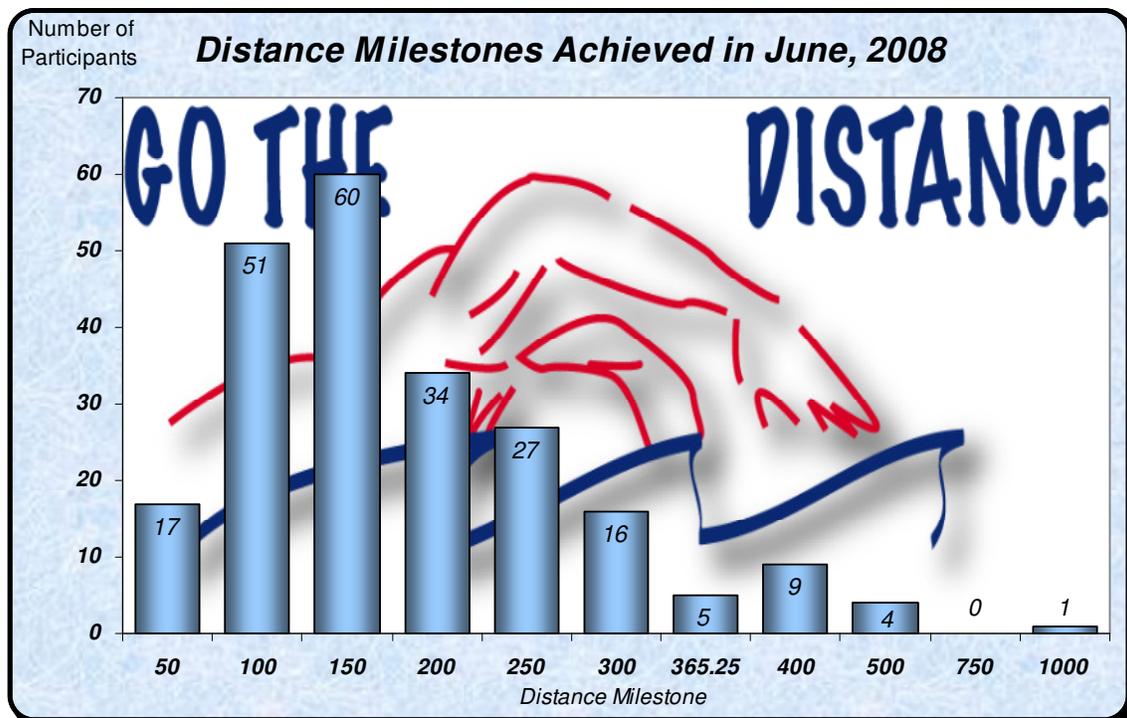
June Highlight # 1: GTD Distance Milestones

It’s hard to believe that 2008 is half over! It’s time to have a look at how the GTD participants are doing!

More folks achieved the GTD Distance Milestone of “150 miles” in June than any other milestone – congratulations to the 60 of you that should be very proud of your accomplishment. We also had 17 more swim past the first milestone of “50 miles”!!!

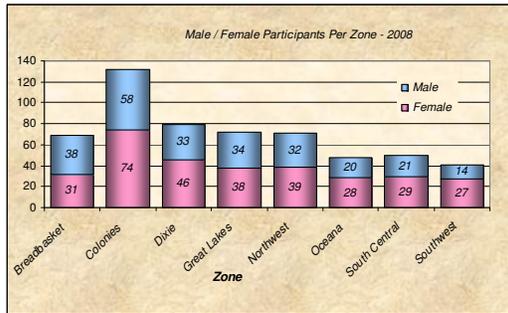
The graph below illustrates the number of each “GTD Distance Milestone” that was achieved in June – congratulations to all!

Our GTD Xtreme Participant Carrie Kostopulos has now swum 1186.67 miles so far this year! Her goal is to make 2000 and it looks like she is well on her way! Many of you wonder how does she do it? Well, have a look at the July/August USMS Swimmer issue and check out her version of “my favorite practice”. In previous issues this feature also highlighted GTD Participants Darcy La Fountain (May/June) and Linda Callaway (March/April) with their favorite workouts!

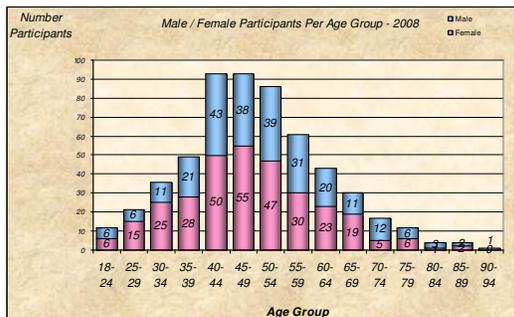


June Highlight # 2 : GTD Participants!

While compiling the results I noticed the following interesting results ...

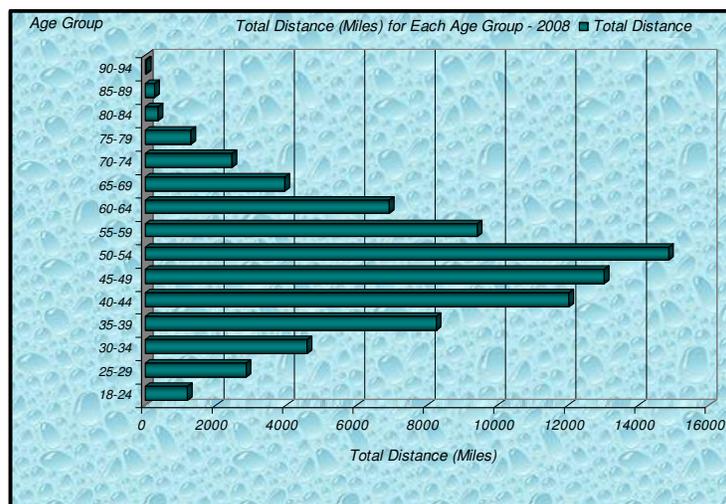


The Colonies Zone has the most participants of all zones – by a whole bunch!



Also note that the 45-49 age group and the 50-54 age group have exactly the same number of participants!

BUT ... the participants in the 50-54 age group has swum the greatest distance so far this year (what a great age group to be in ...!).



June Highlight # 3 : GTD Workout Groups

Several of the GTD workout groups submitted their “goals” for 2008. Here are a few highlights from June:

“Durham Area Masters Aquatics” wanted to swim 1000 Miles in 2008 – they have already swum 505.67 miles – keep it up- you’re on your way!

Dennis Green, coach of the “Milky Way Masters” has challenged his team to swim 12,000,000 yards this year – whoa – that’s quite a goal! To date his group has swum 2920.62 miles which is 5,140,291.20 yards. They have a ways to go and will have to negative split this year (distance wise) as a group – go for it!

The GTD Workout Group “REBELS” (Redmond Early Bird Enthusiastic and Lovable Swimmers) challenged themselves to achieve 4,000,000 yards (equivalent to 2273 miles) in 2008. They are well on their way with the total to date of 1461.94 miles! They all don swim caps with the American Flag and the name REBELS on it – so it’s very easy to know who to cheer on in the early morning hours in Redmond, Oregon.

The “South Belt Area All Stars” hope to swim 2548.13 miles this year. If you are wondering.... this is the distance from their home pool to the SCY Nationals (Austin, TX) added to the distance to the LCM Nationals (Gresham, OR)! How are they doing? So far they have 1269.88 miles under their belts ... let’s wish them good swimming months ahead!

Mark Gill – team leader of the “Swim Louisville Masters” submitted their goal as 1000 miles. Since they have already swum 947.28 miles – I think he needs to revise his goal a bit - how about going for 2000 miles Mark?

GTD “DEEP THOUGHT” for June

If you enjoy each and every mile you swim ... you will be assured of having lots of fun this year!

“Meet the GTD Swimmer”: Dawn Franklin!

This month I would like to introduce you to Dawn Franklin (35-39 age group, 178.92 miles year to date). When asked if she would like to participate – she wasn't too sure how “interesting” she would be... but as it turns out she has a delightful and wonderful story to tell! So Dawn, could you please tell us about yourself?

“Greetings fellow swimmers, my name is Dawn Franklin and I swim for an assortment of reasons that are likely familiar to many. Regardless of the reason on a specific day, swimming is a chance for me to take a step away and submerge myself in a personal challenge. Unfortunately, I never get enough time to swim, but I'm grateful for every lap I get because of the awesome folks I share the lanes with. I get up at 5:40 am 3 days a week despite a late work start time of 10:00 am so I can hang out with the morning swim crew.

Out of the pool, I work 45 to 50 hours a week in purchasing and internal application development. I love the diversity of wearing multiple hats at my job, but there are times when the pressure is intense. I swim off lots of work stress some weeks.

Additionally, I'm a wife to my wonderful husband David who makes everyday a little better with just his smile. We have 2 “kids” of the four-legged variety, Riley and Duncan. Sadly, cancer is taking Duncan away from us slowly but surely so there are days when I swim to avoid crying about something I cannot change and cannot accept.

I grew up learning how to swim in the Pacific Ocean in southern California. I never had swim lessons and didn't swim with a team until my junior year in high school. At the end of my senior year I developed a serious case of pneumonia which put me the hospital for a couple of days and kept me away from swimming in a pool for about 18 years. I returned to swimming for exercise in 2001, discovered open water swimming in 2002. After moving to the beautiful state of North Carolina I started swimming with the Durham Area Masters Aquatics in the spring of 2004. The first two months were brutal, but thanks to kind words of encouragement and warm smiles I never stopped trying to keep up.

These days I swim 3 or 4 days per week (4000 yards on weekdays and 5000+ on Saturday). My favorite sort of workout is a long set with lots of variety and mini-interval challenges within the set. Our club doesn't have a full time coach currently so I've been writing a few workouts for the morning swimmers which has been a challenge but a pleasure at the same time. Additionally, I await open water swim season anxiously every year. I don't get to participate in as many events as I would like to, but I love the races I swim in and look forward to hearing about the races I wish I could swim in. I'm not a big fan of swimming endless laps of free despite my love the open races 2 miles and longer. Indoors, I like the oddball challenges such as the Brute Squad swim (400 IM, 200 Fly, 1650 Free) or the 1 hour postal - all backstroke. I'm certainly not fast, but I seem to be decent at keeping a good pace for long distances. Last year, I had the special opportunity to gather a group of swimmers together as a team to raise funds for the NC Alzheimer's Foundation in the first annual “Swim to Remember.” I'm very proud to say that our team raised the most money and had a good time while doing it.

What do I do when I'm not in the pool or working? Well, I love work in my garden and plot ways / reasons to take over more of the grass area. I also enjoy reading everything from Charles Dickens to Terry Brooks. I think some of my fellow swimmers would be surprised to know that I a major VW fan (currently own the VW EOS) and I'm very active in the on-line car forum and look forward to continuing the mods on my car. Finally, when we can get away , spending time with my husband hiking in the mountains or setting off on a road trip is always treasured.

One of my funniest swimming stories is from a few years ago when I dislocated a finger on my right hand during an open water swim (hit guy's shoulder accidentally) and finished the race. I wish I still had a copy of the race picture. It was a classic - I'm walking out of water, frowning and staring at my hand in deep consternation. My husband wasn't too happy to hear I finished the race with an injury, but I pointed out that I had to get back to shore somehow and that was the quickest way. All turned out well, a friend put my finger back, grabbed an ice pack from the EMTs and we moved on the post race celebration.

I joined on GTD last year as motivation to increase my yardage. My goal last year was 250 miles and I made it with 4 miles to spare. This year my goal is 350 miles. I've increased my yardage when I swim and I'm trying to be more consistent about days I swim so I'm hoping the new goal will keep me on track. Some months are better than others and I know that as Duncan's health declines so will my swimming, but there will be a time when I need that pool after I have said goodbye to my buddy. Not only do I need the pool, but I need the great people I swim with. Regardless of age, ability, or gender I swim with some of the most thoughtful, funny, inspiring and motivated swimmers around. I'm a very fortunate person”.

“Meet the GTD Swimmer”: Troy O’Dell!

I would also like to introduce you Troy O'Dell (114.91 miles year to date, 40-44 age group). I asked Troy a whole bunch of questions about his life, profession and how he finds time to swim. He sounds like a very busy man – but still finds the time to go for a swim. So let's meet Troy!

I asked Troy about his profession and family life and this is what he had to say

I am a self-employed certified public accountant. Besides me and my wife, I have 4 kids, 3 girls and a boy. We adopted the boy last fall from Ukraine. Life is extremely busy being self-employed with 4 kids. I never pictured myself being a CPA or thought I would be where I am at career wise while growing up. I thought I would go into some form of artistic career, but realized I probably couldn't make the best living doing that, so I did something else.

Of course I asked him about his swimming history, habits and goals

Swimming is a hobby for me. I have not been swimming very long on a regular basis relatively speaking. I swam local age group competitions as a child for 6 years as a kid, but that was only about 6 weeks a year, and ended when I was 14. In high school I was a long-distance runner but gave that up by 19 due to repeated injuries. 20 years later I started cycling to exercise and control my weight and combined that with weight lifting. I eventually rode in a few 100 kilometer to 111 mile races. But in Phoenix with the construction between 2004 and 2006 I felt uneasy about continuing to ride outdoors and primarily rode in the gym after that.

I started swimming simply to try and finish the swimming portion of a sprint triathlon. I enjoyed the training but didn't do much other than get to 40 laps in the pool at a slow pace. Several years later I tried again for a couple of "splash and dashes." I was amazed at how fast some of the swimmers were in the open water. My best 1,000 at that time was around 20 minutes. I decided to swim a little more regularly and see if I could improve my times a bit. I started to realize how much better I felt after swimming than by weight lifting and riding an exercise bike. I started to do it much more frequently. Soon after I pretty much gave up weight lifting because I felt so much better swimming and it still kept a lot of upper muscle body tone. Because of my heavy workload in the first half of the year I swam only in the late summer up to January.

Last year while doing I workout, I talked to someone who used to swim in a Masters club and he mentioned there were a few swim teams around that I could try and that they occasionally had some meets. I did not find any clubs locally where I would have the time to go and train but did I did find the U.S. Masters web site and also found a swimming meet in Tucson that I thought I would try. After getting back from a month total inactivity in Ukraine I spent 4 months building training for that meet and really enjoyed the workouts. That meet was very humbling to me. From what I was told there were some masters world record holders and former Olympians and I felt way out of place compared to many of them (My 1,000 best is around 14 minutes and the top swimmers were about 11:30).

In spite of the realization that I am not the fastest swimmer I have become sold on swimming. It is so much easier on a middle aged body that running or cycling. I get that so-called "runners high" from it. From the U.S. Masters website I did the 1 hour postal swim and decided to do the "Go The Distance." It helped motivate me to swim even during tax season (when I work nearly 70 hours a week for 3 months) this year and am glad I did. I have never felt physically better since I was an avid runner as a teenager. Swimming has helped me relieve stress and provide energy that helps tremendously in my job.

I wish I could swim more than I do but I am also running 3 days a week to help my daughter who is on the cross country team in high school. I generally will swim 3 to 4 days a week.

I usually always swim alone because I don't know of any other swimmers close by. I usually get to the pool around 5:30AM. I swim a 600 warmup which consists of 300 easy freestyle followed by 150 breast and 150 back. Then I stretch. I rarely have any set workout. I just go by how I feel at the end of my warmup and what motivates me. I will usually swim a hard 250, 500, 1,000 or 1,500 freestyle and then follow that up with a relaxing recovery set of breaststroke and backstroke of about 200 yards. Then I will do another moderately hard set and recovery followed by a kick set and sometimes a maybe a 500 easy freestyle with paddles. I usually swim 100 - 120 laps in total. Some days I will do freestyle sets of 10 x 100 or 20 x 50 yards at 90% to 95% effort and follow-up with a slow and easy 1,000 yards. Sometimes if I get bored of freestyle or am fatigued more than usual, I will switch to some 10 lap sets of breast stroke or backstroke going 90% to 95%.

When I really feel motivated I will do sets of a freestyle sets of 500, 400, 300, 200 & 100, or a 250, 200, 150, 100 & 50 at close to 100% effort for each. I will swim an easy 200 recovery between each except the final shorter distances where the recovery will be short as well. I like doing those from time to time (even though they are hard) because they leave me feeling fantastic the rest of the day.

I would say the butterfly is my favorite stroke to watch and do. But I cannot hold the stroke for longer than a 50. My favorite event would be any IM because you do all strokes in one swim. The only distances IM's I can swim is the 100 and 200. I have to cheat with the breaststroke kick on the fly to do the 400.

I prefer pool swimming because I can stop and rest if I need to and always know how fast and far I am swimming. I don't mind open water training but it is a different kind of workout that I normally don't do. There are few places near where I live to do open water swimming. I do NOT like open water competitions such as in triathlons because there are too many people and I hate getting bumped and running into people. It makes it really hard to get into a good rhythm.

The GTD helps to motivate me to swim year round and I really like that. I think, judging by what I see on the monthly totals I see that they should be giving me advice. I can't believe the distances that some people swim! My goal was initially 150 miles, but since I am well ahead of that pace, I have changed it to 200 miles.

I was also curious to find out what is a fun thing to know about Troy?

Me and my wife like singin Kareoke though judging by the results of the Frank Sinatra contest on a recent Carnival Cruise I think my talent rivals the infamous William Hung from American Idol.

What are his other hobbies?

College football, Track & Field, and the swimming & running I do and kids activities. No time for anything else.

What is your favorite swim story?

I think the only thing I can think of is the first open water swim I did, a 1,200 meter swim during my first sprint triathlon, I was worried about being cold and out in the middle of a lake and rented a 3/8" wetsuit, which included arms. The water felt cold but was actually only about 72 degrees. I must have looked the swimmer's equivalent of the boy in "A Christmas Story" who wore the suit his mother made for him where the arms would not go down. I was so exhausted at the end. At the time a 1,200 was hard enough, but to add the extra work of that wetsuit made that the most miserable swim of my life. It was so much work just getting my arms to move I could not believe how much extra difficulty I added. Never again!

Which adjectives would best describe you?

Love physical challenges.

Finally, what would your friends tell us about you?

I sometimes talk too much, or "write"

"Meet the GTD Swimmer" is a new feature in GTD 2008. If there is a GTD participant you would like to meet or would like us to get to know -please let me know!