



“Go the Distance” May, 2008 Highlights

May Highlight # 1: “Puzzling” and “Professional” entries to GTD!

Some of you may wonder how folks send me their mileage each and every month. You might even remember my favorite entry from GTD 2007 was the attempt to send me a coconut! GTD 2008 also boasts some creative entries ... here are my two favorites from this month.

This is the entry from a participant that wishes to remain anonymous. Yes, it is a puzzle to be solved. How many miles would you credit this swimmer with? Send me your ideas and I'll let you know if you solved this puzzle!



On the other end of the spectrum is this super entry submitted by Ed March (60-64, 157.48 miles year-to-date)... WOW !!

Ed March Mileage Report for the Month of May

May 1	3300 yards
2	3300 yards
May 1-2	6600 yards
May 5	3400 yards
6	3300 yards
7	3400 yards
8	3300 yards
9	3400 yards
May 5-9	16500 yards
May 12	3100 yards
13	3100 yards
14	3100 yards
15	3050 yards
16	3100 yards
May 12-16	15450 yards
May 19	2600 yards
20	2500 yards
21	2600 yards
22	2600 yards
23	2600 yards
May 19-23	12900 yards
May 26	2100 yards
27	2100 yards
28	2100 yards
29	2100 yards
30	1400 yards
31	1800 yards
May 26-31	9500 yards



May total 61250 yards = 34.8 miles

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May Highlight # 2: Every yard, meter and “flip / flop” counts for GTD – so don’t forget to add them up! I believe the word is out (it should be by now!) that each and every mile or partial mile you swim counts! So don’t forget to add up those distances you “swim” any time you can!

Here’s a great example of logging every yard you can! Check out where Linda Callaway (55-59, 256.81 miles YTD, 469.53 miles in 2007) gets a few extra yards into her total!

“Hi Mary,

My total for MAY IS 49.64 MILES. I just got home from a week of Spring Rowing Retreat. I capsized my rowing shell once and my Sunfish sail boat twice. Thanks to GTD I have no problem doing a little swimming while I get back in the boat. My crew mates just laugh out loud when they see me capsize and ask me if I plan to log another 10 yards of kicking while I climb back into the boat. HA! HA! Life is good and the weather in Texas is warm and sunny - but might be a bit too windy.....capsize drills R us..... My rowing club requires it's members to conduct a witnessed capsize drill every year. Mine was NOT a drill - it was for REAL!!!!!! It's nice to have confidence in my swimming skills so there is no panic when the boat tips over. Many thanks to GTD.

*Your friend and fan,
Linda*

Then there’s always this dilemma to deal with

How many of you have wondered how long that funny shaped hotel pool is? You are traveling on vacation or business, thought you might get a swim in – but need to know how long the pool is so you can submit your distance for GTD ... what does one do?!?!?

We can all learn from Eric Davis (35-39, 43.97 miles YTD, 115.10 miles in 2007) who solved his problem in a clever way. Can you imagine if anyone was watching him what they thought he was doing ... makes me giggle thinking about it!

“I had one day in May when I swam the strange total of 1627.5 yards (1488.192) meters. I was traveling on business in Tulsa, Oklahoma, and the DoubleTree hotel in which I was staying had a small pool. Having never swum in Oklahoma, I decided on my last morning to get up early and do so. Considering that I probably miscount my own laps at least once a month in a pool with known measurement, what ensued on the pool deck was borderline obsessive. I actually measured the pool in flip-flop lengths. Looking sheepishly back behind me to make sure no one was watching (and at one point nearly losing my balance and falling in), I paced off 42 flip-flops, heel to toe. I had no idea how long that really was, but once I started swimming, it seemed that I was doing 2 laps in about the time it normally takes me to do 1 lap. I did 120 laps. Of course, the only way to know my actual distance was to measure my flip-flop -- which I just did tonight. My flip-flops are 11-5/8 inches long. So, continuing my obsessiveness, I got out a calculator and did the math. $42 \times 11.625 = 488.25$ inches. Dividing by 36, I came up with 13.5625 yards per lap. I converted this to meters and came up with 12.40 meters. Then I multiplied by 120 laps to get my rather odd total. I want to thank GTD for making me obsessive about my distance. And if anyone is ever at the DoubleTree in Tulsa, you now know that the pool is 13.5625 yards/12.40 meters long.

Eric Davis “

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May Highlight # 3: GTD extends a hearty welcome to the Mighty Mermaids!

If you compete in Masters swimming – I guarantee you will know the names of each and every Mighty Mermaid! Here is a group of ladies, 50 and over, that swim and play together! Hmmm they live all across the country – how do they do this then?

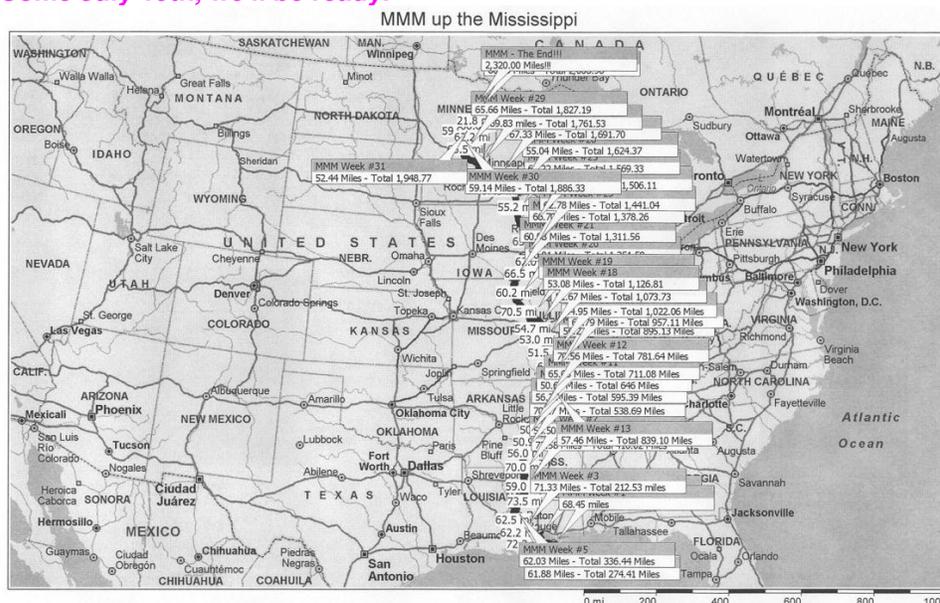
Christy Ciraulo was the instigator! Here’s how the Mighty Mermaids came to be

“It is a dream of mine to get together a relay of “over 50” year old women to swim together on an open water relay. I approached Tracy Grilli at Mission Viejo Nationals, introduced myself, and broched the subject. “Wanna come swim on a relay with me?” Since my first suggestion was the Maui Channel Relay, I got that Tracy “are-you-nuts-there’s-sharks-out-there” look. I quickly moved onto the Tahoe swim. I mentioned Nancy Steadman-Martin. “We have to keep it to over 50s....and FAST,” I said. I knew that Tracy wasn’t 50 yet, but I wanted to put the idea on the table. Nancy is my age (ok, a little younger) and a great competitor.

Believe it or not a year passed. I was in touch with Tracy by email off and on. Nancy and I had become email pen pals. On April 10, 2007 (I still have the email), Tracy asked “whatever happened to the relay idea?” Now, the hardest part of a six person relay is not the swim -- it’s getting six swimmers to commit to participating. I emailed Tracy back and said, “how about Tahoe next year?” She said “sure.” We had Nancy on board immediately. My teammate, Jenny Cook, was nearing 50 and is a super open water swimmer. She committed. Nancy and Tracy both offered to ask one person each, as they were off to their respective regional championships. I left to go to morning workout and came home to FORTY TWO emails! Two more swimmers, Karen Einsidler and Lisa Bennett were confirmed and were already picking out our team color, team suits, and team nail polish!

This week, we will complete a virtual team swim of the Mississippi River. To motivate our training, Tracy came up with a virtual swim; 38 weeks, 2,271.17 miles, and 3,285 emails later, we’re celebrating with a glass of virtual champagne (ok, REAL glass of champagne!). We logged our yardage weekly and joined in on the Go The Distance fun.

It’s Lake Tahoe and it’s wide, cold and deep. But not too much for The Mighty Mermaids! Come July 19th, we’ll be ready.”



This is the map of the “Mighty Mermaids” virtual Swim up the Mississippi River.

***“Meet the GTD Swimmer”*: Mike Carew!**

It is my pleasure to introduce you to Mike Carew! He is currently in the 55-59 age group and boasts swimming 357.35 miles already this year. In GTD 2007 he swam a whopping 647.62 miles. Note that he is already swum more than half the distance he did last year ... and it's only the end of May!

So who is this man that swims so much?

Mike is a retiring P.E. teacher and coach. He enjoys lots of activities such as riding his motorcycle, archery hunting, golfing, cross country skiing, going to the Oregon coast, open water swimming and according to him - “basically staying active”. I believe he is indeed true to himself on this principle! He is in motion most of the time but he claims he really only exercises for the “endorphins”.

He has competed in the Ironman in Hawaii in 1982 and 1983 and lots of marathons. More recently he competes as a Masters swimmer in open water swimming (his favorite) as well as pool events.

Mike swims 6-7 times a week and usually by himself although on occasion he may slip in a few workouts with the local Masters Team. He claims to swim probably more than he should because he can't run anymore. How come? He's had 2 total hip replacements – whoa! Go ahead, be impressed that he swims 70+ miles per month now that you know about his 2 surgeries!

When asked what his favorite swim experience has been he told me this story:

“My favorite swim story happened last summer when I swam the mile twice at the Dorena Lake swim. First with the Masters, then with my daughter who was 12 at the time and was nervous but willing to give it a go if I'd swim with her. It was cold and raining, but she swam very well and even won a medal. It was way cool!”

Don't you just love stories like this!?!? Mike's daughter Katie sure has a great role model and a very cool Dad. I look forward to Katie participating with her Dad in GTD sometime in 2013!

Finally, a few adjectives/phrases that his friends might describe him with are: very lovable, high spirited and full of joy and smiles that he loves to share.

Mike – it sure is nice to meet you!

“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! Also, if you would like to know more about Mike or would like to ask him some more questions – send them in – I'll try and find out!