

Meet GTD Swimmer Marianne Bradley (65-69 age group)

Marianne is a fun-loving energetic woman who enjoys her swimming lifestyle.



I was a travel agent for 40 years. I have been married for 39 years, have 2 grown married children and 3 grandchildren.

My hobbies are: genealogy (for 45 years), needle/yarn work, scrapbooking, greeting card making. Is my life busy? Are you kidding.....look at my hobbies and ADD masters swimming to all of that!! I thoroughly enjoy doing what I like to do 7 days a week!

Swimming to me is a hobby, and exercise and fun. I've been swimming some 60+ years Growing up in Florida, I learned to swim as a small child, grew up in lakes at camp, and in the Gulf of Mexico. It was part of growing up in Florida.....but I started Masters, because my native Floridian mother-in-law retired and immediately started swimming here with a Masters team at age 64, and I knew at age 39, I had to quit smoking and get into the exercise thing for my health.

I compete and have placed in the individual Top Ten the last two years. Swimming is a major part of my life,.....I will never give it up. I know that as we age, we must keep our health at its maximum, and get exercise to keep moving, and it is definitely the sport/exercise I have loved all of my life...and certainly the easiest when you are over 65!!

I normally swim Monday through Friday, usually 2500-3300 yards. I swim with a Masters swim team...much better.....don't know if I could do it alone...it would be boring. In this order, I like free, back, IM, breast and fly. I swim in the pool only.....I grew up on the Gulf of Mexico salt water and know what lurks beneath you.

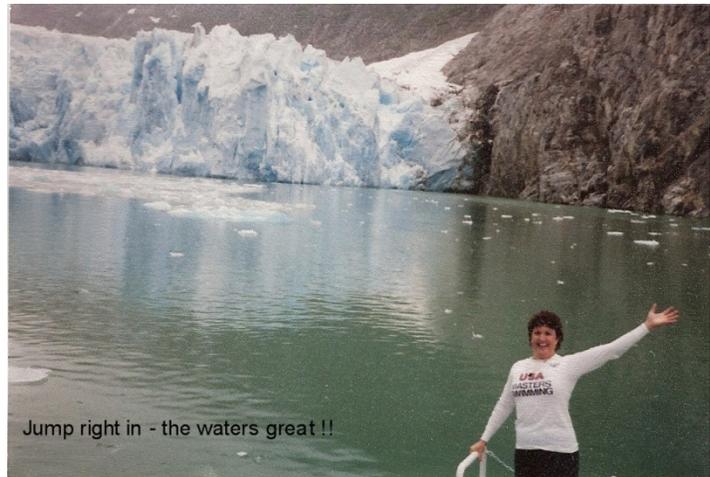
I participate in GTD just because I like to support USMS programs, and it's fun to know your monthly/yearly distance. My advice for other swimmers: get out there and join GTD.....I think it makes you swim those extra laps to get to a higher even number!!! My goal for 2009 is just to recuperate from a bad right shoulder - bicep tendinitis and bone spur at shoulder. To get it healthy and get back to swimming with no pain.

I have traveled in 70 countries over the years and have NOT been to Paris or France!! That's my travel goal for 2010.

Here in Florida, our LMSC has the "Leather Lung" award.....you must swim all 17/18 events in a course within that 'course year'. I decided to do it in Long Course in 2007..so had to swim the 200 Fly and 400 IM, at age 64. I swam it only to finish it and be legal at it, time was not the goal. Turns out that I made Top Ten in USMS for the first time in those two events. While doing that 200 FLY in Long course, I had to rest 6-8 breaths at each turn at the wall.....and at the 100 meter mark, when I stopped to rest, the official advised me that it was a 200.....and I said "I know!!!" and off I swam for the next 100 meters.

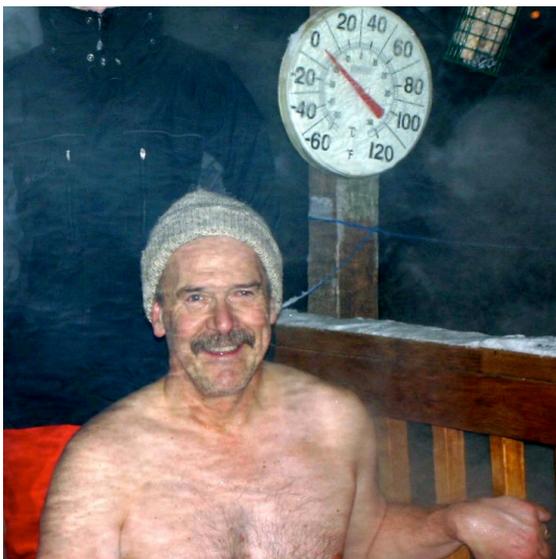
Friends say about her that she is Friendly, honest, and reliable.

A photo of me in Alaska 1985 in my Masters Shirt by a glacier - clearly no one else would have stripped to their "undershirt" on the bow of the boat by a glacier at about 30 degrees!!! Always up for fun!



Meet the GTD swimmer Ken Winterberger (55-59 age group)

How can you not be intrigued by reading about a swimmer who has Winter in his name and who lives in Alaska? Here is another great story about how swimming becomes such a major part of life.



I am a forester working for the Pacific Northwest Research Station in Alaska. In **very** simple terms, I count trees, determine where they are and how well they are doing, and monitor changes in their number, health, and distribution. I've been doing this in Alaska since the mid-1970s. I have a wife, Paula Smith, and 2 daughters. All of us swim; our family is immersed in swimming.

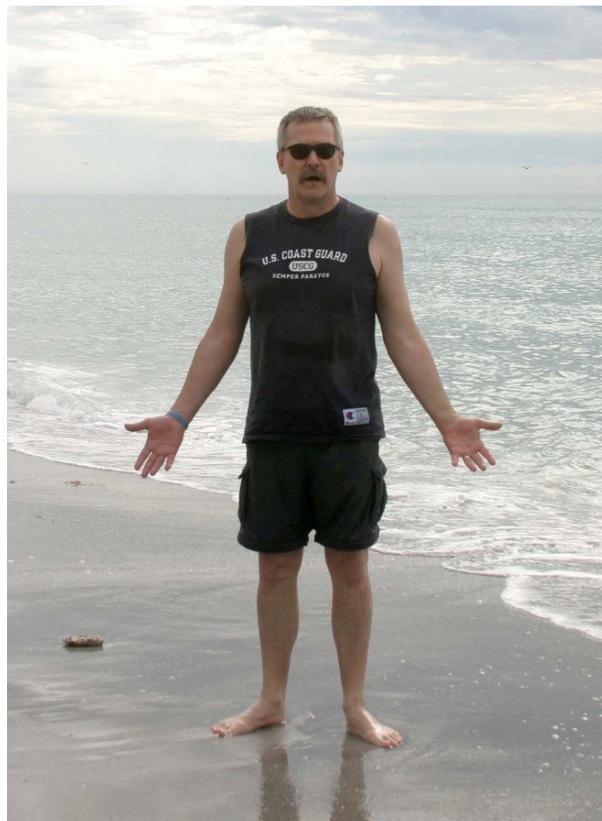
Swimming is a hobby. I swam, irregularly,

growing up and swam competitively in high school (a long time ago!). There was no men's swim team at the university I attended and after high school I swam, *very irregularly*, for the next 35+ years.

My wife swam competitively growing up, in high school, and for a bit in college (until they did away with the women's swim team). Like me, she pretty much fell into the irregular swim mode for 30+years. Then we had kids. We were both determined to waterproof our daughters and started them in swim lessons very early; they both enjoyed swimming and started competitive swimming. Both of them have been club swimmers and high school swimmers.

Our older daughter swam in college and our younger daughter has become very interested in water polo. Along the way, my wife and I found ourselves helping to run swim meets (officiating and timing) but decided to take the plunge, so to speak, and get back in the water ourselves. We figured that it would be a good family sport that we could all participate in year-round. When I got back in the water, I was interested in the fitness aspect primarily. I was soon drawn into the camaraderie of the club I joined (SWAM) and soon got involved in the competition. I am certainly not the fastest swimmer in the water but I'm not the slowest either. I'm still at it for fun and fitness and continue to work on my technique under the watchful eye of my coach (who is also my wife) and get excellent pointers from both of my daughters. Swimming is a very important part of my life.

I try to swim at least 3 days a week and play water polo once a week. My typical workout is between 3 and 4000 yards. I swim with the evening and Saturday workout group of one of our local USMS clubs (Swimming With Alaska Masters). Our group has between 20 and 30 people who show up on a regular basis. The group ranges in age from 20 to 70 and ranges in skill level from beginner to world class. I *really* like variety when I swim; too much of the same thing drives me batty. I'd have to say that I enjoy the IM as an event. Breast stroke is probably my favorite stroke; it is a challenging stroke from a technical standpoint. As for distance, I enjoy trying to go fast (sprint) but long distance (open water) intrigues me too. Living in Alaska, I'll have to say that pools are usually a **lot** more comfortable, but the challenge of open water swimming has grabbed my attention. GTD provides a good incentive to swim on a regular basis, and while I enjoy swimming, having GTD available provide a goal is great. I recommend starting out



by identifying a reasonable goal. If you find that your goal was attainable, increase your goal the next time around. Keep at it. My goal for 2009 is 300 miles. This may have been a bit ambitious as I didn't take into account the fact that I'd find it difficult to swim regularly during a long post-graduation cross-country road trip with my elder daughter. I haven't given up though and I'm still working at it.

I find it **very** hard to **NOT** be doing something, be it physical or mental. I really like volunteering. My hobbies are: swimming, photography, hiking, biking, web site design

Favorite swim story: In the spring of 2008, I asked my elder daughter (who was at the Coast Guard Academy and a distance swimmer on the Academy women's swim team) if she'd be interested in swimming in the Pennock Island Challenge (<http://www.alaskateamada.com/>), an ocean water swim around Pennock Island (8.2 miles & 55 degrees) near Ketchikan Alaska; it just so happened that the swim was scheduled during the time she'd be home on leave. I thought that she might forego the 'opportunity', as her leave time was fairly limited but thought that making the offer was a cool 'dad thing to do. She responded *immediately* with a "**YES!!!**". Luckily I asked the question in the spring so that I had several months to prepare for the 'opportunity'. My goal was to finish. I did indeed finish after training many hours in the pool and a local lake. I finished about 1.5 hours after my daughter who was in the lead group; she'd swum a total of 5 times all summer to 'prepare' for the swim.

Most amusing swim story: During my first Pennock Challenge, I finally 'figured out' a spotting technique that I felt comfortable with. I was on the return leg of the circumnavigation of Pennock Island and had the city of Ketchikan in sight. I figured that if I kept a cruise ship moored at a city dock lined up with a point of land on the island I'd be good to go. I had a couple of miles left but I was swimming comfortably. My kayaker (they assigned a safety kayaker to each swimmer) started shouting at me, wondering where I was going – I'd moved into mid-channel, between Pennock Island and *Revillagigedo* Island. I explained that I had lined up the cruise ship with the point of land at the end of the island and couldn't possibly be off course. He said that was probably a good idea *if* the cruise ship had stayed in port; it had left port a half hour earlier and would soon be out of sight entirely. Oops.

Three adjectives: large, funny, a little nerdy. Friends might say that I have a curious sense of humor.

Meet the GTD swimmer Nana Whalen (70-74 age group)

Here is an amazingly wonderful story - read for yourself and enjoy!



SWIMMING HAS SAVED MY LIFE

I am 71 years of age and spend most of my days in a swimsuit as an Aquatic Fitness Professional with the Aquatic Exercise Association. What path led me here?

When I was a little girl just 7 years old, my Mom gave me what has turned out to be one of the greatest gifts of my life. I had three sisters and we could not afford piano or ballet lessons. But, I did get to take group swim lessons. We lived in the suburbs of Columbus, Ohio. Every Saturday for a whole year, I rode all by myself on the city bus to downtown Columbus and walked many city blocks to the YWCA. They issued little green cotton swimsuits and I had to step in a big pan of disinfectant as I entered the pool. I learned the front crawl, backstroke, and breaststroke. I progressed from beginner's class to successive higher class levels. These are vivid memories. I was not allowed to go swimming with friends at public pools because of the fear brought about by the polio epidemic.

As a teenager, I passed Junior and Senior Lifesaving and found a summer job I loved. I was a full time lifeguard at a busy city pool. I was on a lifeguard chair most hours from noon until the pool closed in the evening. The morning hours were devoted to teaching Red Cross Swim Lessons. I had twenty –six children at four half hour sessions from nine until noon. I taught all levels of the Red Cross Learn to Swim Program. There was no time for serious swimming of my own - just quick dips to cool off from the burning sun.

My life flashed by. There were no more opportunities to swim. I graduated from the Ohio State University. Four careers lay ahead. First I was a Stewardess for Trans World Airlines. Then came the most important years of all. I married my college sweetheart and we raised three marvelous kids. Now we have six amazing grandchildren from two to twenty-two years old.

When our children were growing up, our community had a wonderful summer pool. My husband and I started a swim team for them. The next summer we helped found the Central Maryland Swim League. All Summer I was at the pool all day long, but not swimming. I was running our swim team, the Saint Andrews "Saints". There were swim meets every Saturday all over Central Maryland. It was a full time job and I loved it, but I was never swimming. To this day thirty seven years later, thousands of kids swim in those Saturday meets with the Central Maryland Swim League. Knowing this brings me much happiness.

When my youngest daughter was in Junior High, I began writing for our tiny hometown newspaper, *The Severna Park Village Voice*. Eventually my column, *Creative Cookery*, was carried in the *Annapolis*

Evening Capital every Wednesday night and finally it became a part of the *Baltimore Sunday Sun* in the Arundel Living Section. I put together two cookbooks and then a publisher had me edit two more cookbooks. Life had taken its toll to the tune of an additional 56 pounds body weight . That is when I discovered Diet Center and lost those unwanted 56 pounds. My life took a dramatic turn and I purchased a Diet Center Franchise. Ultimately I owned three Diet Centers, one in my hometown of Worthington, Ohio. For twelve years I saw clients daily for private nutritional counseling. I retired in 1995. We lived then on Maryland's Eastern Shore.

The next year we vacationed with our daughter and her family at her timeshare on Hilton Head Island. On the last day of that vacation my husband and I visited Sun City Hilton Head. I saw the beautiful Olympic size indoor pool. I could hardly believe that I would be able to swim anytime from 6:00 AM to 8:00 PM seven days a week. Sun City looked like heaven to me! We built a home in Sun City and moved to South Carolina in 1997. That year I entered four swim races in the Beaufort County Senior Games. I had never worn swim goggles or a cap. I did not have the courage to use the starting blocks. I won four gold medals and was hooked. My competitive swim career took off. The next year I qualified for the National Senior Olympics to be held at Disney's Wide World of Sports.

Two years later I was preparing to swim on a National level again in Baton Rouge, LA. Just before I left, I asked a young swim coach to teach me how to do a racing dive off the starting blocks. He did that and also told me he needed a Water Aerobics Teacher for the new County pool. I became a Certified Water Aerobics Instructor. I had to learn all the muscles and bones and joints. I spent six months studying physiology and anatomy. It was very time consuming and challenging.

I have been teaching for eight years now. I teach water aerobics and water walking. Many of my students have major physical challenges; Parkinson's, Multiple Sclerosis, Post Polio, Arthritis, etc. This is a very rewarding occupation. One day a friend asked me to help his wife one on one in the pool. She had suffered a major stroke. I worked with her in the water twice a week for the next two years. This led to many people needing personal attention in the water. Then last year a man asked me to help him get ready to compete and swim in the Sun City Challenge, a mini triathlon.

I have been teaching private swim lessons in our Sun City Pool. Some students are getting ready to compete. Others are people who just want to learn how to incorporate breathing properly with their swim stroke. Others have "always wanted to learn to swim." The greatest challenges are the senior aged people who are afraid of the water. Most of them had a traumatic experience in the water as a child. Right now one of my biggest challenges is working with stroke victims. One side, both arm and leg are frozen. Some of them can communicate, some of them cannot. But, I know that each one looks forward to his/her time with me in the water more than anything else. For, the water is magic! There is no fear of falling and the hydrostatic pressure protects the joints and massages all parts of the body equally. I would love to tell you about some of my students. Please go to the website of my professional organization, Aquatic Exercise Association, aeawave.com. Click on "NEWS", and then click on "H2O MIRACLES".

As for me, swimming has saved my life. Swimming is my therapy both physically and psychologically. I have a rare disease and take many powerful prescriptions. Some I have been taking since 1960. Almost 50 years later the side effects of the drugs are much worse than the disease. This is true for so many people today.

I hit the deck at 4:30 AM three days a week and my goal is to swim two miles (3600 yards). I have loved keeping track of my miles with Go the Distance. Last year, Mary Sweat amazed me every month keeping track of everyone. My total last year was 233.34 miles. My goal this year is 250 miles. I am on track and hope to make it. I have been swimming competitively for twelve years. I am so lucky to have traveled to the National Senior Games every other year...Walt Disney World, LSU at baton Rouge, Hampton Roads, VA, University of Pittsburgh, Louisville University, and last month Stanford University, Palo Alto CA.

My week at the 2009 National Senior Games in Palo Alto was one of the most exciting weeks of my life. When the telephone rang last summer and I was told that I had been selected to carry the Olympic Torch, I could not believe it was true. I have been walking on clouds ever since. I am so proud to be an American. Those minutes when my feet pounded the pavement on El Camino Real and Embarcadero Road time stood still.



The very next morning, I was behind the starting blocks at 9:00 AM for the 200 yard backstroke. Eight lengths later I touched the wall and then popped up. My timers were excited for me. I tried to see the scoreboard as I scurried under the lane lines to the ladder. I knew it was my own personal best time and that I won my heat. When they posted the results 15 minutes later, my sister, Carol yelled, “Nana, you got the GOLD!” I said I wouldn’t believe it until I was on the podium and they put the medal around my neck. They played the Olympic Fanfare and announced my name and South Carolina. Unbelievable! My heart is filled with the love of swimming and my family and country. I am blessed. My first National Gold Medal.

It doesn’t seem possible that I am one of the TOP TEN swimmers in my age group, 70 – 74 with United States Masters Swimming. The 200 butterfly and 400 IM are my top events. I hold many South Carolina age group records. I always swim my heart out. I am blessed to have these opportunities. I will be forever grateful to my swim coach, Joe Bongiorno, and my husband, John. They make it all possible. And, I am thankful whenever I am in the water teaching someone else this amazing lifetime sport. Or, on the deck teaching large classes all the moves and fun of water aerobics and water walking. Swimming is my life.

Meet the GTD swimmer Craig Anderson (60-64 age group)

Meet a very dedicated athlete, athletes' dad and great teammate, who is always ready for a challenge.



I am very humbled to have been asked to share my story. I am a new Masters and GTD swimmer, and have very few actual swimming stories or insights to share at this point. I am a recently retired educator, having spent 33 years as a teacher, athletic director, and principal. I spent my last 25 years as a middle school principal. My wife retired also, the majority of her career as a media specialist and technology coordinator. I also completed a 24 year career in the U.S. Army Reserve, retiring as a major. We have three sons, all married with children, AND college degrees, AND jobs, AND homes - we are blessed! Two are head coaches at the college level (swimming and wrestling) and the third is in sales and marketing.

The fact that two sons live in Indiana and the other in North Carolina led to our retirement decision to keep our home in Indiana where the boys grew up, as well as purchase one in North Carolina. We are still adjusting to our new schedule, but currently plan to be in North Carolina from October to May to enjoy the mild winters, and return to the Midwest from May to October (I have a snow blower for sale!). The adjustment to retirement was difficult for me last year. I missed the students, my staff, and my school, and had trouble accepting the fact that I was no longer involved daily in running a school. The passage of time has helped, as did being 700 miles away in North Carolina during most of the school year.

The old adage of having a plan when you retire is true, and my interests and activities helped sustain me through the transition. I really enjoy doing home projects, at my house and my sons'. We rarely visit any of them without tools and some equipment on board for painting, framing, installing wood floors, building decks, roof work, etc. - that's quality time with my sons, in addition to getting to see the grandkids and wives. An interesting kind of specialized project evolved with my coaching sons. I used to do residential painting, as well as a lot of graphics and lettering in the hallways and classrooms of the schools I have worked in. The swimming coach son requested that I come to his pool last summer to paint walls, lines, and falcon heads, the school mascot. Shortly after that, his wrestling coach brother was inspired, and called me to paint graphics and an 8' wide W on one wall of his wrestling room. Then the swim coach son called again, asking that I build a 17' high, 3-dimensional falcon head to hang on the end wall of his pool complex. He now sports the largest falcon head on campus, and I began to get further inquiries from other coaches at both universities. My policy has been that no one gets bigger falcon heads or W's than my sons.

I also have a strong interest in golf. My youngest son and I play together as much as we can in Indiana in the summer. Our home in NC is on a golf course and I intend to do more of that beginning this fall.

Exercise has been important to me for a long time. Many years ago I did some cross country and track coaching, and ran some myself, competing in some 5K and 10K races. I was also involved in coaching swimming at the middle school level as well as the local summer team. My three boys were all competitive swimmers at the same time for a few years before they all gravitated



athletically in different directions. As a school administrator, I could not continue to coach, but was fortunate to keep in touch with sports as the three boys ended up competing in 9 different sports, no two doing the same one. My oldest son continued as a swimmer, so my connection with swimming continued as an athletic director, swim parent, and swim fan. Back surgery made running difficult, so my focus shifted to less-impact activities - swimming and biking. I became a lap swimmer, doing that for

years mostly before work in the morning. A few years ago I also hooked up with some former students who are triathletes, and wanted to swim with me. As I got them involved in the water, they eventually got me on a bike. That led to pretty regular swim and bike training as a group. I toed the line at some triathlons within the last two years, and thought that was the direction I was headed.....until Masters swimming got in the way!

When I returned to North Carolina last year after the holidays, I was getting burned out from doing nothing but house remodeling. I had not been in the water in 4 months and not been on my bike at all, and missed both. I vowed to get more balance, and immediately joined the local YMCA, thinking I would resume my lap swimming. My first morning there I was permitted to swim in an open lane during the masters team practice. Within an hour, I had met several of the swimmers and the coach. Two days later, I was in lane 6 at the next team practice and was a member of the team, wondering what I had gotten myself into!



I immediately valued the fellowship of the other swimmers, and appreciated having a coach who prepares workouts, is in touch with every swimmer at each practice, and willingly offers splits and instruction. Our coach Frank McGrath is a wonderful man, very knowledgeable, and he obviously cares about his swimmers. I quickly felt like I belonged, and am thankful for the encouragement, kind words, and new friendships. We have team practices 3 times a week, usually doing 4800-5200 yards. I have yet to compete, and still consider myself a lap swimmer –

I hope to get involved in a few meets this coming season. The coaching, practices, and yardage are making me a better swimmer, and I'm paying more attention to splits, stroke count, and technique – however, I'm still not very fast! The greatest benefit to me as a swimmer remains fitness. My contrary lower back is a daily challenge, and swimming in the morning is a great way to get moving and keep it stretched out. I'm also one of those odd balls who loves getting up at 4:30-5:00AM to exercise – it feels like I'm getting to live a part of the day that others are missing.

Shortly after I began with the team, I found out about GTD. The idea of logging my yardage and trying to reach a goal at the end of the year appealed to me, as well as giving me something to share in with teammates. The accountability piece also works to get me to the pool. Not knowing what a reasonable goal for me was, I chose 250 miles.....I passed that in June! I am now expecting to finish in the 600-650 mile range for 2009. I'm not sure yet what my 2010 goal will be, but I intend to challenge myself. Because I really enjoy swimming just workouts, I typically swim two or three more days in addition to the team practices. When I am in Indiana during the summer, the workouts are emailed to me so I can continue to “swim with the team”, using the high school pool. I also enjoy creating personal swim challenges. For example, this past week I did an 11,250 yard workout one morning, simply so I could tell one of my son's college swimmers that I went farther than he ever did in a single workout, and that now he's trying to catch an old guy!

Putting my yardages and times into my FLOG, thinking about my weekly and monthly targets, pushing to stay current with my goal, and seeing how I stack up with others in my age group in North Carolina and around the country all motivate me. I simply think that GTD is a wonderful way to stay motivated, be accountable to yourself and others, set and reach goals, and appreciate what you have done. I encourage all Masters swimmers to do GTD, to whatever degree they wish. And, as with all aspects of Masters swimming, it works for everyone, regardless of ability, age, and experience.

Picking 3 adjectives that describe me is not my favorite question, but the three that occur to me (and my wife) are disciplined, hard-working, and immature beyond my years (spending 33 years with middle school kids will do that to you!). I don't think I have much natural talent, but have enjoyed some personal and professional successes because I'm willing to work hard, and not cut corners. Maybe that's why the difficulty and challenge of being a swimmer is appealing. Becoming a Masters swimmer has been a wonderful new involvement for me, and I believe it will be a long-term one. My best wishes to all of you as you pursue your current goals and set new ones.