



SPM NEWSLETTER

St. Petersburg Masters | Est. 1972 | North Shore Aquatic Complex

In this Issue...

| | |
|-------------------------------------|----|
| Summer already? | 1 |
| Competition Recap | 1 |
| USMS Spring Nationals—Indy | 2 |
| Distance Day | 3 |
| Great Friends and Great Swim | 3 |
| Kick Like a Maniac | 4 |
| A Father and Son Team | 4 |
| Bumpy Jones in Sarasota | 5 |
| Open Water Season | 6 |
| SCAR | 6 |
| Hurricane Man—May 5 | 7 |
| Angel Swimmer | 9 |
| Little Fish in a Big Pond | 10 |
| Tropical Splash | 11 |
| Madeira 1 Miler | 11 |
| Tampa Bay Marathon | 11 |
| Alcatraz Sharkfest | 12 |
| The Great Chesapeake Bay Swim | 13 |
| Out of the Pool, On Wheels, By Foot | 13 |
| Ironman Texas | 13 |
| St. Anthony's | 14 |
| Three Names to Watch | 14 |
| From Coach Gary Bastie | 14 |
| Tip of the Day: Three Dolphins | 14 |
| Looking Back | 15 |
| Night and Day? | 16 |
| Musings on Afternoon Practices | 16 |
| The Morning Crew | 16 |
| A Growing SPM Family | 17 |
| Through the years | 18 |
| Charlie Kohnken | 18 |

Summer already?



It's hard to believe that we're already full-swing into summer! April, May, and June were event filled months with USMS Nationals signifying the end of the SCY season, and Sarasota's Bumpy Jones signifying the start of the LCM season. Our open water swimmers were busy all over the country. This issue is filled with perspectives from many of our teammates, sharing their experiences during their competitions, whether in the pool, a lake, or the ocean. Some are veteran open water competitors, some newbies. We even get to hear from the youngest Hurricane Man participants!

Our team is comprised of wonderfully, fun and interesting group of people. Some of us are morning people. Some of us like the evenings. Some people swim when they can. Martha Gipson and Regina Novak share their take on what they love about the practices and workouts. Photographs of some of our practices are included. How many of your fellow teammates do you recognize? Gary Bastie never fails to give some great advice and reflections, sprinkled with plenty of humor, and Jon Rosenbaum sent us some of his entertaining 'thoughts' which have been included in this issue.

And while the SPM extended family is growing, we sadly had to say goodbye to a longtime member, Charlie Kohnken. As always, story ideas, advice, and articles you might want to write for the newsletter are always welcome. Please e-mail livia.zien@gmail.com with any and all suggestions! Many thanks to Anne Page, Carolyn Kiper, Charlotte Petersen and the Hansens, Cindy Newton, Gary Bastie, Jonathan Hartwell, Martha Gipson, Pat Marzulli, Paula Texel, Regina Novak, Ryan Rager, Sharon Steinmann, Tabitha Brandt, and Tori Kirkman for their contributions to this newsletter.

Competition Recap

In addition to wrapping up the short course yards season at the USMS Nationals in Indianapolis and the start of the long course season at the Bumpy Jones LCM Meet, SPMers racked up a lot of open water swims these past few months, just before the start of the hurricane season, perhaps? There was the SCAR in April, our Hurricane Man in May, Sarasota's Tropical Splash, the Great Chesapeake Bay Swim, and the Alcatraz Sharkfest. Let's not forget about those of us who like to mix it up a bit more and compete in the triathlons!

SPONSORS



Upcoming Pool Events

July 7 - 8 — [St. Pete Masters LCM Championships](#)

July 28 - Aug 4 — [2018 Pan American Masters Championships](#)

USMS SCY Spring National Championships



A lucky number of thirteen swimmers trekked out to Indy Racing country and race they did! The small team finished 21st out of 251 local clubs, swam well, and had lots of fun! The four-day meet started out with distances on Thursday. Dawn Clark, Anne Page, Kern Davis, Eric Herman, Carl Selles, and David Stiles all started their competitions with the mile, and Sharon Steinmann, Paula Texel, Ryan Rager in the 1000yd. Another popular event was the 500yd free, swum by almost all of the distance swimmers who just didn't get enough yardage in on Day 1. Ironically, two other popular events were the 200yd butterfly and 400yd IM. What is it with us SPMers?

Carl Selles, placing 2nd in the 1650 free scored a total of 35 points for the team, with Paula Texel and Ann Page not far behind, each at 30 points. Kern Davis logged the most competitive yardage at 2950, and racked up 28 points in the process. But it was more than just about points at the meet. It was about cheering each other on, celebrating a milestone birthday, being inspired by Masters swimmers near and far, and about family. The Rager duo made this a family matter — all sporting their swanky SPM shirts, they nearly doubled the SPM cheering section. Eric's cousin joined us from Wisconsin in his debut Masters swim meet. Long time SPM member Anne now living in North Carolina, reunited with us for this meet, and will be joining us for Pan Ams.

Anne, Sharon, Paula, and Ryan share their experiences in the pages that follow. Full results can be found [here](#).



L-R: Front: Anne, Paula, Kern
Back: Sharon, David, Eric, Dawn, Steve



Karen's 200 fly start
(Photo credit: Paula Texel)



One of many butterfly races for Kern



Sharon, Dawn, Ryan, Steve, and Karen — tough to get the whole group together



Thumbs up, ladies!



Staying in ... black jack night at the hotel



Eric start / Ryan finish
(Photo: K. Westerman)



Karen Westerman, 200 bk



Carl's happy!



Height advantage? Ryan and Livia (Photo: P. Texel)



Eric and cousin Kevin



Partial team picture ...



Celebrating Sharon's birthday!



Thursday May 10 – Distance Day

by Sharon Steinmann

The main reason I decided to go to Nationals in Indianapolis was mostly about this day! Thursday May 10th which just happened to be my gulp.... 60th Birthday! And also happened to be "Distance Day" which apparently is my *forté* as a long distance swimmer. This meant I could swim in my new "older" age group for the entire Indy meet and compete in one of my best events on my actual birthday, so I was sold and signed up for the meet.

I chose to enter the 1000yd vs the 1650yd free mainly because when I entered the meet in January; I was recovering from a broken elbow and not swimming very well. But I got the ok in February from my ortho to swim as much as I could stand! So I picked up my training for the next couple of months. It seemed like a blink of an eye and the meet was here. The flight to Indy was uneventful but I had a pretty restless first night. The 1000 started at 7:30 am so it was an early morning warm up for me and I'm not really a morning person!!! Wow - was I nervous as I struggled into my tech suit. I think we all feel nervous before we race but this felt a little more intense as it was Nationals. Finally it was my heat and we hit the water! The race seems like a time blur to me and I remember thinking I'm not feeling super great. But my time was

only a few seconds off my best time and good enough to finish 4th in my new age group! I had achieved a Top 5 finish at Short Course Nationals on my 60th Birthday! Pretty cool! After a VERY long day at the pool, my awesome SPM team mates celebrated my birthday with me at our team dinner in Indy. This was an epic way to spend a milestone birthday! I finished the meet with three more Top 5 finishes in my age group for the 200 & 500 frees & 200 back. I came away from the meet feeling inspired by my own team mates as well as the amazing swimming we witnessed in all age groups young and old ... And a birthday memory that I will never forget!



Great friends and great swim in Indy!

by Paula Texel

In addition to swimming in a fabulous facility where we all had great swims, the 5 days in Indianapolis gave us all an opportunity to meet up with friends we have met on the pool deck over the years!

SPM swimmers had the chance to catch up with Dale and Dave LeClair, as well as Linda Visser and her husband John Keen. Even though they are currently swimming with other teams where they currently live, we had a chance to sit with them at the meet and enjoy some dinners with them throughout the weekend. They are all swimming fast and having a great time. I also had the chance to chat with others from around the country who I have met and gotten to know over the last several

years competing at Nationals. This is what makes attending this event so exciting!

My most memorable race of the weekend had to be my 200 Back. After getting over the nerves of doing that 1000 Free on the first day I had to wait until the very last event of the meet for the other event that always makes me nervous, the 200 Back. Knowing that my training leading up to Nationals wasn't as great as in years past, I was just hoping I would finish the race! And on top of that,



swimming next to me was my friend Ann, always a tough competitor who was having a fantastic meet. She had already beaten me in the previous two backstroke events at the meet. By the way, what happened to people scratching the last event so they could make it to the airport on time? Everyone showed up for this last event! My 200 Back didn't start off that fast. After falling 2 full seconds behind Ann after the 100 and again at the 150 mark, and even though my legs felt like jello, I realized in the last 50 that I had no other swims that weekend and decided to just give it all that I had. I was ecstatic when I realized I had come from behind to finish ahead of Ann by .09 seconds to secure a 2nd Place finish! After a quick picture with Ann, a recap of the race, and a 100 warm down, it was a mad dash to the airport to get back home. What a great way to end the awesome weekend in Indy!

Kick Like a Maniac

by Anne Page

I have a wonderful thought to share. I have never been a kicker, having a two beat kick even as a sprinter. So Charlie, our masters coach has been diligently making us do different kick drills. So I knew I was seeded 5th in the 50 free and I really wanted to be third. I had a plan! Two Breaths down and KICK LIKE A MANIAC ON THE WAY BACK!! It worked. John has a video of me actually passing two swimmers headed for home!! :))



A Father and Son Team

by Ryan Rager



Spring Nationals in Indy has come and gone, but I was asked to share my insights on why this was such an amazing meet and experience. It's not because of setting any record times or winning my AG (age group) in any of my events, but there was a much more personal aspect to the meet that made it one of the greatest experiences ever for me.

I'll try to keep this to the short version 😊

I was born and raised in the Indy area with all my family being in or from that area as well. My father (Steve Rager, a new SPMer) was also born and raised and went to college just an hour south of Indy. My dad grew up swimming in Columbus, Indiana and was a multi-time state champ in the 100 fly and 200 IM back in the day. He graduated Indiana State University on a full swimming scholarship. While I wasn't exactly a state champion in my high school days, I did finish in the top 20 in the 100yd free my junior year at the state championship meet held at the IUPUI Natatorium, thanks mostly to the coaching from my dad for many years as an age grouper and then in high school. So you can kind of see how the local history, family,

and such, all came together as an awesome chance to go back to Indy for Nationals this year.

While I knew I was going to Indy and my dad would be helping coach me again with workouts, I had a crazy idea ... which my sister thought was awesome. I signed up my dad for USMS under SPM without asking or telling him. Then I pitched the idea in bits and pieces to him back in February about getting into swimming and even just doing the 50 free in Indy. It didn't take long for the idea to take hold with him and he was hooked!



Fast forward to Spring Nationals ... it was an amazing time and we were able to have many family members and friends come out and cheer us on, mostly for my dad though as it was his first time being the swimmer in a competition in over 40 years! The icing on the cake for the entire meet was being able to be on a Medley Relay with my dad, David Stiles and Eric Herman (many thanks Paula Texel for submitting that relay card). That was one seriously special moment that we will never forget and enjoyed with all of the amazing swimmers on this St. Pete Masters team!



Rager-Rager-Stiles-Herman relay

Bumpy Jones – Sarasota

For a handful of SPMers, the long course season started with a two day meet in Sarasota. With our summer LCM Meet the first weekend in July, and Pan Ams in Orlando July 28-Aug 5, this was a great opportunity to get initiated into competition in a 50m pool (ie, fewer walls=fewer ‘breaks’). Long course is a different beast.



Dawn, Steve, Ryan, and Coach Gary



Dynamic Rager Duo (photo credit: R.R. ager)

It was a beautiful weekend with no rain delays this year, and the sun was shining brightly. Ryan Rager and father Steve, Eric Herman, Paula Texel, Tiffany Weidner, Dawn Clark, Sharon Steinmann, and Coach Gary Bastie did double duty competing both days. They were joined by Dan Newhaller, Jodi Schwartz, John Nixon, and Karen Westerman on Saturday, and Carolina Ticeira, Phyllis Scheidt, Dennis Whelan, and Livia Zien on Sunday. Cheryl Kupan was sidelined with a shoulder injury, but still made the trip down to count for the distance folks and to cheer on the team.

Those who swam on Saturday also earned their way to a Yoder’s dinner — always a treat, an possibly an incentive to swim at the meet as well. Great start to the LCM season, gang!

Full results can be found [here](#).



Paula’s 800m free



Carolina Ticeira and her cheering squad



Off to a great start, 1st in all Eric’s events



Dawn’s 800 free



Phyllis, Carolina, and Livia in the 200 breast (photo credit: Paula Texel)



Dan, Karen, Paula and Eric enjoy the Yoder payoff (photo credit: Ryan Rager)



Lookin’ good in blue ...



Get well soon!



Tiffany’s flying start for the 50 free

Open Water Season

Many of our swimmers took the plunge into the open water these past few months. Locally, we hosted our Hurricane Man with a new course and venue. Sarasota moved their Tropical Splash to May, and the Madeira 1 Mile Open Water took place in June. Around the country, there was SCAR in Mesa, AZ, the Alcatraz Sharkfest, and the Great Chesapeake Bay Swim. Pat Marzulli, Charlotte Petersen and the Hansen kids, Tori Kirkman, and Jonathan Hartwell share their experiences.

SCAR – April 25-28

by Pat Marzulli



Large rock formation in Apache (photo credit: Pat Marzulli)

SCAR - acronym for 4 lakes in Arizona along the Salt River- named **S**aguaro, **C**anyon, **A**pache, and **R**oosevelt. They lay Northeast of Phoenix in the Superstition Mountains and the Tonto National Park. The lakes were formed in the early 30's with the construction of 4 dams along the Salt River and serve as the water supply source for Phoenix and its surrounding area. They are fed by snow melt from Colorado and nearby mountains, and are fishing and recreation areas for the nearby residents and visitors. The Salt River runs through canyon land and is accessed by the Apache Trail roadway, portions of which are not paved. Think middle of nowhere, long cattle drives, through Indian Territory and the poor schmuck riding at the back of the herd in all the dust and you can start to get the picture.

SCAR, Alternate Definition from Webster's dictionary: a mark left by the healing of injured tissue. 2. A lasting emotional injury, psychological scars. As in "what did this do to my brain...."

It should be stated that open water swimming really is a team event. With that in mind, any success that one has at the SCAR swim event or any marathon swim is highly dependent on one's crew and kayak support. In this case I owe much to my kayaker Lori Alvarez, a Pinellas County veterinarian, friend of mine in my Indian Rocks Rotary club, and noted adventurer (ess). Additionally, journeys like this into the unknown are also best shared with friends, and in this case I traveled with fellow swimmer participants Mark Smitherman, Serbo Simeoni, Maureen Montgomery, Ian Tarrant, and Tom Schwartz. Chris Burke, Joe Lane, and the aforementioned Ms. Alvarez came as kayakers. My personal experience was greatly enhanced by the collective wit, wisdom, and experience of this group with enough personality to keep the tightest among us loose. And there was no room for whining.

The swims are a collective 40 miles done over a 4 day period. They start on Wednesday of the week with a 9.5 mile swim in Lake Saguaro, followed by an 8.5 mile swim in Canyon Lake, followed by the monster 17 mile swim in Lake Apache, ending with a dusk to night time 10K in Roosevelt Lake.

I must note that almost immediately upon arrival in Phoenix, I began to experience respiratory issues. The dry air, desert dust, and some kind of pollen bloom created challenges and triggered asthma attacks that I have not experienced in 40 years of swimming.

Our early check in for the Apache swim the next day required an early wake up, breakfast, and packing up of all our feeds and nutrition for the day. Apache was the big Kahuna, 17 miles. Everyone was a little nervous. We were shuttled in mini tour buses up to the staging area and then to the starting buoy line on the pontoon boats. The van ride and the boat ride were long and gave us plenty of time to ponder the length of this damn lake and to look at what we were going to swim. This lake is supposed to have the added challenge of a strong headwind in the last 4 miles that always thins the herd and literally forced the mid swim termination of this swim last year. Given the problems that I had the previous day, I had it in my mind that I would swim as far as the Apache Resort (a little more than half way) and see how I felt. If it was too much, I was going to pull out.

At the start, the water was reportedly about 68 degrees and I felt no issues as in the previous day. I had asked Lori to come down from the staging area a little more aggressively than the two previous days and she was able to join me within a ¼ of a mile of the start and my mind was much more at ease. We churned along steadily passing a long line of saguaro cactus on a ridge line that I dubbed the cactus farm. Farther we went, feeding every 30-45 minutes until suddenly we were at the Apache

Upcoming Open Water Events

Aug. 5 — Pan Am Masters Championships (1.5K, 5K). Daytona Beach FL

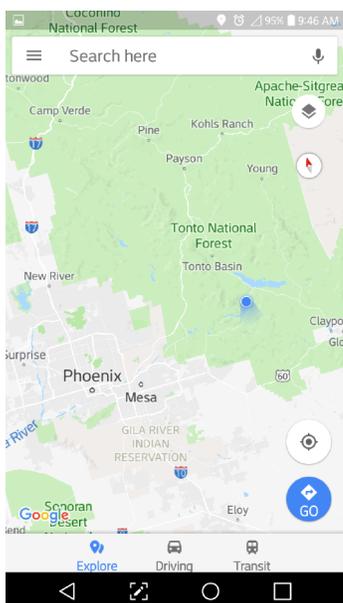
Resort. Wow! I thought we are half way home. No drama, good conditions, good steady rhythm ... I started to believe maybe I could do this!

Mark Smitherman, swimming in wave 1, passed me, giving me his usual ankle grab and pulling me backwards to let me know he was there. We stopped, chatted, took a pic, and off he went, leaving me somewhat dejected at how fast he swam but better served for the distraction. At this point, as I often do, my mind wanders and my stroke starts to get sloppy and I started to drift away from the kayak. After about 45 minutes of waving me back to her, Lori stopped paddling prior to one of our feeds and waved me over. She read me the riot act, and said if I wanted to swim extra miles, then I could keep going in the direction I was heading but if I wanted to get there sooner rather than later, I should trust her navigation and stay within 3 yards of the kayak. Then she pointed to a set of rocks and said we are going there!! Suitably chastised, I kept a better line and stayed close to her. About this time, a power boat came up to us with Serbo Simeoni on board, who had finished the race. The boat started cheering and Serbo shouted the end was near. As much as I liked hearing that news, my Garmin watch had stopped its mileage at 13 miles and read about 7 hours 30 minutes. I had built 10 hours in for the swim and in my mind I thought that it wasn't possible to be that close. And I continued to doubt when Lori said we only had 2 more rock formations to go before we turned in for the final line. Boy was I pleased when we



Pat Marzulli and Mark Smitherman

rounded a curve and I saw the orange buoy line and the boats that represented the finish line. To say that I sprinted that last ¼ mile would be a distortion of the term sprint but I got there as fast as I could, touching the line just to the left of the race boat in something under 8 hours and 30 minutes. What a joyful moment! It will rank among my top 5 happiest moments in swimming memory. The water temperatures had reportedly dropped to 65 but I hadn't felt it, knowing that once on the boat, I would lay back and soak up the sun like a lizard and warm up quickly. I did, with the extra satisfaction of knowing I was the oldest fart to swim Apache Lake. As bummed out as I had been the day before, I was as ecstatic on this day.



The return to Florida and its humidity was a welcome event and now that I am home, I have had a chance to process this experience. While I am disappointed that I couldn't finish all 4 swims, I am satisfied at having completed the 17 miler, which is the one I wanted to do the most. The 9.5 miler was satisfying as well. My LA friend helped me with the important lesson of dealing with disappointments, refocusing, adjusting ones goals, and moving on to the next part of the adventure. It is always satisfying to visit another remote area of this great country with its interesting scenery (although why we took it from the Apaches, I still don't know and I am sure not moving to Phoenix). And most of all sharing the experience with friends (who we will be busting each other over for years) and making new friends are the great takeaways. I hope in some manner you enjoyed this story and find a way to make your own.

The return to Florida and its humidity was a welcome event and now that I am home, I have had a chance to process this experience. While I am disappointed that I couldn't finish all 4 swims, I am satisfied at having completed the 17 miler, which is the one I wanted to do the most. The 9.5 miler was satisfying as well. My LA friend helped me with the important lesson of dealing with disappointments, refocusing, adjusting ones goals, and moving on to the next part of the adventure. It is always satisfying to visit another remote area of this great country with its interesting scenery (although why we took it from the Apaches, I still don't know and I am sure not moving to Phoenix). And most of all sharing the experience with friends (who we will be busting each other over for years) and making new friends are the great takeaways. I hope in some manner you enjoyed this story and find a way to make your own.

Hurricane Man – May 5



The conditions could not have been more perfect for the annual Hurricane Man 2.4 mile and Pass-A-Grille 1000m Challenge on Saturday, May 5. Mother Nature was smiling on the event this year with sunshine, wonderful water temperatures, and a friendly current along the beach. In spite of multiple changes made to the race, including a new course, a new venue, food trucks, and the implementation of chip timing, the Hurricane Man Committee worked hard to keep the event running smoothly. The Warren Webster building housed the check-in, awards, and breakfast. Florida Road Races provided chip timing services, and Maggie on the Move and SPA provided a variety of post-race *noshables*. The Sirata Resort graciously agreed to hold our 2.4 mile start on their property, and plan to continue that relationship next year.

Overall winners of the USA 1000M event were Gordon Leadbetter and Mya Baker both of SPA. Andrew Farrell of YCFM (16:21) and Dawn Clark of SPM (17:23) captured the USMS 1000M race. USA 2.4 Mile winners were Sean Doolittle of SPA (48:35) and Kara Wilkins of AAC (49:45). Chelsea Colwill of SPM (48:46) and Serbo Simeoni (53:20) won the USMS 2.4 Mile event. Each overall winner was awarded the coveted embroidered towel. First through third place age group winners received the equally coveted super hero duck!



Sheila and Pam help at check-in

We had some first time open water participants this year, with Sawyer Hansen as the youngest competitor in the history of the race. Charlotte Petersen shares her experience as the ‘chaperone’ in the following article, as she worked hard to keep tabs on the young Hansens.

Again, the Hurricane Man would not exist without the generosity of our volunteers who donated precious hours and woke up extra early that morning. More than 45 volunteers helped set up, organize, run, and officiate this event. Many thanks to Ananda Kelley, Ben Rambicure, Bill Motter, Bob Aldrich, Charlotte Petersen, Chris Burke, Darlene Mazzuco, David and Margot Larson, Dionne and Alex Fajardo, Eric Herman, Frank McAleer, Greg Carlin, Greg Lauwers, Henrietta Szeredi, Jennifer Burns and her son Gabe, Johannah Hall, John Nixon, Kathy



Warren Webster building at check-in

Selles, Katy Kline, Linda Cheng, Michael and Gloria Smith, Michele Forte, Millie Abbey, Pam Geiger, Paula Texel, Ryan Rager, Sharon Steinmann, Sheila and Jos VanDyjk, Steven Ray, Suzzette Seril, and Tom and Selda Price. Officials Dan Nardozzi, Steve Freeman, and Chris Pyhel kept everyone legal and safe. Thanks also to Andy Preble and Gary Bastie for the creative t-shirt design and printing.

Meet directors Cheryl Kupan and Tora Williams, along with the committee members Patty Nardozzi, Phil Harasz, Kern Davis, and Livvia Zien tried to make the make the event run as seamlessly as possible. While there were some adjustments and learning experiences, we look forward to next year for another fun event!

Thanks to Ron Collins who captured so many images of the morning and won his 55-59 age group in the 1000m race.

Congratulations to all competitors!

Full results can be found [here](#).



Tim Kennedy, 1st place 1000m, 60-64 men



Chelsea winning the 2.4 mile overall USMS women



Chris Burke and Eric Herman, some of our invaluable volunteers



Josh Smith (3rd) and John Doolittle (2nd) happy at the 2.4 mile finish in the 45-49 age group



Carl Selles - 1st place 2.4 mile, 70-74 Men



Mike Buchholtz—1st place 1000m, 45-49



Bryant Davies—3rd place, 2.4 mile 55-59



Dan Newhaller, 2nd place 2.4 mile 55-59



Cheryl and Kern distribute awards



Dawn celebrates her win in the 1000m Overall USMS Women



Ashley and Dan Newhaller

Hurricane Man—Angel Swimmer

by Charlotte Petersen

Rebecca Hansen had approached me in April about being an angel swimmer for the local Swim Across America. I really didn't know what to expect or what it involved. Well, I soon learned that I actually had to swim and not just stand in the water. North Shore Beach is not my favorite open water venue but I had a tremendous couple of hours and was able to help 2 ladies finish a mile (while I was trying not to swallow any water). The fact that I met two superstars from my SMU days and we could laugh at our ages and orthopedic ailments, just made the day even better.

Soon after that, I told Rebecca that I would do this angel swimmer again and asked if the "kids" wanted to do Hurricane Man. She told me she had thought about it and wanted to talk to her husband about it. Well, soon after I was signed up and ready to swim alone but willing to assist 3 rug rats in competing in their very first open water. Having been an official for all the Hansen kids, I knew that they could all swim pretty fast and Karrington (9) just did a 3:09 in the 200 M free. Sawyer (6) can swim over 3000 yards in 1 hour and Brinkleigh (8) can do a mean butterfly. Karrington was doing AM workouts in Chelsea's

lane so she was motivated and I knew I had to swim fast ...

H-Man morning came and we met for check in and marking. The Hansens were ready to race and excited. (Sutton will join us next year). We walked to the start and I am pleased that I brought my parka. It was big enough for 4 kiddo's to stay warm. The conditions were absolutely perfect for a first open water competition. Flat, clean, clear and a little tail wind. Lots of pictures and talk about what to do, what to look for and cap colors. When Steve Freeman told the crowd to stay inside the markers due to sharks, Sawyer took that to heart and told me he did not want to swim out there.

We lined up, repeated the strategy and I had told them that we had to run as far as possible. I forgot how long my legs are. Anyway, off we went and before I knew it I had Karrington way ahead of me and Sawyer looking behind to make sure I was still there. Brinkleigh did not like the salt and was swimming like a polo player. Brinkleigh took her time to get comfortable with the water and she finally got it. Swim , swim, swim and look for Charlotte's



Charlotte and Suzette with the Hansen kids, pre-race (Photo credit: Rebecca Hansen)



After the swim (photo credit: R. Hansen)

Upcoming ePostals

May 15 - Sept 15 — Team Days: July 15 and August 19, 7:30am start (e-mail Gary Bastie to schedule your time)

Sept 15 - Nov 15— USMS 3000/6000yd ePostal National Championships hosted by MEMO (25yd or 25m pools)

yellow cap and purple suit. I lost Karrington (she was on a mission and fast), Sawyer got tired of waiting for me and took off towards Mexico and sometimes towards the sandy beach. I had to yell at him many times and got help from the guards. ‘Yes, that little guy. Get him in, please’. I was doing some breaststroke, some polo freestyle and some backstroke. From the back I could see the orange marker the entire time (unlike a very irate gentleman who literally had to be caught before he went to Shell Key). It killed me to see my shark lane mates pass me with just a few hundred meters to go, but I am thankful that they swam around the kids and not over them. I continued to have a visual on Sawyer ahead of me and Brinkleigh and her friend behind or next to me. Karrington was racing someone further up the beach. Once we rounded the marker and headed for home, I continued to cheer them on and we ran towards the beach. Karrington was already rehydrating and Sawyer was rewarming from the chilly Gulf. They were completely unfazed by the 1000 meter swim. All 3 of them got a ducky and I had the honor of swimming with them. I was later told that they were ready for another open water swim as soon as possible but that the Georgia Bulldog swim camp would interfere with the Tropical Splash in Sarasota and the swim at Madeira Beach. I hope their parents do not wait too long before the next race; I need to be able to keep up. Congratulations Hansen kids, and thank you to their parents for letting me do this.

Little Fish in a Big Pond

At ages 9, 8, and 6, Karrington, Brinkleigh, and Sawyer Hansen were the youngest participants in the 1000m Challenge this year, with Sawyer being the youngest ever. If they were nervous, it wasn't apparent in their finishes. Sawyer finished 2nd in his tough 10-under age group. Karrington and Brinkleigh placed 2nd and 3rd in their equally competitive 10-under age group. Of course, they were always under the watchful eye of Charlotte Petersen, and Rebecca, Jay and Sutton walked along the beach. The kids took the time to answer some questions about their race, with Karrington as their spokesperson. Continue reading to get a glimpse into their young minds about open water swimming:

Q: How did you prepare for the event? Did you do any special training? What kind of advice did Charlotte give you?

Charlotte helped us prepare by motivating us to swim every night. The weekend before, we went to see how the waters would be, and we walked the course. On the day of, Charlotte was helping us not to get hurt by telling us to run in with high knees and come out with high knees.

Q: What were you thinking about when you were on the beach before the race?

I was nervous about the wildlife, and also we were all nervous we were going to get lost place, but nope!

Q: What kinds of things went through your mind when you were in the water?

We were staying close to our buddies until we were comfortable and then we swam on our way to the finish line.

Q: What felt different about swimming in the Gulf versus swimming in the pool?

With goggles in the pool, it's clear and even with goggles in the gulf, it's murky, dark, cloudy and gloomy.

Q: What did you like about racing in the open water?

"There were other people who are experienced so far advice you could ask them and something I didn't enjoy was at the end my legs were so exhausted I face-planted in the sand when about to go through the finish line."

Q: Do you plan to swim it again, and if so, what things would you do the same and what would you do differently?

We definitely plan on swimming it again if nothing else is going on. We will be able to swim faster now that we know we can accomplish it.

Q: For Sutton, what were you thinking about when you were cheering your brother and sisters on?

I was scared because there might be water snakes and sharks. I followed them by running down the beach while they swam, and I want to do it next year!



Sawyer, Brinkleigh, Karrington, and Sutton

THE WORD "SWIMS" UPSIDE-DOWN IS STILL "SWIMS".

- shared by Jon Rosenbaum

Tropical Splash

Tori Kirkman, Jeremy Hutson, and Colleen Miller competed in Sarasota’s Tropical Splash the weekend following the Hurricane Man. Congrats on Tori’s 1st and Jeremy’s 5th place finishes in the 5k, and on Colleen’s 3rd! Tori shares her thoughts below.

by Tori Kirkman

Siesta Key has always been one of my favorite weekend getaways, so when I heard there would be a 5K swim off of Siesta Beach, I could hardly sign up fast enough. I realized it was Mother’s Day, but luckily I have an amazingly supportive mom who was more than eager to have a little getaway weekend with me featuring an early morning race. So after vegging out for a day, we woke up early on May 13th, I squeezed into my new fast suit (twice, since I attempted to put it on backwards the first time), and we headed to the water.



Photo credit: T. Kirkman

The Tropical Splash offered a 1K walk-to-start, 2.5K single loop, and 5K double loop course. The 1K swimmers were sent off first, followed by my group, and then the 2.5K swimmers. Still recovering from a chest cold, and as a result not training much the previous couple weeks, I was nervous, but the race went swimmingly. It was slightly overcast, but the water was glassy and clear and the current was weak. I usually have envy for the swimmers heading to the beach when I’m going around for a second loop, but I was enjoying being back in the water and was in a nice rhythm so I didn’t mind.

My pace definitely wasn’t my best, but it was good enough to get me first place in my age category... just don’t ask how many competitors there were for that title. Overall, the Sarasota Sharks put on a great race, and I will definitely be signing up again next year.



Photo credit: T. Kirkman



The Madeira 1-Mile Open Water Swim

Because some people just can’t get enough of the open water, Dawn Clark, Sharon Steinmann, Tori Kirkman, Tricia Moses, and Colleen Miller swam in the Madeira 1-Mile race on June 2. From Sharon’s post, she says, “Beautiful, sunny morning today for the Madeira Beach 1 mile Open Water Swim . Very choppy conditions!” I was the 2nd place overall woman and my SPM team mates Dawn Clark took 3rd, Tori Kirkman was 7th, and Tricia Moses was 9th. We had a blast.”

Full results are posted [here](#).



Photo credit: S. Steinmann



Tampa Bay Marathon Swim

The 20th Anniversary of the 26-mile Tampa Bay Marathon was held on April 21. Race director Ron Collins reported the following results:

Solo Swimmers

- 9:55 Karen Zemlin - Overall Champion
- 11:21 Alison Hayden - 45-49 Age Group Champion
- 12:28 Jim Loreto - Male Champion

Relay Teams

- 9:32 Spunky Old Seamen - 2 Person Relay Champions
- 10:21 Capital Punishment - 4 Person Relay Champions



2018 Pan Am Masters Championships!

Forty swimmers will represent St. Pete Masters between July 28 and Aug 4 in Orlando, FL and in the Open Water Events on Sunday, Aug 5 in Daytona, FL. Good luck to them all!

Click on <http://www.2018panammasters.com/swimming.html> and the “Live Results” button to watch.

Ramblings of a Mad Man: Before and After my Alcatraz Experience

by Jonathan Hartwell

My friend Brandon and his wife moved to the San Francisco area a few years ago, and ever since we have been talking about doing the Alcatraz Sharkfest Swim. Every year since I mentioned the idea to Brandon, he's asked, "Are we going to do the swim?" and every year since I've answered, "Next year. I'm not ready." Well on December 28, I got a text message from Brandon saying something along the lines of, "I've signed up for 2018. Now stop being a baby and do it." Those weren't his exact words, but I had to keep it friendly for all audiences. Besides me stalling year-after-year, my wife Dana didn't necessarily like the idea of me swimming where [great white sharks](#) like to breed and dine. But after about a month of flip-flopping and two additional friends signing up, against the better wishes of my wife, I went ahead and signed up as well.

For me, the whole idea of training for a race like this was a little foreign. When I signed up for the event, the longest distance I had ever raced was half a mile in the flat, calm Gulf. The swim from Alcatraz is a 1.5 mile swim with choppy seas and a current that can send you straight into the Pacific. This led me to pushing myself a little more than usual in practice. And against my natural instincts, this time I listened to my wife and teammates and moved up to the Sharks group, no pun intended, and completed a long distance open water event, the Hurricane Man swim. After taking this advice, I felt more confident about the distance, and I started to focus in on the cold water aspect. The average temperature of San Francisco Bay ranges between 54 and 64 degrees. Being born and raised in Florida, the coldest water I've ever had the chance to swim in was the crisp 72 degree waters of Ginnie Springs. And I may have been lying on top of an inner tube with adult beverage in hand. With that in mind, I knew I had to buy a wetsuit and train in it, surprising a few SPMers when I showed up to practice in it. It was different, a little tight in the arms, I floated much easier but by the end, I felt comfortable enough to race in it. Also, I want to thank those of you who gave me some tips about wearing the suit and what to expect when racing in it. However, after one Sunday morning practice, I felt I needed to do some additional training and really prepare myself for the cold water. Fortunately, Dana was there to capture this training session, so there is no need to explain: [How a Floridian Trains for the Cold Water](#).

After all that training, the week finally arrived. It was Thursday evening and I was boarding my flight to San Francisco when I received a text message from Brandon with some "choice" words and a link to the Escape from Alcatraz website. The weather forecasted 20-30 mph winds with gusts up to 40 mph which forced the Coast Guard to issue a small craft advisory, effectively cancelling the swim from Alcatraz and moving it to a shorter swim around the Aquatic Cove Park.



Matt, Brandon, and Jonathan



I was of course upset. I've been talking about swimming from Alcatraz for years, and I finally signed up but now I just get to swim in cold water? It's unfortunate, but we made the best of the situation. Originally, my group of friends and I intended to do a practice swim in the Aquatic Cove the day before the race, but since we would be swimming that exact course the next day, we decided to do something a little more fun. We rented bikes and decided to ride across the Golden Gate Bridge. Of course we can't do anything simple and when renting the bikes Brandon asked if anyone would want to ride a tandem, and being a glutton for punishment, I jumped at the opportunity. Now, if you've never ridden a tandem and you are about to ride with someone who has also never ridden a tandem... just stop right there, take my advice and don't do it. We were less than a quarter of a mile from the rental facility when we started to go downhill and the bike began to move in a way that can only be described as a death-wobble. I genuinely feared for my life and thought I was going to fly over Brandon and eat the sidewalk but we got our feet down and regained control. Once Brandon

figured out that he controlled the brakes, the gears, the steering and should not be taking pictures/video while moving, everything worked out. There were spectacular views before, on and after the bridge. After riding around town all day, I'd like to say that we turned in early to have a good night's rest but when you hang out with friends from college, you sometimes still think you are in college...



The next morning only three of us made it to the swim. The course looked small, the water looked cold, and we may have been hungover, but we managed to pull through. We tried to look cool but these may have also been the faces of disappointment since the water looked flat all the way to Alcatraz.

The officials announced that the water temperature was an even 62 degrees. With my wetsuit on and two swim caps, I approached the holding area for the start with the 600+ swimmers who were also still eager to swim. We were corralled like cattle, waiting to be released into the wild. Without warning, I see the first of the swimmers start to run towards the water but we have yet to move. All of a sudden, the crowd around me begins to hike towards the water. As soon as we cross the starting line everyone begins running towards the beach. I know in my head that this is crazy. It's like we are all lemmings ready to meet our fate, but we continue on. As soon as my feet hit the water I immediately thought, "It's not too late. I can turn around," but the momentum and the adrenaline had grabbed me. Next thing I knew, I dove in and immediately felt like my face was in an ice bath. And I started swimming. Up until the first buoy, I wasn't really sure what was going on. My face was frozen, and I couldn't feel my body, which I attribute that to the fact that I was wrapped up in my wetsuit tighter than a Vienna sausage. But still, I swam. After I rounded the first buoy, the field opened up. Swimmers were veering right and left but no one was cutting straight down the middle. It was if a sea of swimmers had parted for me and the training with the wetsuit paid off. That was until the second buoy. From the second buoy on, each buoy started to get closer in alignment with the rising sun. So much so that the second to last buoy was directly in line with the sun, which threw off my sighting. It also didn't help that I decided to wear my clear goggles. I started swimming towards the last buoy but it wasn't until I was 20 yards off course that I realized I was going to miss one of the buoys. Fortunately, I realized in time to make a course correction and redirected myself to the nearly invisible buoy. Finally, on the home stretch, I was feeling good. I was feeling strong so I started to push harder. At about 150 yards out I gave it all I had; at this point I was at a full sprint and leaving everything in the water. This earned me fourth place in my age group, finishing but just three seconds shy of third place in my age group. Not bad for a first cold water swim, giving me just enough motivation to sign up for next year to hopefully swim from the Rock.

If my recounting motivated you at all, here's the link to sign up: [Alcatraz Sharkfest 2019](#)

The Great Chesapeake Bay Swim



On June 10, Bryant Davies participated in the 4.4 mile Great Chesapeake Bay Swim from Sandy Point State Park, on the Annapolis side of the twin bridges, then back to the finish on the Eastern Shores of MD. Over the years, the fundraiser event has raised over \$1,000,000 for charities such as The Maryland Chapter of the March of Dimes, The National Aquarium, Bay Restoration Project, The Chesapeake Bay Foundation, and several others. You can watch Bryant's finish at 0:42 of the [video](#).

Congratulations, Bryant!

Out of the Pool, On Wheels, and By Foot Ironman Texas

Cindy Newton has competed in multiple Ironman races and is gearing up for the USA Triathlon National Championships in Cleveland, OH on August 11. Wish her luck in her Olympic distance race. Below, she shares her race report from Texas from April 28.

by Cindy Newton

One thing about IM TX in Houston is you have a guarantee that you will not be cold! This year was a gorgeous, albeit, rising heat kind of day that began under a full moon. I had a PR of 12:01 last year on this course, and wanted to give it one more try. Had a mostly great day (as in, great swim, great bike), and then a run that was a major struggle and less than hoped for, but a new PR of 11:17. All in all, another great IM experience in Texas! Looking forward to the next attempt!



St. Anthony's Triathlon

The 35th Annual St. Anthony's triathlon was held on Sunday, April 28. Nat Glackin, Rich Knipe, Carolyn Kiper, Laura Albee, and Chelsea Colwill all participated in the Olympic distance competition. In Laura's first Olympic distance triathlon, she psyched herself up with her Tampa Bay shirt in the staging area. In Chelsea Colwill's first triathlon, she placed 5th in her age group!

Our swimmers are also in high demand for relay teams. Valerie Valle led the GSV racers to a 4th place finish and Ron Collins on Team Diner to 11th in the co-ed division. Dawn Clark swam for The Team to Beat, placing 1st in the Grand Female division, while Tiffany Weidner helped her female team, Ladies from the 80's to a 3rd place finish.

Congratulations to all!



Ron with Team Diner



Chelsea's debut, on her way to a 5th place finish!



Laura thinks about her performance with the Tampa Bay Symphony (2nd violin) later that afternoon

1, 2, 3... Three Names to Watch in Triathlon



by Carolyn Kiper

It's a funny thing, this picture of (from left to right) Cameron Dye, Eric Lagerstrom, and Jason West. First, all three are a big part of the St. Anthony's Homestay program where visiting professional triathletes are placed in family homes in our local community! Thanks to all of you who help support these athletes!

Secondly... take a look at the numbers on their legs (from left to right) 1, 2, 3. That was the order that these athletes finished the St. Anthony's Triathlon last year, 2017.

The week before the St. Anthony's Triathlon this year, all three raced in the *Escape Series* triathlon in Huntington Beach, California. Jason finished first, followed by Eric, and Cam finished 3rd.

Do you see a pattern here?

At this year's St. Anthony's Triathlon, it was interesting to see if Cam could maintain his winning streak with his having won this race in 2015, 2016, and 2017. This was Cam's 10th time racing St. Anthony's and, in addition to these three wins in a row, he had a win in another year giving him 4 victories at this event.

Cam led the swim "from cannon to shore", as he put it, but lost his lead to Eric out on the bike course. He held on for 2nd until young Jason passed him with less than a mile to go. So, take those numbers on the legs...1,2,3 and just rearrange them to 3,1,2.

The next race for these three after St. Anthony's was the *Escape from Alcatraz* triathlon. Ben Kanute, the reigning champion, maintained his control of this race with a first place overall. Eric had a bit of difficulty and did not finish. But Cam beat out young Jason, finishing in 2nd and 3rd places respectively.

Cameron Dye, Eric Lagerstrom, and Jason West... three names to watch this season. You're bound to see one - if not all three - on the podium at the end of many of their races.

*Carolyn noted that in Cam Dye's Alcatraz race report, he says, "The three of us will get to fight it out again in a couple weeks in Philly, and then the following week in NYC. I expect both to be really close races and hopefully I can find a way to break the tape at one of them. (meaning Cam, Ben, and Jason)" She adds that looks like it will now be a "musical chairs" for the podium looking at 4 racers - Cam, Jason, Ben, and (hopefully) Eric. Four races, three podium places. So look to races in Philly and NYC to see how the line up on the podiums!!

From Coach Gary Bastie

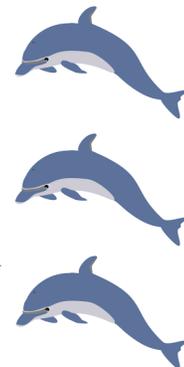


Tip of the Day: The Three Dolphins

This newsletter, I thought I'd put something out there and see what happens. You know, throw it against the wall and see if anything sticks. Now, this is nothing more than a suggestion but, it comes with a small challenge and I know how swimmers just love challenges. So, here it goes.

After years of swimming and watching other swimmers, I've noticed that you can gain instant gratification by beating the person next to you just by doing three dolphin kicks off each wall (while underwater of course). Sounds simple, yet it helps swimmers gain greater distance off each wall. Now, I'm not talking about Flipper-magnitude kicks either. I'm talking about smaller, but powerful quick kicks off the wall. When I mentioned this to some of the swimmers in the afternoon, they loved the idea and, after dodging all of the swim paraphernalia thrown at me, some tried it and it worked. Here's what I and many others have discovered:

1. Three dolphin kicks keep you underwater longer. That's not always good if you like to breathe. I know I do so, I suggest using the three kicks for shorter races, not for the long stuff. If you swim long stuff, you need the air so, maybe just one or two kicks but, at least one works better than none and it needs to be quick but relaxed so you don't use up too much air.
2. If you have a poor dolphin kick, as some do, fewer dolphin kicks works best. No sense in slowing you down just to get in some extra kicks. After all, some of us have more/less flexible ankles and that's the key to kicking free, back, or fly. Besides, you need to find out what works best for you and you can't do that if you don't try something new.
3. If you're swimming a short race (say a 3-5 yarder, well, not that short), try doing more underwater kicks. This works well for 50's and 100's yet, some have used it for longer races with good results. It all depends on how long you can hold your breath and doing that takes practice. You can't expect it to work well for you if you never do it in practice.
4. When you keep your head tucked while kicking, you gain more distance. The opposite would be doing a "superman" push off. Those with the "superman" push-offs like to feel the water force (it feels powerful and fast) yet, it slows you down and gains you less yardage off the wall. Some of you know who you are.
5. When you gain more distance from your push-offs, you have fewer strokes to swim during a race. And, which strokes might they be? They're the last ones, your worst. Knowing that has made a lot of people happy.
6. Sometimes, working the walls on a certain set is best. You can't expect perfection for an entire workout but you can expect to do great things just a few times and that's the point. See which sets work best for pushing off, kicking at least 1-3 dolphins, and you'll have impressed yourself yet again.
7. What you never try is always lost. So, why not try at least a few of these babies during your next workout. You might find the kicks work for you. If not, at least you tried. But, if so, then you know what to do.



Looking Back

by Gary Bastie

Ever since I became a Masters swimmer (in 1975), I've heard the same story, countless times. It goes something like this, "I'm really disappointed that I can't swim the times I used to when I was young." Then, that person either continues with Masters or they quit, at least for a while. I've heard this same story so often that I can recite it in my sleep. Why, just the other day, I was having this same discussion with Bob Beach who knows, all too well, how this mindset has negatively affected those who've quit. During his many years as a Masters' goodwill ambassador, Bob's probably heard this story a lot more than I have but, it's always the same old story. Someone looks back, and gets depressed but, doing that always leaves something off the table that ought to be smack dab in the middle of it. OK, so what is it?

When looking backward, as in 'hindsight is 20/20', what most fail to do is put themselves back into the same mindset they had when we were all young, stronger, and more flexible than today. What they focus on is their young person ability to leap tall buildings in a single bound, swim faster than a speeding bullet, and I think you get the point. What we ought to be doing is looking at ourselves now, through the eyes of that younger us. Instead of looking backward, we ought to go back in time and look at ourselves now, through the eyes of that younger us. When we do that, we'll be proud of what we've accomplished, not saddened by any loss in ability. So what if we can't hold sub-minute times on a set of 100's or do some the younger "us" could do? So what that we can no longer _____ (you fill in the blank). Do you actually think your younger self would care? I seriously doubt it. Instead, focus on what the younger you would see you doing now. That would make any younger person proud. And, since that young person is still inside us, we need to think about ourselves now, just as we would have if, while we were young, someone would have showed us who and what we'd become. Think of the accomplishments, career, the relationships, family, and just think, we're STILL swimming and nothing has deterred us, nothing. So what if we can't do what we used to do. We're still at it. Here's a list of some of what the younger us would be proud of:

1. That we're still in shape, working out, and that we stayed with it (the "it" being swimming).
2. That we can still fit in a Speedo, 'nuff said.
3. That we can still do the same strokes and events that we used to do. The younger us wouldn't have cared about the times.
4. That swimming is still our anchor and our tenacity (and I don't mean sun-bathing your butt within city limits) has kept us going, regardless of what's happened.
5. That we still look good, swim to feel better, and have made it a lifestyle.
6. That we've come back from some pretty major events in our lives and still swim. I know this affects a number of my teammates as well as myself.

I could go on, but I think you get the point. In fact, most of you could come up with your own list. So, instead of looking back, why not take a little time and focus on what the younger you would see if looking ahead say, 20, 40, 60, or even 80 years into the future. If we did that, we'd be proud of ourselves and rightly so. Why, just a glimpse into our future as the younger us, would have revealed a really "cool" older us and that's something to be proud of. Think about it.

**YOUR FUTURE SELF IS WATCHING YOU RIGHT NOW
THROUGH MEMORIES**

- shared by Jon Rosenbaum

Like Night and Day? Not Really ...

It doesn't matter what time of day we swim — we are all swimmers, and the water is our common 'stomping ground.' Martha Gipson and Regina Novak enlighten us with their reasons for choosing the times they do. Many of us 'meet' at meets or Sunday morning practices. How many of your fellow teammates in the following pictures do you recognize?



Musings on the Afternoon Masters Practice

by Martha Gipson

It seems that there are the middle-of-the-night risers and then the rest of the world. I speak for the rest of the world, an afternoon workout swimmer. When on the rare occasion a middle-of-the-night, aka, morning workout swimmer, shows up in the afternoon, there seems to be an element of surprise that we all do not start and finish together, and there is no digital pace clock. True.

The uniqueness of the afternoon practice is that it accommodates the variety of careers and life circumstances, maximizing opportunity for a great workout and camaraderie.

We come when we can and stay as long as we can, trying for the 4:30 start time if possible.

Gary is awesome. He accommodates each swimmer with a pleasant greeting and individualized suggestions as we arrive. He places like-paced swimmers together, encouraging groups to work out together. He regularly gives technique improvement suggestions and discusses individual goals. He applies his Masters degree in sports psychology with subtle nuance, as he gently makes suggestions for individuals, never being pushy. He knows we adult swimmers like our autonomy. Ha ha! I appreciate his encouragement when I have been discouraged with my lack of progress. Gary also keeps us amused with his jokes and good cheer.

I love Masters swimming and the unique, wonderful people. I enjoy the loud laughter I hear across the lane lines, especially the hearty chuckles of Mike and Aaron. At those times, we should all be "Fine Winners". I will continue to admire you middle-of-the-night risers through degrees, (or maybe rays of sunlight), of separation.



The Morning Crew

by Regina Novak

Between 4:30 and 5:15am, alarm clocks are going off in homes throughout the county, announcing that morning is here and it means one thing: it's time to get up and go to swim practice.

I'd be lying if I said it was always easy to get up. There's some groaning, possibly a little dozing off after hitting the snooze button, and likely a quick thought of all the reasons why we should really go back to sleep. But deep down, despite the exhaustion of starting a full day that early, there's this little voice inside our heads and hearts that whispers with excitement "I get to go to swim practice!" It's a sweet siren call to the water that swimmers just have inside them, and it's more enticing than a warm bed and sleep.



Regina and some fellow stroke group swimmers

With almost no one else on the road (because what sane person wakes up at that ungodly hour?), the drive is easy...and pretty sleepy. I admit there have been mornings when I get to the pool and think, I don't know how I got here. Our autopilot just kicks in and we find ourselves pulling into our favorite parking lot, with the glorious, state of the art North Shore Aquatic Complex welcoming us like a mother welcoming their child home.

Despite the early hour, the morning crew is pretty cheerful and lively. Some stroll in with pajamas, a few ride in on their bikes, and a few have even had their morning cup of coffee. When that clock hits 5:29, we are ready to go. It's not always easy to actually get in, and we do have a few procrastinators, but when the clock lets us know it's time, we enter the water with dives, slide ins and jumps. Shrieks of shock over the temperature of the pool are typically heard from the Stroke group in particular. To be honest, a few of us never actually warm up and continue to complain about being cold, and even refer to the lovely Disney movie Frozen.

Why do we do it you may ask? Because it's the best way to start our day. Our team comes from all walks of life. For some, retirement is here, and they like to rise early and have a morning workout start their day. For others, this is the first thing we do before we tackle the day of work, children, drop off, pickups and traffic. Our swim, and our teammates, are what gets our day off on the right foot. It may be the only thing we look forward to, or it may be a great way to start what's going to be a great day. Many stay the whole 90 minutes, while others trickle out as work and family obligations take precedence. For me, it's always been the one time of the day that is for me. It's the time I get to prioritize my wellbeing and do something just for me ... not for employees and my kids. This is my time. It's my personal therapy session to work through what feels like the weight of the world on my shoulder. In the water, I can reach a spiritual level of peace and visualize myself drowning the heartaches in my soul. My problems don't go away, but after a swim, I feel so much stronger and ready to face the challenges life has in store for me.

I have another confession about why I love to swim: I am most comfortable in my swim attire. I'd choose my suit, cap and goggles over heels, dresses and makeup in a heartbeat. At swim practice, it's raw and real. This is who we are. We cannot hide the imperfections of our bodies, and instead we own it proudly. We are among other swimmers, and there's no judgment. This is me. The water loves us no matter our shape or size, no matter our age or ability. The water loves every body and everybody. When we are in the water, there are no cell phones, televisions or needy people. We come as we are and we are accepted as such. Our swim community embraces us, and there's not a better way to start the day.

And one more thing. Any morning swimmer can tell you that a sunrise overlooking the bay and North Shore Pool is one of the most beautiful views you could ever have. Seeing the array of colors as the sun comes up is truly a magnificent experience, especially when you are enjoying the view doing the thing you love the most.



Our beautiful sunrise (photo credit: Josh Smith)

A Growing SPM Family ...



Beautiful Soleil Grace, born on June 18, with happy mom and dad, Taryn and Andrew Hill (Photo: Taryn Hill / Tabitha Brandt)

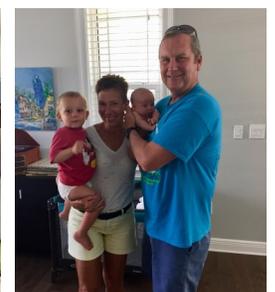
Congratulations to Taryn and Andrew Hill on the birth of their daughter, Soleil Grace on June 18! Phyllis Scheidt and her husband Ken proudly welcome their new granddaughter, Sophia on March 18, and Dan and Patty Nardozzi have been busy the past few months, with three new grandbabies, Nicholas, Nathaniel, and Oliver! Welcome, little swimmers!



Grandparents Phyllis and Ken Scheidt are proud of their precious granddaughter Sophia, March 18 (Photo: Phyllis Scheidt)



April 16: Proud grandparents, Patty and Dan Nardozzi with darling twins Nicholas Daniel and Nathaniel Gerard, and older sibs, Andrew and Abby (Photo: Patty Nardozzi)



Newest Nardozzi, Oliver George arrives on May 11, sharing a birthday with grandma Patty, poses with big bro Henry & grandpa Dan (photo: P. Nardozzi)

Through the years ...



25th Anniversary Swim Meet (from Doris Propoki)



Awards Banquet, 2001 (Photo: Chris Swanson)



Bob Beach Championship Meet, April 2017

2018 At a glance

July 15 — ePostal - 5k/10k Team Swim, 7:30am (e-mail [Gary Bastie](#))

Aug 19 — ePostal - 5k/10k Team Swim, 7:30am (e-mail [Gary Bastie](#))

Aug 25 - Swim Meet — [Coral Springs Last Chance Meet](#)

Sept. 9 - Swim Meet (LCM) — Tail's End Meet, Largo, FL

Oct 12 - 14 - Swim Meet (SCM) — Rowdy Gaines Masters Classic, Orlando, FL

Nov 3 - 4 - Swim Meet — Shark Tank Meet, Sarasota, FL

SPM Officers

| | |
|-----------------------|---------------|
| President | Steve Freeman |
| Vice President | Phil Harasz |
| Secretary | Cheryl Kupan |
| Treasurer | Kevin Mooren |

SPM Board

| | |
|----------------|----------------|
| Kern Davis | Paula Texel |
| Melissa Harasz | Miles Williams |
| Katy Kline | Livia Zien |

Coaches

| | |
|------------------------|-------------|
| Head Coach | Fred Lewis |
| Assistant Coach | Gary Bastie |

In loving memory: Charles Kohnken 1931-2018



We are extremely saddened by the loss of longtime SPM member Charlie Kohnken. In the world of swimming, when he wasn't competing at meets, he could always be found poolside, dedicating himself with officiating. We will miss you, Charlie. Please keep his wife Marge, and his family in your thoughts and prayers.