



July 2002

United States Masters Swimming - Maryland LMSC

Volume 4 Issue 3

USMS SCY Nationals

The 2002 SCY Nationals were held at the University of Hawaii on May 14-17. 1100 swimmers were entered, including 3 from the Maryland LMSC. All three swimmers placed in all their events. Bob Johnston did his best times in years, only to just miss first place in two events by .04 seconds (100 breast) and .01 second (200 breast).

Carolyn Voorhees (40-44)
50 Free – 25.30 6th
100 Free – 56.22 4th
50 Brst – 34.87 9th
50 Fly – 28.24 5th
100 IM – 1:05.95 6th

Bonnie Johnston (50-54)
100 free – 1:02.02 5th
200 free – 2:20.69 4th
50 Back – 32.73 4th
100 Back – 1:13.04 4th
200 Back – 2:36.22 2nd
50 Fly – 31.88 8th

Bob Johnston (65-69)
50 Free – 27.94 4th
50 Brst – 34.28 1st
100 Brst – 1:16.52 2nd
200 Brst – 2:51.53 2nd

Swim Series Summary

This 2001-2002 season's Swim Series was very well attended. Thanks to everyone who helped organize and run the meets.

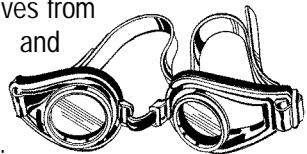
- Oct. - Howard County YMCA - Mike Jacobson - 70 swimmers
- Nov. - Meadowbrook - John Cadigan - 69 swimmers
- Dec. - Towson Univ. - Pat Mead - 71 swimmers
- Jan. - AOSC - Rand Vaillancourt - Snowed out for the first time ever!
- Feb. - SPY - Nancy Brown - 97 swimmers
- Mar. - UMBC - 107 swimmers

The following people completed the Swim Series Challenge by swimming at least 9 different individual events in the meets:

Amy Hoch, Bonnie Ferreira, Carla Mazyck, Gladney McKay, Jill Coleman, Joan Libby, Kay Williamson, Lori Ramser, Nancy Watson, Frank Ganoczy, Jim Mathwick, Luke Daniel, Patrick Sebring, Rand Vaillancourt, Raymond Toy, Stanley Duobinis, Yu-Jin Lee.

Annual LMSC Meeting

The Annual Maryland LMSC meeting will be held on Saturday, September 7 at 10:30 am at Barb Protzman's home. You can join us for practice at UMBC that morning at 8:00. Continental breakfast will be served. The Swim Series schedule for next year will be discussed. If you have any ideas for the coming year, and are unable to attend, please call or email Barb. We would like to see representatives from all teams and work out groups at the meeting.



inside . . .

LMSC AWARDS BANQUET

AYOUT AND DESIGN BY SHERIF SHAALA

—	Swim Series Summary	page 1
—	Annual LMSC Meeting	page 1
—	USMS SCY Nationals	page 1
—	Maryland LMSC Awards Banquet	page 2
—	LMSC Records	page 3
—	This & That	page 3
—	Open Water Swims	page 4
—	Great Chesapeake Bay Swim	page 4
—	Manhattan Island Marathon Swim	page 6
—	The Manhattan Swim—Emily Watts	page 7



Maryland LMSC Awards Banquet

The Maryland LMSC Awards Banquet was held on June 8 at the BWI Holiday Inn. It had been at least five years since this had been held, and we hope to continue it for many years to come. The food was great, the company was great, and many great swimmers were recognized. We hope that more of you will join the festivities next year!

HCYM Awards – Presenters: Coaches Mike Jacobson and Ray Toy

Most Improved - **Dan Beisel, Cynthia Durham**

Rookie Of The Year - **Richard Hrybyk, Theresa Perez**

Swimmer Of The Year - **Dave Ofstead, Courtney Giulioni**

Towson Univ. Awards – Presenter: Coach Pat Mead

Swimmer of the Year – **Bonnie Johnston**

SPY Awards – Presenter: Coach Nancy Brown

Laps for Liberty Swim Outstanding Achievement – **Viki Anders** (5,932 laps in one month)

Betty Taylor Spirit Award – **Joan Libby**

Rookie of the Year – **Bonnie Ferreira**

Coach's Award – **Nancy Shaffer, Ruth Reiner**

SPY Outstanding Achievement – **Nancy Watson**

YMCA National Outstanding Swimmer – **Carolyn Voorhees, Patrick Sebring**

Youngest YMCA National Champion – (Rachel's) **Baby Frentsos**

Most Improved (Oldest Novice) – **Geoff Revett**

SPY Swimmer of the Year – **Carolyn Voorhees**

UMBC Awards – Presenter: Coaches Darlene Schaub and Katherine Branch

Zone Meet Outstanding Swimmer – **Deborah Zimic**

Teamwork Award – **Amy Pittroff**

Coach's Award – **Lynne Bragg, Rob Dobry**

Most Dedicated – **Kathy Webster**

Rookie of the Year – **Lynn Hendrickson**

Outstanding Achievement – **Emily Watts**

LMSC Swimmer of the Year - **Bonnie Johnston**

Bonnie staged a marvelous comeback as she aged up to 50. This year Bonnie did her best times in 10, 15, or 20 years. She placed in all her events at USMS Nationals, with a best finish of second in the 200 back. This was after a surf accident on vacation in 1996 which left her with temporary paralysis.

USMS Nationals: 100 Free – 1:02.02 5th
200 Free – 2:20.69 4th
50 Back – 32.73 4th
100 Back – 1:13.04 4th
200 Back – 2:36.22 2nd
50 Fly – 31.88 8th

Colonies Zone: 50 Free – 28.52 1st
50 Back – 33.93 1st
100 Back – 1:14.01 2nd
200 Back – 2:39.87 2nd
50 Fly – 32.73 2nd



LMSC Records

The Maryland LMSC Local Top Ten has been compiled and is available on the website. This year, 58 LMSC records were broken. Congratulations to everyone!

Carolyn Voorhees (40-44) 50, 100 Free; 50 Brst; 50 Fly; 100 IM

Deborah Zimic (40-44) 200, 500, 1000 Free; 200, 400 IM

Trish Lane (40-44) 1650 Free

Bonnie Johnston (50-54) 50, 100, 200 Free; 50, 100, 200 Back; 50 Fly; 100 IM

Pamela Breza (55-59) 50 Free; 50, 100, 200 Brst

Nancy Brown (65-69) 50, 100, 1650 Free; 200 Brst; 50, 100 Fly; 100, 200, 400 IM

Jill Coleman (70-74) 100 Brst, 100 Fly, 100 IM, 400 IM

Lesley Francis (70-74) 200, 500 Free

Catherine Williams (75-79) 200 IM

Doris Russell (80-84) 200, 500 Free

Sean Perschy (19-24) 50 Free

John Enterline (55-59) 50 Free

Chris Ostrom (55-59) 50, 100 Fly; 200 Brst, 200 IM

Bob Johnston (65-69) 50 Free; 50, 100, 200 Brst

Yu-Jin Lee (65-69) 100 IM

Lou McComas (70-74) 50, 100, 200 Back; 50, 100, 200 Brst

This and That

- ♦ **Maryland Senior Olympics** will be held on October 4-5 at Towson University. This event includes numerous sports such as swimming, track & field, tennis, squash, archery, as well as team sports. In order to participate you must be age 50 or older as of December 31. This is a qualifying year for the National Seniors Games which will be held in Hampton Roads, VA next June. We'd like to see more Masters participate in the swimming events to improve the level of competition. Entry deadline is August 15. For more info, see www.towson.edu/solympics or call 410-704-4456.
- ♦ Bill Kvetkas and Marge Burley both competed in the Blackwater Half-Ironman Triathlon on June 8. Both finished second in their age group. Bill's time was 4:16.02 and Marge's time was 5:39.19. Bill has qualified for the Hawaii Ironman.

*Chairman/Top Ten/
Registrar:*

Barbara Protzman
7919 Main Falls Circle
Catonsville, MD 21228
(410) 788-2964
swimbarb@hotmail.com

*Vice Chairman/
Newsletter Editor:*

**Nancy "Chest Pillows"
Brown**
424 Riverside Dr.
Pasadena, MD 21122
(410) 255-0699

Secretary:

Marge Burley
611 Nottingham Rd.
Baltimore, MD 21229
(410) 945-4965

Treasurer:

Patty Devanny
419 Nottingham Rd.
Baltimore, MD 21229
(410) 947-4669

Fitness:

Gladney McKay
362 Kimwood Rd, Arnold,
MD 21012,
(401) 518-6223

OPEN WATER SWIMS

On May 26, seven Maryland swimmers participated in the 2-mile Reston Lake Swim. Our swimmers were: Emily Watts (44:21), Deb Zimic (44:28), Warren Gove (46:22), Karen Whelan (56:36), Ray Toy (57:46), Abby Glassberg (1:01.32), Rob Dobry (1:07.57). Emily was the third female finisher, and Deb was the fifth female finisher. They each placed second in their respective age groups.

On June 1, three Maryland swimmers took on the 7.5-mile Potomac River Swim. Trish Lane (3:05.14), Rob Dobry (5:17.52), and Joe Stewart (6:28.40) are congratulated on their accomplishment.

Great Chesapeake Bay Swim

The 2002 Great Chesapeake Bay Swim was held on June 16 with basically favorable conditions. The 4.5-mile swimmers enjoyed a tail-wind, while the 1-mile swimmers had half of their swim into the wind. Water temperature was a pleasant 72 degrees. Only about 5 or 6 of the 4.5-mile swimmers out of almost 600 did not finish. The results of the members of the Maryland LMSC are as follows:

RESULTS OF THE 2002 1-MILE BAY SWIM

<u>Place</u>	<u>Bib#</u>	<u>Name</u>	<u>G</u>	<u>Age</u>	<u>City/St</u>	<u>Ftime</u>	<u>Div/Tot</u>	<u>Div</u>	<u>Gen/Tot</u>	<u>G</u>
8.....	816	Craig Jones.....	M ..39	LUTHERVI ,MD.....	20:53	4/39	M30-39.....	7/125	M	
21.....	813 ..	Michael Jacobson.....	M ..33	ELLICOTT ,MD.....	23:57	8/39	M30-39.....	15/125 ...	M	
24.....	987 ..	Carolyn Voorhees.....	F ..41	ARNOLD ,MD.....	24:22	1/31	F40-49.....	9/124	F	
25.....	939	Jeffrey Viohl.....	M ..44	MILLERSV ,MD.....	24:25	5/51	M40-49.....	16/125 ...	M	
38.....	824	Philip Kerr.....	M ..67	STEVENSV ,MD.....	25:50	1/4	M60-69.....	24/125 ...	M	
40.....	828	Kyle Kranz.....	M ..24	BALTIMOR ,MD.....	25:52	4/15	M20-29.....	26/125 ...	M	
59.....	873	David Ofstead.....	M ..38	LINTHICU ,MD.....	27:34	14/39	M30-39.....	38/125 ...	M	
66.....	932	Raymond Toy.....	M ..35	CATONSVI ,MD.....	28:11	16/39	M30-39.....	43/125 ...	M	
70.....	773	Bonnie Ferreira.....	F ..34	PASADENA ,MD.....	28:21	9/45	F30-39.....	26/124	F	
102.....	931	VictoriaToomey.....	F ..33	BALTIMOR ,MD.....	30:04	16/45	F30-39.....	43/124	F	
108.....	738	Katie Candelaria.....	F ..28	COLUMBIA ,MD.....	30:15	18/32	F20-29.....	47/124	F	
110.....	707	David Appleby.....	M ..43	ARNOLD ,MD.....	30:21	23/51	M40-49.....	62/125 ...	M	
111.....	995	Mark Hutton.....	M ..31	BALTIMOR ,MD.....	30:31	21/39	M30-39.....	63/125 ...	M	
128.....	772	Stacy Epperson.....	F ..44	MILLERSV ,MD.....	31:25	14/31	F40-49.....	59/124	F	
131.....	916	Ken Shuart.....	M ..42	LOTHIAN ,MD.....	31:31	28/51	M40-49.....	70/125 ...	M	
144.....	979	Linda Rudie.....	F ..40	GLENBUR ,MD.....	32:08	18/31	F40-49.....	68/124	F	
167.....	716	Dan Beisel.....	M ..49	ELLICOTT ,MD.....	34:23	38/51	M40-49.....	86/125 ...	M	
196.....	794	Elizabeth Gruber.....	F ..53	ANNAPOLI ,MD.....	36:37	4/9	F50-59.....	95/124	F	
224.....	853 ...	Bruce Mcpherson.....	M ..47	ODENTON ,MD.....	40:28	49/51	M40-49.....	117/125 ..	M	
230.....	905 ..	Margaret Schlundt.....	F ..49	MILLERSV ,MD.....	42:48	26/31	F40-49.....	111/124 ...	F	
232.....	791	Iva Grahek.....	F ..43	BOWIE ,MD.....	43:39	28/31	F40-49.....	113/124 ...	F	

RESULTS OF THE 2002 4.5-MILE BAY SWIM

Place	Bib#	Name	G Age	City	St	Ftime	Pace	Div/Tot	Div	Gen/Tot	G
19	381	David Collier*	M 15	CATONSVILLE	MD	1:33:55	21:21	6/7	M15-19	18/408	M
26	633	Emily Watts	F 34	MANCHESTER	MD	1:35:42	21:45	1/35	F30-34	3/173	F
31	493	Trish Lane	F 40	LUSBY	MD	1:37:14	22:06	1/28	F40-44	5/173	F
44	350	Paul Brabson	M 41	BOONSBORO	MD	1:39:36	22:39	6/81	M40-44	37/408	M
52	393	Deborah Dawson	F 34	BALTIMORE	MD	1:41:21	23:02	3/35	F30-34	10/173	F
58	345	Bonnie Bloom	F 23	COCKEYSVILLE	MD	1:42:34	23:19	2/16	F20-24	12/173	F
62	460	Philip Hoge	M 46	CROFTON	MD	1:43:13	23:28	4/57	M45-49	50/408	M
64	651	Deborah Zimic	F 40	CATONSVILLE	MD	1:43:20	23:29	3/28	F40-44	14/173	F
68	559	Julie Peterson	F 25	CROFTON	MD	1:44:04	23:40	1/28	F25-29	15/173	F
74	571	John Protzman	M 44	SEVERNA PARK	MD	1:44:50	23:50	12/81	M40-44	57/408	M
78	618	Christopher Swensen	M 43	CROFTON	MD	1:45:42	24:02	13/81	M40-44	59/408	M
80	563	Kurt Pfaff	M 49	RIVA	MD	1:45:57	24:05	5/57	M45-49	61/408	M
92	461	Annette Holmgren	F 37	CHESTER	MD	1:47:32	24:27	4/31	F35-39	25/173	F
106	374	Allan Cohen	M 30	ELLICOTT CITY	MD	1:48:43	24:43	11/51	M30-34	78/408	M
123	592	Tom Schmalenberg	M 32	GLEN BURNIE	MD	1:49:42	24:56	15/51	M30-34	93/408	M
131	370	Michael Caulfield	M 35	ELLICOTT CITY	MD	1:51:20	25:19	20/75	M35-39	101/408	M
137	656	David Young	M 47	FALLSTON	MD	1:51:55	25:27	11/57	M45-49	106/408	M
140	569	Louis Pisone	M 31	LAUREL	MD	1:52:00	25:28	17/51	M30-34	108/408	M
162	604	Joanne Sonberg	F 27	JOPPA	MD	1:54:13	25:58	6/28	F25-29	38/173	F
172	486	Holly Kleiderlein	F 27	GLEN BURNIE	MD	1:55:33	26:16	7/28	F25-29	43/173	F
174	444	Alan Gruber	M 45	ANNAPOLIS	MD	1:55:46	26:19	16/57	M45-49	131/408	M
182	440	Warren Gove	M 47	MIDDLETOWN	MD	1:56:34	26:30	18/57	M45-49	135/408	M
220	517	Janice Mattson	F 49	ELLICOTT CITY	MD	2:00:37	27:25	6/16	F45-49	66/173	F
232	521	Thomas Matysek	M 47	JOPPA	MD	2:01:14	27:34	24/57	M45-49	163/408	M
236	468	Jack Iliff	M 57	ANNAPOLIS	MD	2:01:31	27:37	8/32	M55-59	164/408	M
250	51	Bill Conroy	M 58	CROFTON	MD	2:02:57	27:57	9/32	M55-59	175/408	M
261	383	Michael Collins	M 39	ELLICOTT CITY	MD	2:04:03	28:12	44/75	M35-39	182/408	M
269	120	Samantha Harris	F 33	ANNAPOLIS	MD	2:04:34	28:19	19/35	F30-34	82/173	F
274	108	Andrew Grannell	M 55	GAMBRILLS	MD	2:04:57	28:24	10/32	M55-59	192/408	M
288	21	Melissa Belman	F 38	ANNAPOLIS	MD	2:07:38	29:01	18/31	F35-39	88/173	F
290	64	Caroline Day	F 32	BALTIMORE	MD	2:08:04	29:07	20/35	F30-34	89/173	F
296	16	Paige Bauman	F 34	ANNAPOLIS	MD	2:08:34	29:14	21/35	F30-34	93/173	F
315	564	Robert Phillips	M 56	SEVERNA PARK	MD	2:11:24	29:52	11/32	M55-59	218/408	M
348	341	Jennifer Bistrack	F 29	ANNAPOLIS	MD	2:15:14	30:44	19/28	F25-29	104/173	F
351	133	Thomas Huibregtse	M 52	TIMONIUM	MD	2:15:23	30:46	21/45	M50-54	245/408	M
383	62	Jeffrey Davis	M 50	ELLICOTT CITY	MD	2:17:52	31:20	24/45	M50-54	270/408	M
387	70	Robert Dobry	M 47	LAUREL	MD	2:18:18	31:26	40/57	M45-49	274/408	M
392	382	Maryann Collins	F 29	ELLICOTT CITY	MD	2:18:44	31:32	24/28	F25-29	115/173	F
403	639	Karen Whelan	F 35	ELLICOTT CITY	MD	2:20:36	31:58	25/31	F35-39	119/173	F
416	279	Richard Trunnell	M 40	CROFTON	MD	2:21:30	32:10	61/81	M40-44	296/408	M
420	48	Claire Clayton	F 39	UPPER MARLBORO	MD	2:22:19	32:21	28/31	F35-39	122/173	F
428	140	Joseph Jackins Jr	M 54	MILLERSVILLE	MD	2:23:46	32:41	30/45	M50-54	306/408	M
429	39	Chris Carlson	M 35	ARNOLD	MD	2:24:01	32:44	59/75	M35-39	307/408	M
455	531	David McNeely	M 59	GLEN ARM	MD	2:28:24	33:44	24/32	M55-59	324/408	M
460	136	Sally Iliff	F 57	ANNAPOLIS	MD	2:28:57	33:52	1/2	F55-59	133/173	F
478	171	Matthew Marcy	M 34	ARNOLD	MD	2:31:57	34:32	47/51	M30-34	341/408	M
500	210	Julie Parks	F 24	SEVERNA PARK	MD	2:37:22	35:46	16/16	F20-24	145/173	F
511	256	Bridget Simpson	F 34	COLUMBIA	MD	2:41:04	36:37	32/35	F30-34	150/173	F
529	104	Abby Glassberg	F 42	CLARKSVILLE	MD	2:47:51	38:09	20/28	F40-44	157/173	F
538	145	Mitchell Jung	M 34	BALTIMORE	MD	2:50:09	38:41	50/51	M30-34	380/408	M
552	173	Tony Martino	M 41	LAUREL	MD	2:58:19	40:32	77/81	M40-44	391/408	M
575	75	Stanley Duobinis	M 51	MILLERSVILLE	MD	3:26:15	46:53	45/45	M50-54	406/408	M

*David is Katherine Branch's son. He just turned 15 and this was his first Bay swim.

MANHATTAN ISLAND MARATHON SWIM

New York, N.Y. – On June 23, Emily Watts, a 34-year old mother and accomplished open-water swimmer from Manchester, Maryland, won the 21st annual Manhattan Island Marathon Swim. Watts took the lead early and never relinquished it, completing the course in seven hours, forty-six minutes, ten seconds (7:46:10). Her name will be engraved on the Gallagher Cup, named for event founder Drury Gallagher.

Finishing in second place was Ron Collins, 40, from Clearwater, Florida, posting a time of just over eight hours (8:00:26). Collins held off a late charge by New York City resident Gilles Chalandon, who cut Collins' earlier eight-minute lead in half to finish in 8:04:44. Rounding out the top five were Rachel Luch, 20, a student from Chester, New York (4th - 8:06:48) and Thomas Schwartz, 42, a physician from Sarasota, Florida (5th - 8:07:00).

Earlier in the day, 14 individuals and 7 relays from around the country began the race at Battery Park City's South Cove - near the southern tip of Manhattan on the Hudson River. Competitors followed the traditional counterclockwise route around Manhattan, swimming up the East and Harlem Rivers, around the northern tip of Manhattan, and then down the Hudson River back to Battery Park City.

Conditions were near-perfect, with sunny skies, relatively calm waters, and a water temperature of 68 degrees. Last year's event was a different story, with thunderstorms forcing swimmers back to their escort boats twice to wait out the dangerous conditions.

Finishing first among the 6-person relay teams this year was the Asphalt Green "Fish Gang" Team, with a time of 7:53:16. Team "Fish Gang" was named in honor of Andrew Fisher and Doug Irgang, two New York City Masters swimmers who were lost in the World Trade Center attack on September 11, 2001. Team members, comprised of friends and teammates of the two men, are: Patti Robison, R. Christian Vergara, Joanne Colaneri, Virginia Somma-Guido, Bobby Allison and Michael Dempsey.

Finishing first in the 4-person team category were the "Tri-State Trout", with a time of 8:13:16. Team members are Leonard Jansen, Shawn Hendrickson, Richard Wallace, and Don Walsh.

The unofficial results of the swim are as follows:

INDIVIDUAL COMPETITORS

1. Emily Watts, 34, Manchester, MD, 7:46:10
2. Ron Collins, 40, Clearwater, FL, 8:00:26
3. Gilles Chalandon, 45, New York, NY, 8:04.44
4. Rachel Luch, 20, Chester, NY, 8:06.48
5. Thomas Schwartz, 42, Sarasota, FL, 8:07:00
6. Andrew Johnson, 37, Arlington, VA, 8:09:36
7. Scott Zornig, 42, Rancho Santa Margarita, CA, 8:15:02
8. Maddalena Mustillo, 22, Union, NJ, 8:21:08
9. Michael Maier, 40, Ellington, CT, 8:21:48
10. Becky Jackman, 38, La Mesa, CA, 8:29:09
11. Bonnie Schwartz, 23, New York, NY, 8:53:03
12. Terry Laughlin, 51, New Paltz, NY, 8:53:31
13. Henry Eckstein, 54, New York, NY, 9:05:00
14. Chris Solarz, 23, New York, NY, 9:13:31

6-PERSON RELAY TEAMS:

1. Asphalt Green "Fish Gang", 7:53:16
2. Team Sufferfest, 8:39:20
3. Holy Cross Alumni, 8:48:28
4. Jelly Fish, 9:02:22

4-PERSON RELAY TEAMS:

1. Tri-State Trout, 8:13:16
2. Team Whatever, 8:32:05
3. Team Himajin, 8:34:25

The Manhattan Island Marathon Swim is sponsored by the Manhattan Island Foundation, with additional support from the Hudson River Park Trust, the New York City Department of Parks and Recreation, and corporate sponsor D'Agostino Supermarkets. Each year, the Manhattan Island Foundation donates a portion of the race's proceeds to help New York City neighborhoods establish Learn to Swim programs for children, and rehabilitate city swimming facilities. More than \$100,000 has been donated so far. [See www.nycswim.org for more details and photos.]

The Manhattan Swim – By Emily Watts

Physical and Mental Preparation

As of January I began doing a 3-week hard, one-week moderate rotation. In other words I would do about 45,000-50,000 yards for three weeks and about 40,000 yards the 4th week. Practices were mixed up though sprinting was one area I needed to improve based upon my last years results. Keeping weight on becomes a problem with this training regiment. Two-three protein shakes a day just about takes care of that.

Weight training takes place twice a week for an hour session. I have incorporated core body exercises this year, legs, hips, back, in addition to arms, chest, and abs. Last year I did less weights and more yardage. That has been my biggest change in my training program.

I am convinced that your mind takes over after about 5 hours. I have read and reread the book “The Mental Edge” to deal with body and mind exhaustion. It takes a lot of time and practice to master techniques to get you through a long race but well worth it.

Race Day Preparation

I have learned that your crew can make or break you. I have been on both ends. After spending several hours talking with my kayaker, I had complete faith in his ability to get me around Manhattan the fastest way possible, not necessarily the shortest. I made it clear to the rest of my crew that he is the sole person leading the pack. It works best with one leader.

I had two people to help me with feedings. I wanted to go every 40 minutes though was convinced at least every 30 minutes. I knew the race would be tight and I couldn't afford to lose time eating. I also decided to feed from the powerboat. A cup holder was put on at the end up a telescope pole for feedings.

Race Day

After talking to many people who have done the race, my plan went as follows:

1. East River - hold back a bit since the currents are usually strong
2. Harlem River - pick it up a notch though save some for the Hudson
3. Hudson River - I had no plan since I was told once you hit this river it is all down hill.

The race was like clock work. My stroke count was at 78 strokes per minute in the East and 80 strokes per a minute in the Harlem. I was 100% focused on four strokes, one breath. Nothing broke that cycle. I tried to predict what would happen to my body opposed to reacting to it. I had some banana in the East and began Power Gels at the end of the Harlem. Aside from the times when the official boat tried to steer me closer to shore, my course stayed in the currents, which was the middle of the river.

Once I hit the Hudson I thought I was home free. Wrong! There was unpredicted chop and a lot of boat traffic. Between the water and the power gel I started to feel a bit sick. My body really began to fatigue fighting the chop. Once I started a rhythm, I would be slammed by a wave. This went on for a good 2-1/2 hours. My body started to stiffen up a bit so I began to breathe to both sides which helped. I kept a picture of the finish line in my head this entire way.

With the exception of the mini-cruise liner that got in between me and the powerboat, I was able to remain focused. My crew wasn't much help with giving information out. I would drink a bit and they would yell to go. I guess I did say time is crucial with the feedings.

At one point I did think about the infamous wall that may get in the way. I quickly washed that thought from my head. I focused on the finish line. Before I knew it, there it was.

After Race Thoughts

I was tired. My entire body hurt. I was sick and dizzy. After some time I realized that this was the perfect race. I wouldn't have changed anything. I feel the crew, my experience, the conditions and my drive made for the perfect race.

Reflections

I was constantly reminded of Sept. 11. Our hotel overlooked Ground Zero. The start had to be changed. There were less people accepted in the race for security purposes. I will never forget the 5 firemen that we passed in the East River watching the race. A fellow swimmer's kayaker yelled, "NYFD rocks". One fire fighter yells back, "No, you rock!"