

TRYM Swimmers Go Postal

By Greta van Meeteren

'T is the time of the year: Long Course Swimming. I personally love swimming long course; it is a wonderful thing for a distance swimmer. It gives the opportunity to get into a nice rhythm because you have to make half the amount of turns.



Left to right in this picture:

Andrea Packard, Mark Doyle, Hans van Meeteren, coach Frank McGrath, Camille Klotz, Greta van Meeteren, Sean Maynard, Steve Kelley, Bob Husson, Jan Mosca and in the water Rita Maynard.

Each year there are five Postal National Championships. The 5K and 10K Postal National Championships are held between May 15 and September 15 and they have to be swum in a 50M pool.

It is not always easy to get access to a 50M pool, and we consider ourselves extremely lucky because the Goldsboro Family YMCA and its very friendly aquatic directors Tammy Yates and Richard Kendall gave us the opportunity to participate in these championships as a group. On August 3rd 8 swimmers, coach Frank and extra timers carpooled to Goldsboro where four lanes had been made available to our group to complete our swims.



Because we had the luxury of extra timers thanks to our volunteering team mates, we were able to share lanes for part of our events, which made it possible that on that day Andrea and I swam our 10K distances, and the rest of the group swam their 5Ks and we finished within 4 hours.

Bob Husson had previously swum his 10K (see last month's newsletter for his article) and Hans, Andrea and I had finished our 5K swims earlier.

It is so great to do these big events as a group and have each other's support. And of course Lunch afterwards was the great reward!