

From the Editor

Did you swim your 5k and/or 10k Postal National Championship race yet? If not, you still have time until September 15, 2014 to do so.

I did my 5k on Monday, June 16, at the Goldsboro Family YMCA. The water was delightfully cool and I actually went 1:00.60 faster than last year. Always a good thing! Hans very patiently sat there and recorded all my splits.

The swim needs to be done in a 50M pool, long course, to be valid. My team mates will do this together in early August, swimming and timing for each other. They will be given two lanes in the Goldsboro YMCA pool to do so. Find a pool in your area, bring a friend to count for you and GO SWIM! If you'd like to find out more about these great championships, follow this link: https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=5167



I am excited to tell you that next year, North Carolina will have a **LCM State Championship again**, after missing this year. This meet will be held at the same Goldsboro Family YMCA on July 25, 2015. A good time to tune up for Long Course Nationals 2015!

A good-size group of North Carolina swimmers will be heading to Montreal in August for the FINA Masters World Championships. Hans and I are excited to be able to be part of that event.



It is my guess that a lot of NC swimmers will also attend the USMS Summer National Championships in College Park, MD.

If you go to either of these events, I would welcome stories and pictures about them for publication in the August newsletter. The deadline for those will be August 20.

Coach Laura Goodwin has written a good article about training with intensity, very worthwhile reading and excellent food for thought!

For our open water enthusiasts: there is an article by Jim Green about the Chattanooga Open Water Swimmers.

And ... I have included a recipe for healthy homemade granola that you might like.

Enjoy your newsletter,
Happy Swimming!
Greta van Meeteren