

Letter from the Editor

by Greta van Meeteren, Editor

I am writing this newsletter on our boat on beautiful Ocracoke Island where the beach is the most gorgeous, pristine beach I know. We plan to get in some ocean swimming too, of course!

In this issue you will be introduced to a member of the new editorial committee: Jim Green, who has volunteered to help collect and also write articles. This month he writes about the consistency of training. A big thank you to Jim!

Jerry Clark has offered to highlight one of the USMS swimming rules each month, his column will be called: Did You Know?

The 5K and 10K postal national championships are still ongoing, and there is still time to participate! TRYM had a total of 9 swimmers participate. The story is below.

You may remember from last month's newsletter that one of the open water swimmers, Steve Shotts, had swum in three national open water events. Steve agreed to write about his experiences and new-found love for open water, and his story is included in this newsletter, it is a great read!

Please remember: I am always looking for volunteers to help out collecting interesting articles for this newsletter. Send any ideas to: gvanmeeteren@gmail.com. You would be doing a great service for your fellow NC swimmers and it would not take more than a couple of hours per month of your time.

Enjoy your newsletter,
Happy Swimming,
Greta van Meeteren