

Summer is here with a vengeance, including some badly raging wildfires on the east coast - we really need a lot of rain to take care of these!

In case there was any doubt: more and more Masters' swimmers are taking to the open water.

In this issue of the newsletter there are two articles about very determined swimmers who tackled some really tough events. You'll get to meet them pretty personally, and it is exciting to read their stories.

I'd like to welcome Rich Guthmann as new at-large board member, and Nicole Grossman, who attended the open water safety conference for our LMSC and who will be our Open Water chair, an ex-officio position. Both of these volunteers are very much in tune with open water swimming.

We are glad to have them help us out!

Two of our coaches have some very good information to share with all of us, and our workout of the month is a good one!

I do hope to see many of you at our LCM meet in Goldsboro this Saturday!

Enjoy your newsletter,
Happy Swimming!

Greta van Meeteren