

FACT NEWS FOR JULY/AUGUST 2015 - Joannie Campbell

Y Nationals in Sarasota was a great meet. Many of us join Y's throughout the Country so never know where we will find each other. It's always a fun meet and great times. This year the end of the short course season. We'll be back there next year – keep in touch if you want some good competition.

Cynthia Tiffany braved the Key West Open Water Swim June 6th and in the 40-44 Age Group took a 6th place – she's planning on 1st place next year!! Way to go Cynthia – you can do it!

St Pete's meet July 11-12 went well. Not a large attendance, but you all missed the great locker room facilities upgrade. We all missed the usual locker room escape from lightning storms that are a signature of this meet! The last event was rather frightening as the storms came in but we completed the meet. Had to scratch our last relay! Had some newbies to our group and all did well.

The National Senior Games in Minneapolis had a few of our group competing. This is not a USMS meet so it's kind of hard to distinguish who of our FACT team swam. I did see Paula Cunio bringing in several gold medals and a couple of silver. Great swims Paula!! Also saw Terry McGee, Elsa Kay, Marilyn McKenney, Todd Dickson, Bob Lyons, Bill Cleary and Andy Miller among the competitors. Results are on the National Senior Games web site.

Summer Nationals in Geneva Ohio was great fun. Our Combined team took an 8th place for Regional Teams; our women came in 7th and our lone male competitor took 14th. Not a bad record for five of our members. As a goal – work for the Greensboro Spring Nationals and my favorite spot, Portland OR for summer nationals next August. My daughter, Deb, joined us this year for some family fun – we had a relay together. First time in the water in 30 years and she did well in the 55-59 age group. Barbara McNulty joined her in that age group and had impressive performances in the 100 and 200 butterfly. She placed 4th in both events. This is the largest age group in the meet. All three of us are CLCF workout group representatives. Martha Henderson, 79, was the point machine – she took 1st in 5 events! I managed 1st in 4 events and second in those sprints – 50 and 100 free (not my favorite). Marty Schenk from VASF took 3rd and 4th in all three breaststroke events in the 70-74 age group and a 6th in the 50 butterfly.

Betty Lorenzi and Sylvia Eisele continue to improve. Betty expects to join us at the Rowdy Gaines Meet in October. I just spoke to Sylvia and she is planning on joining us this November and has recovered from gallbladder and heart problems experienced this March. We are blessed with their recovery from serious health episodes. Swimming is credited with the strength to fight these problems..

Anyone wanting to swim the 5K and/or 10K before September 15. It's a good postal for those that like those marathon swims and don't have the facilities – get in touch with me; we'll attempt to give you time and facility at the Long Center.