

## Meet the GTD swimmer Robin Mills (45-49 age group)

*Robin – like so many of us – feels that life is so much better with swimming to help stay fit and focused!*

I have worked as a freelance sign language interpreter for the past 26 years. People always ask what kinds of jobs I do, and I respond, "Anywhere you might have reason to go, a Deaf person might have reason to go". So in any given day I could find myself in a doctor's office, a lawyer's office, a staff meeting, a training session, a classroom (from kindergarten to Law school to a PhD program in any subject), or any other imaginable place. I also do interpreting for the theater and am currently working on "Wicked" in SF.

About 15 years ago I decided to get an MA in teaching ESL. I have always loved linguistics and teaching language seemed like a good way to use linguistics. I taught for about 10 years, both hearing students born in other countries and Deaf students both born in the United States and in other countries (Deaf people don't learn English as a native language because they don't hear it; they have to learn it as would a second language learner). Somewhere along the way I got an offer to write an ESL textbook. Little did I know it would be the flagship book for the company and is now in its third edition! I no longer teach, but I continue to write.

My non-work hours also include making fused glass art, doing photography, writing fiction, doing yoga, gardening, cooking and traveling whenever I can.

I have always been a swimmer, but only started doing masters swimming in 1991 when I joined the Manatees in Oakland, Ca. I have to say a little coaching goes a long way. Before I joined masters, I would trudge through a mile alone in a pool taking about an hour. With a little coaching I cut that more than in half!

I'm not a big meet person but I do compete in open water events. Swimming is a major part of my life, and I try to schedule work around swimming (much to the dismay of some clients!) I notice life is just a whole lot better when I get to workout!

This year I am swimming five days a week, up one day a week from last year. I like to get about 2500-3000 yards a day during the week and 5000 on Saturdays. I swim with the Manatees in Oakland with a great head coach (Brian Stack) and lots of good lane buddies.

## Meet GTD swimmer Kevin Hupp (40-44 age group).

*Kevin is not only a dedicated swimmer but also a bike rider, in-line skater, and karateist!*

I work at Lubrizol Advanced Materials in Countryside, IL (a suburb of Chicago). My title is Liquid Ink Additives Lab Manager. My role is that of a development chemist in R&D and I also handle technical service for our customers. Basically, I am responsible for several product lines of Wax additives for Flexographic and Gravure Industrial Printing and Packaging Inks- wax emulsions, wax dispersions, wax powders.

I like projects that involve problem solving. I don't like the "DIY" home projects, as it never seems to go right and I end up with the "Do-It- with the help of 3 hardware stores" projects (with multiple trips to each one for more materials, parts) :->



I have a wife, Becky, of 17 years and 3 wonderful kids, Emma (12), Samuel (10), and Madeline (8). My wife is the one who swam in high school. She also lifeguarded and taught swim lessons with me while we were in college. All 3 of our kids are decent swimmers, having started at an early age, and they love to be in the water! We also have 3 dogs, all shelter rescues: Missy (shepherd/husky mix- 10), Caine (golden retriever/chow mix- 9), and the newest addition- 10-month-old Gus, who is a smaller, black Hunting Lab.

Between work and the kids' activities (soccer, dance, tumbling, karate), life gets hectic sometimes, but my wife is the Master Comptroller and she keeps me on track. The long commute to the suburbs of Chicago from NW Indiana takes a lot of time, esp. in highway construction season (which is often and long here!) Thank God for our Lake County Public Library and all their CD's and books on tape!

Swimming is an **integral** hobby! My parents used to take us on family vacations to the Lake of the Ozarks throughout my childhood. From the time I was little, they would strap a life preserver on my tail end and put me out in the lake. I didn't start lap swimming until college, when I couldn't run anymore after injuries in cross-country and track in high school. I actually did not swim very well UNTIL I became a Lifeguard in college. Donald Kinderfather was a great guy at St. Louis Community College at Florissant Valley who ran the Swimming program and Red Cross classes there. It was after passing his lifesaving class and becoming a lifeguard that I took swimming more seriously and basically self taught the various strokes, flip turns, etc. I got my LGI and ended up teaching ARC Lifesaving, and then ARC Lifeguarding classes at Flo Valley, and got my WSI and taught swim lessons to kids also.

I was a lifeguard and then a pool manager throughout college and into grad school. I managed anything from hotel pools to the neighborhood swim club medium sized pool, to large suburban city pools, to the big complex at the Jewish Community Center Assoc (JCCA) in St. Louis (and

many at the same time in multiple jobs). So I tried to swim more at work, to improve my technique.... to be able to stay up with the high school lifeguards that I managed that were on swim teams.

I didn't swim much immediately after college, but returned to lap swimming more seriously while up in the Fox Cities in WI. The Neenah/Menasha and Appleton YMCA's were great facilities, and I needed something to help me get off all the insulation I was putting on up in the long winters and cold weather "Up North". I continued to swim laps (and even more religiously- going 5 days a week) at the Southlake YMCA when we moved to Crown Point, IN, My wife "suggested" that I go workout in the mornings before work, so that we had the evenings free for the kids and their activities. At the Southlake Y, they had a program to track your mileage. For several years, I had one of the highest total miles swum of their lap swimmers. But it was just swimming laps straight for distance, no focus on speed. It provided a good base, though, to move into Masters Swimming.

I looked for a pool/program between NW Indiana and where I work in the Chicago suburbs and found the South Suburban Swim Club Masters at Bremen High School in Midlothian, IL. The program there is run by Coach Terry Stephens. He is a volunteer coach who is there 6 days a week, at the crack of dawn, and even holidays-- all year round. He shows a lot of dedication to Masters Swimming! I have been with that team now for the last 5 years, swimming 5 days a week, but no longer just swimming laps; he has us doing all interval work. We have a fairly small but a great, laid back, group of people of various ages that enjoy swimming!

I have never swum competitively. Our club has a lot of fitness swimmers and most of us don't compete in swim meets. There is a group of triathletes who swim along with us to improve for their events. And I'm one of the few that are there-- 5 days a week, every morning, and usually the last one out of the water. We have a range of people with various swimming speed/abilities. I'm not in the fastest group by a long shot, but I'm not the slowest either. Mary and Fr. Mike and Nora and Jeff are right with me and pushing me, with Sue, Bernie and Mary Jo ending up pulling me along in their wake! One of the ladies who push me consistently to reach further (Mary Jo) got me to do the One Hour Postal Swim with her this last year. MaryJo has been trying to get me to enter my 1<sup>st</sup> meet..... I have told her that me going off the blocks would not be a pretty sight!

The pool is about ½ way on my commute into work each morning. So I swim M-F 5 days a week, and the occasional Sat. The days that I have to miss due to an early morning meeting at work are unbearable! It has become part of my daily routine for the last 5 years! Swimming keeps me (mostly) sane and gets me ready to face the day at work (and breaks up my commute in the morning!) Why else would I be up at 4:30am every day, and make it into the pool regardless of how brutal the snow/ice storm! I swim ~3500-3700 yds in about 1¼ hour, 5 days a week, all year round. A lot of us have limited time in the morning because of having to fight the Chicago area rush hour and still get to work on time.

Favorite stroke? NO FLY! I'll do fly in kick sets, though. We swim a lot of freestyle, in our limited time in the water, with some stroke sets mixed in sporadically. As we don't have a lot of pool competition swimmers, we don't do a *lot* of back or breast. I like to swim sets of 50's and 100's free, but like the pull sets the best! As Coach Terry tells us: "They have a saying in Masters- 'Only if you want to'."

I prefer pool swimming. I have swum back and forth across some larger coves in the Lake of the Ozarks, back in college. I have wanted to try the Big Shoulders Swim event in Chicago, but Lake Michigan is still pretty cold in late summer/early fall with a lot of wind and waves... so I haven't gotten up to the Open Water events, yet. On my list of things to do: I have seen the listing for this swim down in Florida and it sounded like fun too: <http://luckyslakeswim.com/>. So maybe one of the next vacations.....

I have been tracking my mileage for quite a while (along with the information from my HRM), so it was an easy extension to continue it for the GTD event. It has made me more committed as vacations and business trips are now planned with swimming in mind (can't miss getting my mileage in) and the Places to Swim/ Club listings are well utilized.

I managed to get in over 1 mile/day in 2007, swimming ~367 miles. I upped that to ~422 miles in 2008. I wanted to at least swim as much as last year and I'm on pace now to put in 450-470 miles this year according to Mary's great spreadsheets!

Don't know if it's real fun, but---- I have danced in the "Dad's Dance" for my daughters' Dance School recitals for 3 recitals now (every 2 yrs). I guess it's not too far of a stretch as I danced and was in several years of high school musicals, back in the day. This way my girls get to come back on stage another time and dance with us. I do more than swimming. I also cycle/ride bikes during the warmer part of the year, and had completed numerous centuries each year when I used to officially belong to a bike club. I try to do several local organized group rides each year still.

I have now started inline skating a little more seriously. I completed the Chicagoland Inline Marathon put on by Team Rainbo last year and have entered again this year. I didn't skate up with the serious speed skaters, but actually made a point to start out dead last until I could get a feel for the turns, hills, skating with all the people. I then moved up quite a bit, passing a lot of the fitness skater folks. This year the goal is to be well under my 2hr time from last year. I put a fair amount of time in on our local bike trails on the weekends, skating 16-22 miles at a shot or cycling 22-50+ miles.

I have my brown belt (3<sup>rd</sup> kyu) in Shotokan karate and am still working diligently in the Illinois Shotokan Karate Club towards moving up in rank, aiming at eventually getting my black belt. [Some mornings, after sparring with 15 yr olds for a couple of hours the night before, I'm a little sore getting into the pool and thankful for warm water to be able to work out the kinks!] My son has now started taking Karate classes in our program also.

I like to read, in addition to listening to books on tape. After 9 years of doing the 100mile round trip commute each day, and checking out as many books as I do (in large bags much to librarian's chagrin), I find, at times, that I only realize that I have already heard or read a book, after getting partway back into it. I like Fantasy Football during the season, watching the Cycling on VS. (esp. the Tour De France), taking the kids to the pool or local lake, or Lake Michigan and the Indiana Dunes in the summertime.

The guys at work asked me if I was dying my hair blond, like a midlife crisis thing..... The Southlake Y kept their chlorine levels so high, it was bleaching out my hair even in winter (getting no sun on it). So they thought it was for vanity! They didn't want to believe me that it was from swimming and the time I spend in the water. I used to go through Lycra Speedos very quickly in that pool!

My wife had to come tell me to buy new Speedo suits, as her coworker guards at the Y were noticing mine were fading to skin tone and getting thinner-- "see-through". (I was pretty \*embarrassed\* coming into swim for the next week, even with the new suit! (I told you the pool chemicals were very harsh there!))

Three adjectives that describe me: Reliable, Dedicated, Funny. My wife says: Intelligent, Organized and *Obsessive!*



## Meet the GTD Swimmer Marie Molinik (Age group 25-29)

*Meet a **very busy** student in Fitness and Sports Management and see how she trains besides working and studying. Phew!!*

Right now, I am a student at Saginaw Valley State University in Saginaw, MI majoring in Fitness and Sports Management.

Life is very busy. I have two jobs that total around 45-50 hours per week along with being a student and swimming with my master's team. My days are usually around 19 hours and I get about 4-6 hours of sleep every night. It's crazy!

I would say swimming is part of my profession. I plan to go into recreation and aquatics after I graduate, which will be in July! Swimming is one of my favorite things to do and competition is my middle name! I love nothing more than to compete!

I swim every day of the week. Some days are more intense than others. Monday, Wednesday, and Saturday I swim in the morning and the evening. Tuesday, Thursday, Friday, and Sunday are light days with some lifting. I like to stay in shape.

My favorite stroke is long distance freestyle, but my best stroke is butterfly (sprint). Even though I do a 2-mile open water swim every summer, I still prefer the pool. It's easier to follow a line!

GTD makes me actually log my distance. I was always curious how much I swim a year, and now I will know.



I have papyrophobia, which is the fear of paper. I'm not exactly afraid of it, I

just can't touch it. Construction paper is the worst! Also, newspaper, brown papertowels, and cardboard are all pretty terrible. It's kind of like scraping fingernails on a chalkboard. It's kind of silly.

I also am an all around athlete. I play basketball, softball, tennis, and was on the SVSU track team. The only sport I haven't mastered yet is golf, but that may be a lost cause!

For my hobbies: I love to paint. I recreate famous paintings and hang them around my house. I also like to paint for my friends. I'm not talking finger paintings though; I like acrylics.

Three words to best describe me are: Outgoing, perfectionist, diligent.

## **Meet the GTD swimmer Judy Williams (Age Group 60-64)**

*For Judy, swimming is a life-long passion. GTD is helping her stay motivated.*

I have been retired for two years. I worked in Information Technology for 30+ years. I swam most of that time and it was a great stress reliever. Now, I can swim at a more decent hour and make practices more consistently. I swim at 9:30 am instead of 5:30 a.m. I love swimming outside in lakes, the ocean or outdoor pools. Unfortunately, outdoor swimming is limited to 3 months in the summer in Seattle and when we vacation somewhere warm. I typically swim 4 times per week (M, W, F and Sat) with Federal Way Masters. We usually swim for 1 hour or 1 hour and 15 minutes and go 2,000 - 3,000 yards. Our pool was switched to long course today, which I really like.

I have two grown daughters who swam through high school and 1st year of college. When the youngest graduated from high school, I joined a Masters' Team. I swam on my own before joining Masters, but love the coach and team camaraderie of Federal Way Masters' Team.

I'm still busy, but life is much less stressful. I take 2 or 3 vacations a year, exercise at the gym, and do little projects around the house. This summer, I am helping my daughter plan her wedding on Sept 6th. In January, I was elected Treasurer of Federal Way Masters. I like this "job", as it uses computer and organizational skills that I have not used much since retiring. I have been on the Board of Federal Way Masters for 5 years as Secretary and Vice President. I like the Treasurer's job a lot. It gives me an opportunity to get to know swimmers who practice at other times.

Swimming is a life long passion. As a child, I loved to swim and swam summer league and whenever I could. I was a lifeguard and swim instructor in high school. I did not have an opportunity to do any serious competitive swimming. I grew up before Title 9.

When I was about 26, I started swimming on my own. Seattle had a lot of indoor pools and I was able to swim before work. I swam on my own until 1998. I joined Federal Way Masters in June 1998. I compete in two open water swims each summer in Lake

Washington and usually 1-2 indoor swim meets. Pacific Northwest Champs is this coming weekend. Our team hosts this meet, and I usually swim. This year, I'm swimming the 1650, 100 Free, 100 IM and 50 Breast, plus relays.

Competition is okay, but I really just love to swim for fitness. However, I like to improve and competition is what enables me to improve and measure myself. I like GTD because I like to measure things and work on improving. GTD is a great motivator. The only goal for 2009 is to swim farther than I did in 2008.

My other hobby is pottery. I have been taking pottery classes at a local art center for 30+ years. I'm not a great artist, but I love the results of making something functional and pretty. Also, pottery is a great relaxer and it uses the other side of my analytical brain. My current project is 30 vases for my daughter's wedding in September.