



THE ORIGINAL SARASOTA MASTERS



Greta Garbo once said, "Anyone who has a continuous smile on his face conceals a toughness that is almost frightening." She must have been referring to **Carl Knuttson**, our resident "Ironman!" Carl always arrives on deck with a smile wider than the Mississippi and a work ethic that would make John Henry proud. All that training paid off last October, as he participated in and finished the 2010 Ironman World Championships in Kona, Hawaii. Carl finished the grueling race in 14 hours and 53 minutes. Congratulations, Carl!

Picture: Carl crossing the finish line

In related "distance" news, **Helen Vetter** completed the 2010 GTD (Go the Distance) program, amassing 400.14 miles of swimming to take top honors in the 70-74 age group. Most recently, she had a poolside accident that has kept her out of the water for a few weeks, but promises to return to beat her 2010 totals in 2011! Go Helen!

We had two participants in the *USMS 3000 yard Postal Swim*; **Nancy Kunzle** (50-54) and **Gerry Chojnowski** (60-64), placing 25th and 19th, respectively, in their age group. Afterwards, both were overheard commenting on how "postal" they felt...

Sarasota Masters is pleased to have seven members achieve Top Ten honors during the 2010 LCM season. Among them are **Helen Vetter**, **Doug Messineo**, **Deb Walker**, **Nancy Kunzle**, **Gerry Chojnowski**, **Edna Gordon**, and **Robert Coulter**. Recognized as an All-American in individual events were **Deb Walker** and **Doug Messineo**. Additionally, **Edna Gordon** was part of an All-American FACT relay, #1 in the country. Congratulations to all for their outstanding accomplishments!