



"There comes a time when autumn asks, "What have you been doing all summer?" The members of The Sarasota Masters have been quite busy, thank you for asking!

It all started in Ocala at the *Central Florida Marlins Masters Fall Splash* on September 25th. Coach Bill Vargo puts on a very nice meet and the quartet of **Deb Walker**, **Helen Vetter**, **Gerry Chojnowski** and **Doug Messineo** took advantage. Gerry (60-64) had the swim to write home about; 1st place in the 100 breast and a new best time by more than 3 seconds! He then added another 1st in the 50 breast, and took 2nd and 3rd in the 200 Free (new best time) and 50 Free, respectively. Helen, swimming in a new age group (70-74), had two new best times herself, in the 100 Free (2nd place) and 50 fly (1st). Blue ribbons were *de rigueur*, as she took 1st's in the 100 Back, 100 Fly and 100 IM. Not to be outdone, Doug (65-69) swam to a new best time and 1st place in the 100 breast, later adding a pair of top podium finishes in the 50 breast and 100 IM, and a 2nd in the 50 free. Deb Walker (55-59) took all 1st's in the 100 back, 50 and 100 breast, and did so at her personal bests; can't wait to see her when she's tapered! After all that success, the really impressive part was when Gerry taught Helen how to use cruise control during the drive back to Sarasota!

Back in January, Helen entered the Go the Distance Program (GTD) sponsored by Nike and USMS. Her goal was to reach 350 miles by year-end and as of October 1st, she is at 321.17 miles or 92% of goal. She was the subject of USMS story, which can be read here: <http://www.usms.org/hist/sto/index.php?ID=479&srt=date>

Occasionally, Masters coaches "allow" their swimmers to partake of the various Open Water swims or Triathlons that take place this time of year. The recent 8th *Annual Tropical Splash Open Water Swim* was attended by eight Sarasota Masters and the results were outstanding, to say the least! Swimming for the first time as a member of SARF, **Cara Wright** (25-29) was 2nd Female overall and 1st in her age group in the 1k. Her husband **Robert** (25-29) also took 1st in his age group and was 2nd Male overall. **Tess Rosales** (40-44) finished 5th, notable for the fact that she swam with a very painful shoulder. In the 2.5K swim, **Nancy Kunzle** (50-54) placed 3rd in her age group, as did **Helen Vetter** (70-74). **Deb Walker** (55-59) took top honors in her age group and was 2nd Female overall, missing 1st by 7 seconds to a woman 23 years her junior. In the 5K race, newcomer **Jordan (J.J.) Valenza** finished 2nd in 35-

39 Males; he just returned to swimming about 1 month ago after a nearly 10 year absence. He is already making plans for the June 12th 6+ mile National Championships in Fort Myers, FL.

The very next day, the 27th *Annual Sharks Siesta Key Triathlon* was held, with several SARF members participating. **David Begala** (40-44) took 11th/53 in his age category and 83st overall (over 900 athletes). As promised, **Tina Lipe** (55-59) returned to competing in triathlons, taking 1st in her classification. Of note: Tina finished 5th overall at the 1986 Ironman World Championships in Kona, Hawaii. **Milena Rohr** was the first leg (swim) of the CY International Team that finished 2nd overall in the Mixed Gender relays. In the Duathlon competition, **Stephanie Burger** took 5th in her age group (55-59), but did comment that next year, she will enter the Tri, if only to test her newly found swimming ability!

Finally, the Sarasota Masters sends best wishes to **Carl Knutsson** (50-54) as he gets ready to compete at the *2010 Ironman World Championships* on October 9th in Hawaii. Only 1,800 "lucky" people get to test themselves on one of the biggest challenges the sports world has to offer ... 2.4-miles of swimming through tough ocean waves, 112-miles of biking, and a 26.2-mile marathon run, over challenging lava-covered terrain. We at SARF are in awe and eagerly await the results for next months' newsletter!