

HAPPY HOUR SWIM

By Julie Crum

On Saturday January 11th the TRYM team of New Bern NC participated in the One Hour Postal National Championship. 11 swimmers came out for the event.

Between the holidays, the birth of our first grandchild, and fighting a bout of the stomach flu I had been out of the water for three weeks. Therefore, I was hesitant to swim anything with the word "Championship" in it. Fortunately one of my teammates explained that while it was an hour long swim there were no rules prohibiting you from taking a break. She explained I could stop and get a snack, use the rest room or simply rest any time I wanted to, the clock would just keep running. And when she said that after the race we would all go out for a big breakfast I was in!



Around 7:00 AM the clock was set and we were off. I got into a comfortable pace and things were going pretty well until my goggles began leaking. I readjusted, and fumbled with them for several laps until I finally just yanked them off and flung them on the deck. As usual our coach, Frank, implored me to keep my head down. I thought I was doing pretty well just to still be swimming at that point! When the whistle blew ending our time in the water I felt pretty good, well, except for my eyeballs.

The second wave of swimmers got going at about 8:20, and those of us who swam first, were their counters.



After the race we celebrated by going out for a big breakfast in downtown New Bern. The entire event was a great thing. I really enjoyed the camaraderie and the feeling of accomplishment.

After too many years out of the water, I had just returned to swimming earlier this fall. As a

child I think I spent more time in the water than out of it. I swam competitively, coached a youth team and worked as a lifeguard. As often happens with many people, life began to get in the way. With children to raise, my career and caring for my aging parents I got away from swimming.

The Twin Rivers YMCA Masters swim team has been great for me. We are a diverse group and come from different walks of life and have a wide range of skill levels. None of this matters though as we all share a common passion for the water. While sometimes it is not easy to get up early, when we are in the water our cares melt away. When I swim all I think about is swimming. Oh yes, Frank, and keeping my head down.