



Ego Puffing can be fun by swimming 100 x 100's
BY Linda VanOcker

What could I do to encourage swimmers to show up to swim a 10,000 meter workout in the outdoor 50 meter pool, for a fundraiser for the Upper Main Line YMCA's Y-cares Scholarship fund? That may seem difficult for some of us, but for many Delaware Valley Masters swimmers it was an ego puffing and fun challenge.

Back in January of this year, I noticed that one Sunday in October would be 10.10.10. Hmm. What could we do to mark this interesting numbered date? I got inspired with a true "Masters Set": swimming 100 x 100's. Not to swim it myself, of course, but to pull it together and bring it to fruition.

So, the word was spread in the weeks prior to the date. There were several discouraging roadblocks, but perseverance builds character and character builds hope. And Masters swimmers are always up to a challenge!

10.10.10 arrived in grand style. With original expectations of only 25 swimmers, 40 showed up! The sparkling outside heated 50 meter pool was 80 degrees. The air was a little

nippy at 50 degrees for an 8:30am start, but quickly warmed up to a sunny 73 degrees by the end of the event at 12:30pm. With 6 lanes filled, each with a difference pace, we were on our way. Each lane decided what their sets would be. Fins, kickboards and pull bouys allowed. No time for wall hanging today! GO!!

Final results:

11 swimmers completed all 100 X 100's with the fastest time of 2:38:30; 12 completed 50 x 100's with fastest pace of 1:20:00. 6 swimmers swam less than 50 x 100's and 11 swam more than 50 x 100's. We had two father-son teams, a husband-wife team, a four person relay team, each swimming 25 x 100's, and a group of 3 girlfriends swimming together for fun. Our youngest swimmer was 16 and youngest at heart 71.

All had enjoyed the fellowship of working out with old and new friends, swimming their hearts out, and reaching their swim goals. And in addition, we raised a significant sum for the Y-Cares scholarship program!

Next year will be 11.11.11. How shall we celebrate?