

Hudson Valley Triathlon Club

Mission Statement: To help individuals (beginner to advanced) reach their health, fitness and competitive goals through the sport of triathlon.

Volume IV, Issue No. 1

January 2004

IN A FEW WORDS

Dear Triathletes,

I've heard that time seems to go faster as you get older, but this is ridiculous! Didn't the season just end? Regardless, here we go again. It's that time of year when all the plans begin to take shape; training schedule, racing schedule and the budget for all the new tri-toys. Bottom line, it's fun! So schedule the long runs, pay those ever-climbing entry fees and get that Cervelo you've wanted for years. And, please, enjoy the process. See ya out there!

Sincerely,



Mark Wilson

Founder/President, Hudson Valley Triathlon Club

Total Immersion-Director of Coaching Development & Triathlon Camps

POSE Method of Running Certified Coach

USA Triathlon Certified Coach

HUDSON VALLEY TRIATHLON CLUB



Disclaimer: Articles in this newsletter **do not necessarily** represent the viewpoint of the president of Hudson Valley Triathlon Club.

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Featured Athlete: Steve Fischer
By Mark Wilson

Have you ever wondered what it would be like to grow-up in a country other than the U.S.A.? Have you ever thought of all the places in the world and the many differences; language, food, color, religion, beliefs, culture, etc., etc.? In America we have a multitude of choices ranging from pizzas, cars, jobs, houses and, of course, sport. Out of all the athletic options available such as; ping pong, curling, badmitton, cricket, putt-putt, darts and kite flying (to name a few)...why do we choose triathlon? Well, our HVTC Featured Athlete of the Month Steve Fischer offers some answers you're gonna relate to. Here's his half-time report. (GO Patriots!)

Steve was born the year 1957 in Brooklyn, New York. He attended Oceanside High School on Long Island and went to the University of Florida with a major in History. In school he played baseball, basketball and football. Baseball was his first love, however. He presently lives in Saugerties with his wife Alba Sabio who, according to Steve, is "a runner of note." Steve has a daughter who graduated from Stony Brook in 2002. His occupation is Executive Director of Kingston Housing Authority and other than triathlon; his major focus is his work.

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Steve's first tri experience was at the Kingston YMCA Indoor Triathlon in February, 2000 based on a dare from a friend at age 43. He claims he didn't know how to swim and exclaims "Still don't!" A couple of the guys he worked-out with at the Y did the race (Mike Cahill and Doug Maloney). "Once an idea gets into my head, if it takes, I generally take it to obsessive levels." (Sounds like a triathlete to me.) He doesn't just DO triathlons. He has to do every one he can possibly fit into his schedule. And he has some pretty tough expectations of himself, too. "Barring adverse weather conditions, I better have improved on last year's time." His experience is that just about everyone he knows outside of the gym and the tri-circuit thinks the sport is crazy. He says he does remember exhibiting anti-social behavior as a youngster, so perhaps this is what eventually led him to the sport of triathlon.

More evidence of his tri-athletic behavior, Steve's first job after college was a stint in the Peace Corps. He went to Africa and while there discovered that running in the streets with shorts was not culturally acceptable. But he couldn't help himself, so he went out into the woods where he wouldn't be seen, shed his long pants [interesting visual] and ran in total isolation from the village..."or so I thought." After some time, he found himself being joined by village children and even some adults. Everybody had a great time!

Like many of us, Steve has experienced the paradox that triathlon offers, "How else can you put your body through a healthy challenge in 3 different ways while communing with nature at the same time. You can be miserable and happy simultaneously, questioning 'why the hell am I doing this?' while being glad you ARE doing it and not sitting on a couch somewhere." Nicely put! So, he recommends triathlon to anyone who would consider it.

Steve has mostly completed sprints in the Hudson Valley, other New York locations and Vermont. Last year he completed his first Olympic distance (Hudson Valley Triathlon) and would like to do more this year. He says he's just happy to participate noting that calling himself a competitor would be a bit of a stretch. Although the late George Sheehan was quoted as saying "The difference between a jogger and a runner is a race application." So if you've crossed that finish line, you're a competitor! "I did win my age group once at a tri in Shelburne, VT." See!! "It seemed like a decent-sized field but there must have been a low turnout for the 40-somethings that day." Hey, ya gotta show up to win.

Steve's goals are realistic and intrinsic. He'd like to keep at it, stay healthy, keep improving, lose some weight, gain strength, learn to understand his bike, learn to understand himself, learn to swim and eat chocolate. (Oops! How'd that get in there? Okay, maybe not too much weight.)

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Bottom line, Steve loves triathlon! “When I do triathlon, like James Brown says, ‘I feel good, du-du-du-du-du-du-du!’” ‘Nough said! Thanks, Steve.

2004 RACE SCHEDULE

Bold = USA Triathlon Sanctioned

(Need to find a race somewhere in the U.S.? For a complete listing of USAT Sanctioned Races with event location and contact information go to www.usatriathlon.org and click “events,” then “events calendar.”)

MAY

St. Croix Half Ironman-U. S. Virgin Islands (5/2/04) S 1.2mi., B 56mi., R 13.1mi.
www.stcroixtriathlon.com

King of the Hill Xterra Triathlon-Lebanon NJ (5/8/04) S .5 mi., B 12 mi., R 4 mi.
www.xterraplanet.com/race/schedule.html

Columbia Triathlon-Ellicott City, MD (5/23/04) S 1.5k, Bike 41k, R 10k
www.tricolumbia.org

JUNE

Middlebury Triathlon-Middlebury, VT (6/6/04) S 400 yds. (Pool), B 12.5 mi., R 2.9 mi.
www.vermontsun.com

Mighty Montauk Triathlon-Montauk, NY (6/?/04) S 1mi, B 20mi, R 6.2mi
www.swimpower.com

Blackwater Eagleman Triathlon-Cambridge, MD (6/13/04) S 1.2mi, B 56mi, R13.1mi
www.tricolumbia.org

19th Annual NY Tri Series #1-Harriman State Park (6/13/04) S ½ mi., B 16 mi., R 3 mi.
www.nytc.org

Ludlow Boys & Girls Club Triathlon-Ludlow, MA (6/?/04) S ½ mi., B 14 mi., R 4 mi.
www.firm-racing.com

HVTC Williams Lake Sprint Tri Point Series #1-Rosendale, NY (6/16/04) S 700 yds., B 12 mi., R 2 mi.
www.hvtc.net

www.hvtc.net

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Highland Triathlon-Yulan, NY (6/19/04) S ½ mi., B 15 mi., R 4 mi.
www.transitiontimes.com

Tri the Tri-Danbury, CT (6/19/04) Sprint www.americansportsevents.com

Tupper Lake Tinman Triathlon-Tupper Lake, NY (6/26/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.tupperlakeinfo.com

Mooseman Triathlon-Gilford, NH (6/26/04) S ¼ mi., B 15 mi., R 3.5 mi.
www.timbermantri.com

Mooseman Xterra Triathlon-Gilford, NH (6/27/04) S ¼ mi., B 5.5 mi., R 3 mi.
www.timbermantri.com

Vermont Sun Triathlon-?, VT (6/27/04) S 600 yds., B 14 mi., R 3.1 mi.
www.vermontsuntriathlon.com

JULY

Vermont Sun Triathlon-?, VT (7/11/04) S 600 yds., B 14 mi., R 3.1 mi.
www.vermontsun.com

Try the Tri-Bristol, RI (7/10/04) Sprint www.americansportsevents.com

Hudson Valley Triathlon-Kingston, NY(7/11/04) S 1.5k, B 26 mi., R 10k www.nytc.org

Try the Tri-Danbury, CT (8/17/04) Sprint www.americansportsevents.com

HVTC Williams Lake Sprint Tri Point Series #2-Rosendale, NY (7/14/04) S 700 yds., B 12 mi., R 2 mi. www.hvtc.net

Pine Bush Triathlon, Pine Bush, NY (7/?/04) S 325 yds., B 11.5, R 3.25

Ironman USA Lake Placid Ironman USA (U.S. Ironman Championship)-Lake Placid, NY (7/25/04) S 2.4 mi., B 112 mi., R 26.2 mi. www.ironmanusa.com

Vermont Sun Triathlon-?, VT (7/25/04) S 600 yds. B 14 mi., R 3.1 mi.
www.vermontsun.com

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AUGUST

19th New York Triathlon Race #2-Harriman State Park, NY (8/15/04) S ½ mi., B 16 mi., R 3mi. www.nytc.org

Try the Tri-Bristol, RI (8/14/04) Sprint www.americansportsevents.com

HVTC Williams Lake Sprint Tri Point Series #3-Rosendale, NY (8/18/04) S 700 yds, B 12 mi, R 2 mi. www.hvtc.net.

Try the Tri-Danbury, CT (8/17/04) Sprint www.americansportsevents.com

Timberman Half-Ironman Triathlon-Gilford, NH (8/21/04) S 1.2 mi., B 56 mi., R 13.1 mi. www.timbermantri.com

Timberman Sprint Triathlon-Gilford, NH (8/22/04) S 1/3 mi., B 15 mi., R 3 mi. www.timbermantri.com

West Point Triathlon-West Point, NY (8/5/04) S 800 m, B 25k, R 5k www.usma.edu/uscc/dca/clubs/trit/index.html

Cranberry Country Triathlon-Lakeville, MA (8/29/04) S .8 mi., B 24.9 mi., R 10k (USAT New England Regional Club Championship) www.cranberrycountrytri.com

Lake Dunmore Triathlon-Salisbury, VT (8/15/04) S .5 mi., B 27.5 mi., R 5 mi. www.vermontsun.com

Great Keewaydin Triathlon-Keewaydin State Park(8/1/04) S 1mi., B 42mi., R 9.5 mi. www.vermontsun.com

Grafton Lakes Off Road Triathlon-Grafton, NY (8/8/04) S 0.9mi, Mtn B 14mi, R 5mi. www.skyhighadventures.com

SEPTEMBER

Vermont State Triathlon-?, VT (9/5/04) S 1.5k, B 27.5 mi., R 10k www.vermontsun.com

S.O.S.-New Paltz, NY(9/12/04) B 30mi., R 19mi., S .5mi.,R.7mi. www.ulster.net/~sosnyta/

HVTC Williams Lake Sprint Tri Point Series #4-Rosendale, NY (9/15/04) S 700yds., B 12 mi., R 2mi. www.hvtc.net.

www.hvtc.net

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Mighty Hamptons-Sag Harbor, NY (9/19/04) S 1.5k, B 38k, R 10k
www.swimpower.com

Try the Tri-Bristol, RI (8/14/04) Sprint www.americansportsevents.com

USAT National Age Group Championships-Shreveport, LA (9/18/04) S 1.5k,
B 40K, R 10K www.usatriathlon.org

Skylands Triathlon-Clinton, NJ (9/19/04) S ½ mi., B 14.1 mi., R 5k www.lin-mark.com

Danskin Triathlon-Sandy Hook, NJ (9/?/04)

Firmman Rhode Island (9/?/04) 1.2 mi., B 56 mi., R 13.1 mi. www.firm-racing.com

Granite Ledges Triathlon-Wellington State Park, NH (9/25/04) S 1.5k., B 44k, R 10k
www.timbermantri.com

Lobsterman Triathlon-Freeport, ME (9/11-12/04) S 1.5k, B 40k, R 10k
www.lobstermantriathlon.com

Westchester Triathlon-Rye, NY (9/26/04) S 1.5k, B 40k, R 10k www.swimpower.com

OCTOBER

Colonial Series-Danbury, CT (10/3/04) S 1.5K, B 40K, R 10K
www.americansportsevents.com

Ironman Triathlon World Championship (10/16/04) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironinfo@ironmanlive.com

Xterra World Championship-Maui, HI (10/26/03) S 1.5k, Mtn. B 30k, R 11k

Hawaiian Double-Ironman Plus Xterra = The Double

NOVEMBER

Ironman Florida-Panama City, FL (11/8/03) S 2.4 mi., B 112 mi., R 26.2 mi.
www.ironanlive.com

www.hvtc.net

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Gold's Gym Indoor Triathlon-Newburgh, NY (11/15/03) S 400 yds., B 8 m., R 5k
www.goldsgym.com

AT THE RACES

HVTC wants to know how you did! Please send your incredible results. Below is the information required. HVTC Annual Awards are based on the results that are posted in the newsletter. Good luck to everyone this season and thanks for your stats!

Send results to: Markstriclub@hotmail.com

1. Name of race?
2. Date of race?
3. Overall male & finish time?
4. Overall female & finish time?
5. Swim, bike, run distances?
6. Your finish time?
7. Your Age-Group place?
8. City, state and/or country of race?
9. USAT sanctioned?
10. Race website?!?!?

RESULTS

Are You Ready For 2004???

2002 USA TRIATHLON NATIONAL AGE-GROUP RANKINGS

(To become a nationally ranked triathlete you must be a member of USA Triathlon and have participated in at least three USA Triathlon Sanctioned races that year; i.e. Columbia Triathlon, Greater Hartford Triathlon and the S.O.S.)

<u>Name (Honors)</u>	<u>Age Group</u>	<u>A.G. Plc.</u>	<u>Nat'l Ranking</u>
Gregory Sautner	M20-24	53	89.1200
Alex Sherwood HM	M25-29	111	87.9700
Mark Wilson	M35-39	366	82.8100
Henry Collins	M35-39	561	80.2900
Thomas DeHaan	M40-44	532	78.6200
Bill Pape HM	M55-59	43	78.3400
Lauren Warren	F35-39	115	77.1100
Mark Vesery	M40-44	842	74.7900
Jay Fetherolf	M45-49	463	73.3900
Carlos Perez	M25-29	842	71.2600
Kathryn Loyer	F35-39	310	70.85.00
Mary DeNitto	F50-54	38	69.9200
Tony McGinty	M40-44	1,816	58.8700

HM-Honorable Mention in the U.S.A.

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2003 2nd ANNUAL HUDSON VALLEY TRIATHLON CLUB AWARDS BANQUET

2003 HVTC Volunteer of the Year Award: **Carlos Osorio**

2003 HVTC Most Improved Award: **Tom deHaan**

2003 HVTC Rookie of the Year Award: **Doug Thompson**

2003 HVTC Honorable Mention Award: **Lauren Warren**

2003 HVTC Honorable Mention Award: **Myron Baker**

2003 HVTC Honorable Mention Award: **Bill Pape**

2003 HVTC Honorable Mention Award: **Mike Halstead**

2003 HVTC Female Triathlete of the Year Award: **Mary DeNitto**

2003 HVTC Male Triathlete of the Year Award: **Greg Sautner**

Awards are distributed based on race results reported to markstriclub@hotmail.com.

CLASSIFIEDS

Triathlon Coach Available. Reach your highest athletic potential! Efficient swimming, strong cycling, effortless running. Call **Mark Wilson, USAT Certified Coach, Total Immersion-Director of Coaching Development, POSE Method of Running Certified Coach** at 845-679-8602 or markstriclub@hotmail.com. Call or e-mail today!

Bike Trainers Needed. If anyone has a bicycle trainer that they want to get rid of, the newly formed Arlington High School Triathlon Club needs them to help train members during the winter training session. Your help is much appreciated. Please contact oa1ptekin@optonline.net.

Softride For Sale. Rocket TT, size medium. The frame, fork and bars all have less than 100 miles on them. The bars are Profile Carbon X. Wheels are Rolf Vector Pro, 650's. Components are Dura Ace 9 speed. Price is firm at \$1,750.00. Call 518-678-5609.

650 c Tubular Wheel Set For Sale

Rear Disc Zipp 909 \$750.00. Front and Rear Zipp 404 set (the front wheel has a 909 sticker on it because originally it was the front wheel of the disc) \$750.00. The wheels are two years old with approx. 3-400 miles on them with combined races. The rear wheels will have less on them. They will ***not*** have rear cassettes or skewers. I will sell all three wheels for \$1,400.00. If you take all three there are three additional tubular tires also. All wheels will come with TUFO 19mm Tires. E-mail Denny DePriest; denny@t3coaching.com.

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CAUTION: Participating in the sport of triathlon may cause radiant health and spiritual well-being.

ANNOUNCEMENTS

- **2004 HVTC Williams Lake Summer Triathlon Point Series.** Points will be awarded accordingly; Male/Female 1st-10, 2nd-9, 3rd-8, 4th-7, 5th-6 and all other finishers will receive 3 points each. Members must race in at least 3 out of 4 races to be considered for Top 3 Overall Awards.
- **NEW! Total Immersion DVD's!** Freestyle Made Easy, Happy Laps & Four Strokes. To order call 800-609-7946 or online at www.totalimmersion.net.
- **HVTC Tri-Gear For Sale!** If you'd like to sell triathlon gear on the HVTC website, send a digital photo of the equipment with details (contact info, specs, etc.) and it'll be put up ASAP. There will be a 10% charge for sales resulting from the HVTC site.
- **2004 Total Immersion Tri-Camp Schedule:** February 23-28 Clermont, FL at the USAT National Training Center; August 9-14 Killington, VT at Beattie's Trailside Lodge.
- **When in doubt** whether the Lake swim/race is on, always check for an HVTC directory e-mail by 4 p.m. that day. Consider it "on" unless you see "**NO SWIM.**"
- **Total Immersion Freestyle Workshops** in our neck of the woods: To register call 800-609-7946. Feb. 21-22 St. Johnsbury, VT. Apr. 3-4 Waltham, MA. Apr. 3-4 Brooklyn, NY.
- **Dean Theodore** has created an amazing gear bag. **HVTC** gets a 10% discount, so type "dean" (lower case) where it says coupon code when filling out the order form at **Triathlonbag.com**.
- **Important message from USAT...**To receive a \$3.00 club discount on USA Triathlon membership one must apply by mail or fax, **NOT** online!
- **HVTC \$110.00 membership** is valid from January 1st-December 31st.

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SPONSOR BEAT

*** METZE PUBLICATION DESIGN ***	www.metzedesign.com
*** RM3 DESIGN ***	www.rm3d.com
*** LAKE KATRINE ANIMAL HOSPITAL ***	Lake Katrine, NY (845-336-4053)
*** BIG WHEEL BICYCLES ***	Lake Katrine, NY (845-382-BIGG)
*** SUNSHINE TEES ***	Kingston, NY (845-339-4455)
*** HIGH PEAKS CYCLERY ***	www.highpeakscyclery.com
*** TOTAL IMMERSION ***	www.totalimmersion.net
*** PEAK PERFORMANCE SPORTS ***	www.peakperformancesports.net
*** USA TRIATHLON ***	www.usatriathlon.org
*** AQUA SPHERE ***	www.aquasphereusa.com
*** VERGE AMERICA LTD. ***	www.vergesport.com
*** FATS IN THE CATS ***	Lake Katrine, NY 845-336-7649
*** KINGSTON CYCLERY ***	www.kingstonscyclery.com
*** WORLD WIDE AQUATICS ***	www.worldwideaquatics.com
*** TRIATHLONBAG.COM ***	www.triathlonbag.com
*** MOBILE LIFE SUPPORT ***	www.mobilelife.com
*** TABLE ROCK TOURS & BICYCLES ***	Rosendale, NY (845-658-7832)
*** POSE TECH ***	www.posetech.com
*** METROTRI.COM ***	www.metrotri.com
*** WILLIAMS LAKE HOTEL ***	Rosendale, NY (845-658-3101)
*** HAMMER NUTRITION, LTD. ***	www.hammernutrition.com
*** NEMIDON GEL ***	www.nemidon-usa.com

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If you would like to be removed from this directory, e-mail markstriclub@hotmail.com with "remove" in the subject line. Thank you!

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PAPE'S PARTICULARS

By Bill Pape



(Is that a wetsuit, Bill?)

JUMPING IN THE LAKE

(I have heard club members comment on the lake's Beach Club as being not exactly athletically oriented. Julie and I belong to both clubs. Here is a little description of winter activities of the beach club, which I wrote for another person who does not know the Ulster area and to whom I did not want to identify our lake. I wrote this in late November, so that is the time period of the jumping.)

At this time of the year, bathers are still jumping into a lake in upstate New York. The temperature is cold, both in the water and out. Before jumping, most of them warm up in what I call the "sweat house," an old-fashioned steam room, next to the lake.

The men's steam room has three short rows of bleachers of unpainted wood on a rusting metal frame, facing a double set of radiators in the corner. The person sitting on the top row, to the left, has the responsibility to put a clothesline rope from time to time, tied at one end to the wall near his head. The rope goes along the wall just below the ceiling, around the corner, to a lever operating a showerhead over the radiators, held shut by a screen-door-style spring, until pulled. When I give two or three long pulls, I count "One thousand, two thousand, three thousand, four thousand," before the cascade of water pouring onto the radiators sends a cloud of steam billowing up toward the ceiling, across toward me, and up my nose and into my eyes with a burning sensation. I feel the heat under my fingernails and make a fist to protect them. I can hardly handle the burning, if I send enough water onto the radiators.

Looking to the right, from the bleachers, I can see sunlight, reflected off the lake, rippling up and down, across a set of glass blocks that make a small window. After a steam, it is the time to hit the lake. The bather walks outside, hearing a series of

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slamming doors behind him, but focusing forward, walks out of the building onto the dock, into the cold late autumn air, and jumps in the lake.

I used to gradually let myself step by step down the wooden ladder into the cold water, pausing twice on the way down, once before the most sensitive area of my body and then again before letting go of the ladder to drop down over my head. Lately, I have been actually jumping or diving into the lake, like most of the other men or women. Recently, I jumped with my arms up like an arrow, allowing me to drop more deeply in my descent. The lake, although only about a quarter-mile wide, is deep. I sank into what I found was warmer water, stayed at this level for a while, easily since I am not very buoyant, and then gradually came up through the colder water on the surface. I could really feel how cold the water is, beyond just the shock, but I could also claim a longer time in, for bragging rights, while actually avoiding the coldest water.

After bathers dip, or swim, in the lake, they take another sweat, and then another dip, for several more rounds. Most pause on the dock after coming out of the water, to converse, in wet swimsuits and wet hair, or, if young, to do a few calisthenics. The outside-wear for normal people on a day like this is a heavy jacket or parka. The bathers do not hurry at any step, during their rounds. Their purpose is to mentally relax at the lake. The dock is also too slippery for hurrying when ice starts to form from the wet footprints. When I arrived at the lake one late afternoon or early evening, a woman was sitting on the lifeguard stand by herself, in the near dark, in her wet swimsuit and wet hair, looking off at the last of the sunset on the other side of the lake, obviously in no hurry to retreat to the warmth of inside.

The bathers socialize with one another, but, at the same time, seem to treasure some aloneness. On a cold autumn day toward late afternoon the lake is very still. Both extremes of the steam room's heat and the lake's cold also encourage a meditative attitude. The temperature is either so hot or so cold that one cannot think about the little concerns of daily life.

The temperature fell on some recent days at the lake, to twenty degrees, or below, outside. The water temperature has gone down more slowly, in the last month, from just above sixty degrees in early autumn to below fifty degrees. I do not know the exact temperature now, because a thermometer by the ladder just below the surface of the water has gotten harder to read, since I started climbing faster up the ladder. When the temperature was about 58 degrees my wife was the only one swimming long, about forty minutes. Now there is one man who swims in a rectangle around the swimmers' area, for about ten minutes. I swim thirty minutes, with the help of a wetsuit, booties and thermo cap. The rest of the bathers jump or dive in, stay under a little while, and casually swim to the ladder.

They do this throughout the winter. Last year, I jumped, or, rather, lowered myself down, late in the winter, when the lake was covered with inches-thick ice. The bathers keep a fan blowing to make the water near the dock ice-free.

Why do they jump into cold water, three and four times daily or weekly? I think they claim they are following a Scandinavian tradition, though "Rocco" and "Joe" and the rest

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of us do not speak Scandinavian, so far as I have heard. The lake is part of a resort that I think was started by a Scandinavian family and was strong on other northern activities like cross-country skiing. They believe this routine is healthful, physically, besides emotionally. As I am writing this description, I am shivering from a severe cold or the flu, but my stress over writing may have caused the illness rather than my chill from dripping in the dock in past weeks.

When my wife and I first discovered this lake, after she heard a relaxed voice on the other end of a phone line, we found a place that had apparently stood still in time since the fifties. The building architecture comes from that era. The lake is surrounded by trees and hills and has water with a smooth feel. There seemed to be few if any rules about the lake, and we “got away” with swimming outside the ropes. The bathers belong to the resort’s “Beach Club,” for locals, with their own separate dock on the lake next to the steam rooms. The beach club members seem to like the few changes and lack of rules. They probably feel that, if the sun keeps setting and the steam keeps coming and the water is there, nothing needs changing. When someone in management tried to institute some new rules, I noticed the phrase, “Bob (a name I am making up, to protect the guilty) is a sh-t,” scratched on the lifeguard stand. A woman told with my wife that she comes to the lake after 11 PM and swims by herself in the nude.

Whenever at the lake they often repeat the club’s cliché, “This is the best thing I did all day.” When I was trying to gain acceptance, though not a local, I mostly kept my mouth shut, in the steam room or for my few minutes on the dock. But, I could always get away with saying, “Woooooow, that’s good,” either about four seconds after pulling the steam room rope or while pausing on the dock, dripping in the cold after a dip.

I jump in the cold lake partly to brag that I can and partly to feel alive. When I am surrounded by nearly ice cold water, I know that I am alive, because I feel myself trying to stay alive. I also have a purpose, to remember where the ladder is.



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