

JANUARY 2024



The Old Sternwheeler

Carries the Minnesota Master Swimming News across the waters...



BILL DURELL SWIMS THE 1650 FLY

By Tom Hodgson

Bill Durell's day at the St. Thomas pool began fairly quietly, with a visit to the scorer's table to drop off a flyer advertising a non-freestyle distance challenge sponsored by the Albany Armada Masters swim team of California. This challenge involves swimming a 500, 1000, and 1650 of each stroke. Bill was attracted to this, as you might imagine, because at a Short Course Yards Masters Nationals a couple of years ago, Bill made national news by swimming the 1650 all butterfly. Bill also let on that he was going to swim the 1650 at the Relay/Distance meet all butterfly, which he did, in 41:26.97.

That feat is remarkable, to be sure, but Bill bracketed that amazing mile with a couple of acts of special generosity that define masters swimmer Bill Durell every bit as much as a mile of butterfly. Super impressive. Bill dropped off the non-freestyle flyer as he made the rounds of meet officials, timers and techs passing out Starbucks gift cards—something Bill has done in the past, as a thank you to those who help run the meet. Remarkable. continued on page 2.

Newsletter Highlights

Bill Durell Swims the 1650 Fly

Yoga for Swimmers Returns

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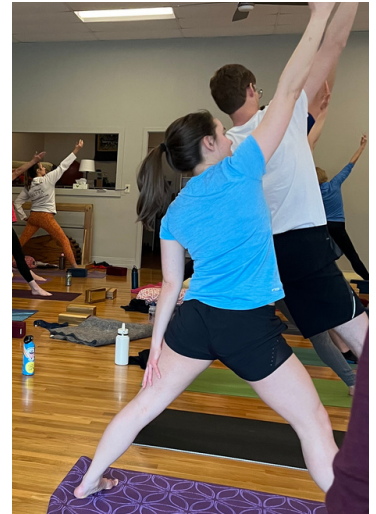


Very shortly after the meet, probably in response to a joke calling for lap counters to volunteer to “get soaked” for the 1650 Bill recognized the reality in the joke, and within a day of the meet, he ordered extension poles and the fittings so that people counting laps at St. Thomas would never again have to kneel on the deck and get wet. Spectacular generosity.

If you’re inspired by Bill Durell’s generosity and toughness (and how can you not be?), here’s the information about the non-free distance challenge:

<https://www.clubassistant.com/club/meet.cfm?c=2390&smid=17690>

...and join us as we give Bill a big Thank You!!



YOGA FOR SWIMMERS RETURNS

By Samantha Kraft

Want to try out YOGA?? We have all heard it a hundred times. Yoga is good for you. Whether you are young or old, an Olympian or a master swimmer, the physical and mental benefits of yoga can help anyone with just about anything. Minnesota Master Swimming offered yoga at St Paul Yoga Center this past Sunday, January 28th. The poses in class worked on shoulder mobility as this helps achieve muscle group engagement and strengthening. Yoga can help you prepare your body for the water and build strength for a safe, stronger flow. Mary Conway, who swims for Macalester Masters Swim team is also a founding member of the St. Paul Yoga Center. After she started practicing yoga she dropped 10 minutes from her previous best time at the Minnetonka 5 mile swim. She attributed it to yoga and being able to loosen her shoulders. Try out yoga for free on February 25th!



Nominate a Swimmer or Coach of the month!

Do you know a swimmer or coach who inspires those around them to be their best? Nominate them to be featured in this newsletter! It can be anyone from your lanemate to a competitor to a coach! Send us their picture, name, club they swim for and tell us what makes them special! In addition to being featured they will receive goodies in the mail! Email nymey001@umn.edu

