

Swimmers

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polo player and lifeguard in high school, but van der Wal admits that prior to his first Save the Bay swim last year he had not done any serious swimming in 15 years.

"I went to the doctor for a check up and he recommended that I start exercising and right away I thought about swimming," he said. "I now do four or five swims a year that are aimed at aiding the body of water the swim is held in."

He had hoped to bring down his time by at least 10 minutes under last year's time, but the rough conditions cost him time and he finished close to the same time as last year.

"I did improve my standing considerably, however. Last year I finished 220 out of 420 swimmers. This year I moved up to 153 out of 450 swimmers," van der Wal said.

Before his first Save the Bay swim he attended a Total Immersion clinic designed to train open-water, long-distance swimmers. Now, he trains with three different groups of swimmers in three separate locations.

"I swim with a group at Narragansett Beach on Sundays, with the Master's group at the Newport Athletic Club a few days a week and at Second Beach on Wednesdays and Fridays," he said. He swims for 30-45 minutes each time, and he also swims year-round.

"I travel a lot for my work, but I go to a lot of warm climates, so I make sure wherever I am that I get in a few laps," he said.

Although he hopes conditions will be better next year, he says he will participate in the swim no matter what the day brings.

"The whole of my swim practice is so I can go do my Everest of Save the Bay every year," he said. "If my only motivation was to swim laps in a pool every day, I would go crazy."

Islander Dennis Nixon swam for his eighth year and said he felt this year was the second worst conditions he has experienced in the event.

"The second year I did it, over 25-percent of the people did not even finish the swim. It was a deceptively nice day, but it was a moon high tide and a few minutes after the start of the swim it was like someone flushed the bay. We got pulled so far under the bridge that it took me over two hours to finish that year," Nixon said. "This year I had a smile on my face the whole time because I have done it enough that I knew I would make it, but it was going to be a challenge."

Part of the challenge was continuing on after being hit by three different kayaks.

"I would feel it and look up like 'Hey, what is going on,' but then I would see the kayakers face and know they were sorry and fighting it just like I was," he said.

Although Nixon is a tri-athlete, he said that open water swimming is not automatically easy for him.

"When you are doing a triathlon, you are basically sprinting through the water. Doing the bay swim is like running a marathon," he said.

Patrice Kilroy did her fourth swim on Saturday and repeated the other's reactions to the windy weather.

"This was the hardest one I have done yet. There were times that I couldn't even complete a stroke because of the wind and the waves," she said. "At times it was almost like I was swimming in place."

The one common thread between all of the swimmers was that despite the rough conditions this year, all are planning to do the swim next year.

"It is something that I would encourage anyone to do. You have to train for it, but it is definitely doable," Kilroy concluded.

Other Jamestown residents who participated in the swim, their times and years of participation are: Anne Lane, 1:04:12, 8; Brian Nathan, 0:52:39, 1; Caitlin Crawford, 1:28:37, 1; Dennis Nixon, 1:39:07, 8; Ned Flanagan, 1:07:12, 21; Hannah Yoffa, 1:20, 4; Jean Lambert, :56:39, 6; Julia Richardson, :59:18, 1; Patrice Kilroy, 1:15:47, 4 and Robin Monihan-Yoffa, 1:36:42, 7.

Soccer age rules change

Jamestown Soccer is trying out a new policy for the 2007 Fall Recreation soccer season. Any child in third grade not eligible by age to play in the U-10 league may move up to the U-10 league by parental request. Any child in the fifth grade not eligible by age to play in the U-12 league may move up to the U-12 league by parental request. Any child in grade 7 not eligible by age to play in the U-15 league may move up to the U-15 league by request of the parents.

If any family would like to utilize this policy, they are asked to email their request to the registrar, Roberta Fagan at robertafk@cox.net, no later than Aug. 10.

If there are any questions, contact Clayton Carlisle at 423-3353 or email at claycarlisle@cox.net. For questions regarding registration, please contact Roberta Fagan at 423-9891.

The process for registering a child is done on-line only, by accessing the Jamestown Soccer Association (JSA) registration forms from the Jamestown Soccer website at www.jamestown-soccer.com. The website will direct you to a link for Youth Leagues USA, which has the Jamestown soccer registration form. All soccer associations in Rhode Island are required to register players.



Two Points

Adam Dibiase participates in a shooting drill at the recreation department's basketball camp held this week at Lawn Avenue School.

Photo by Adrienne Downing

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