

The USMS 6K national Championship was held at Lake Water Valley in Windsor, Colorado, June 19<sup>th</sup> 2010. The swim was 4 loops around a 1500 meter course which took swimmers around an island and under a walking bridge. Spectators had a bird's eye view from the bridge and were able to cheer for friends and family as well as monitor their progress while walking around the island. The water temperature was 70 degrees and skies overcast at the start, but the sun broke through for the finish and awards.

Chris LaBianco, Colorado Springs, CO, posted the fastest time for the men in 1:16:32:72 (35-39) with Bobby Patton, Dallas, TX (45-49) a close second in 1:18:02.00 and Evan Morrison, Columbus, OH (30-34) third in 1:19:27.25. First in for the women was Eney Jones, Boulder, CO (45-49) in 1:21:11.42 with Sara Thomas, Englewood, CO (25-29) a close second, 1:22:24.02 followed by Kira Dale Pfisterer, Boise, ID third (35-39) in 1:23:19.20.

Other stand outs in their age group included Carolyn Roche, Boulder, CO (Women 55-59) in 1:31:15.17, William Reeves Salt Lake City, UT (Men 55-59) in 1:21:32.81 and George Brunstad, Merdith, NH (Men 75-79) in 2:29:23.17. George is currently the oldest swimmer to cross the English Channel, accomplishing this at age 70 in 15 hours 59 minutes.

The last finisher was Phyllis Smith, 56, from Wisconsin who only planned to swim 2 loops, or 3K, but couldn't stop herself from finishing the whole swim in 3:08:42.00. She had several reasons to change her mind. "I thought I could go the distance - I'm slow but have a good cardio-vascular system. My coach said, 'Finish the race,' so I figured I could finish. As I came around to start the 4th loop, my granddaughter was on the shore and I didn't want to quit in front of her."

A couple of swimmers from Colorado were using the swim to train for an upcoming English Channel Relay crossing attempt, website [www.milehighchunneltoppers.com](http://www.milehighchunneltoppers.com). Another group left the 6K and went to nearby lake for a 5 hour training swim in preparation for solo swims from Catalina Island to California. Many other locals were preparing for the upcoming Horsetooth Reservoir 10K [www.horsetoothswim.com](http://www.horsetoothswim.com) held August 15 here in Colorado.