



photo courtesy of Daryl Dolynny

Sean Kearnan, seen during a practice session, was the top overall swimmer of the Yk Polar Bear Swim Club's 10,000-metre Swimming Challenge at the Ruth Inch Memorial Pool on Dec. 20.

Marathon swimmers cover 10 km

Polar Bear Swim Club athletes compete 400 lengths at annual Swimming Challenge

by James McCarthy
Northern News Services

Imagine jumping into the water at Rotary Park on School Draw Avenue and swimming all the way to Dettah and back. It's approximately 10 kilometres and that's what some swimmers from the Polar Bear Swim Club did at the Ruth Inch Memorial Pool just before Christmas.

Ten members of the club's gold squad dove in on Dec. 20 for the annual 10,000-metre Swimming Challenge. Eight of the 10 swimmers swam 400 lengths of the pool to see who could get the fastest time. In the end, Sean Kearnan proved to be the quickest overall, finishing with a time of two hours, 17 minutes and 24 seconds. He said he's happy with the time he swam.

"I've done it before," he said. "I just didn't want to stop."

Shaved time

Kearnan managed to shave nearly eight minutes off his time from 2008, something he said was his goal.

"I wanted to do better than last year," he said. "I'm happy I managed to get some improvement this time."

Kearnan said he ran into some trouble just after the halfway point of the challenge, which did actually cause him to stop for a short time.

"My goggles fell off at around 6,000 metres," he said. "I ended up taking them off and threw them on to the edge of the pool, so I swam about 3,000 metres without them. My eyes were burning from the chlorine after that, so I

had to get them back on for the last 1,000 metres."

Kearnan said he ended up using his water bottle to flush out as much chlorine as possible out of his eyes, as well as use the eye wash station to try and stop the agony.

"I was using eye drops for the rest of the day because my

eyes were still red," he said.

Assistant coach Daryl Dolynny said all of the swimmers left everything in the water.

"Some of them were really winded afterwards," he said. "I made breakfast for them after it was done and they scarfed down the food pretty quickly."

Dolynny said he was also happy to have seen so many swimmers stay so close to each other during the swim.

"You take a look at Stephen (Giovanetto), TJ (Marshman), Tanner (Dolynny), and Noah (Colford) and they weren't much more than a couple of

minutes within each other," he said.

Former club head coach Ian Legaree made a special appearance as he substituted for current head coach Jane Mooney, who was vacationing in South Africa. Having seen swims like this for a number of years, he said he was happy

to see a lot of the swimmers improve.

"We always try to train swimmers to keep from dragging in the water," he said. "If you can take off a tenth of a second over one length, and this event being 400 of them, it's a 40-second improvement and that's big."

Thanks

Yellowknife Youth Broomball

wishes to thank

UNW Local 10

for their support in 2009 and wish them a Happy New Year.

We wish to thank you for your continued support in making this program a success. This also allows schools like Weledeh to take the opportunity to utilize this program

Thanks to the following teachers who helped coordinate on-ice activities: Trent Hamm, Uli Nolting and Tamara Statchook. Thanks to Pat Fowler for his many years as a coach and junior program coordinator.



Weledeh students at Yellowknife Community Arena