



A few moments before the 5 km marathon at Kenogami, Quebec. (L-R) Sue Galloway, Cpl. Raymond Cusson, Mr. Gilles Potvin, Cst. Jean-Claude Verreault, Dr. Sylvestre Gorniak.

ciation of Chiefs of Police and Fire Chiefs of Quebec), during a five-kilometre marathon at Kenogami Lake, near Jonquière, Quebec. The water temperature was 60°F and the three swimmers touched the dock after 1 hour, 41 minutes and 19 seconds. Their trainer, Sue Galloway (ex-member and presently swimming coach in Gatineau, Quebec) participated in the marathon, finishing first for the women in a time of 1 hour, 55 minutes.

After this race, the group continued their trip to Roberval, Quebec (town where the famous International Lac St-Jean swim is raced every year), in order to pursue their training in cold water and to participate as coaches and swimmers at a long-distance swimming training camp.

On July 17, it was Jean-Claude's turn to face the cold water when he participated in the second national 15-km marathon of Lac St-Jean. This marathon, better known as the "mini-traversée" (small crossing) is an amateur swim, where the best amateur swimmers in the country compete. A representative from France was in the water the morning of the start.

Once again, Lac St-Jean lived up to its reputation and Jean-Claude had to face a water temperature of 58°F and two-and-a-half foot waves. Only 17 out of 24 swimmers finished the marathon, due mostly to the cold water; Jean-Claude was pulled out after 4 hours and 29 mi-

minutes. It was a positive experience that will be used for future crossings.

On August 1, with great determination to complete an important marathon, Jean-Claude jumped in the water along with 13 other swimmers at Duhamel Beach for the crossing of Lake Simon, a distance of 16 km. Mother Nature was on his side this time, the water being 69°F. Jean-Claude touched the dock of Chénéville after 4 hours and 52 minutes, finishing in 8th place.

Long-distance swimming appears to be more difficult than long-distance running. In marathon swimming, there are an average of only 12 to 24 participants (Lac St-Jean with 12 professional swimmers for the 32 km and 24 amateurs for the 15 km race), compared to more than 5,000 for the Montreal and Ottawa marathons in running. The obvious problem in swimming is to fight cold water (hypothermia), which becomes the most important factor in determining a swimmer's chances of finishing a crossing.

In addition, if one compares running to swimming with Dr. Kenneth Cooper's norms (Dr. Cooper is the author of *Aerobics*), the aerobic/energy relation of swimming to running is 1 to 3. In other words, 15 km of swimming is equivalent to 45 km of running. This is without taking into account the amount of energy spent just to keep the body warm in cold water.

submitted by Sue Galloway