

This is the premier issue of the new "Across the Lanes" monthly newsletter. We owe a big "thank you" to Joe Gosha, who has edited our quarterly newsletter for several years and done a great job with it. Due to time constraints, Joe is no longer available to do this job. Therefore, I will be your new editor for now.

It is my intent to fill our newsletter with something for every North Carolina swimmer. I'd like to include articles about fitness events, competitive events, a coaches' corner, a "meet the NC swimmer" corner and also information about health and fitness, so important to us all. To the left of this text, you see various links - check them out!

If you and/or your workout group have news, fun events and/or pictures to share with NC Masters, please send them to [ncmastersnews@gmail.com](mailto:ncmastersnews@gmail.com). I'd also like to hear about your favorite workout, so we might add that to our "workout of the month" section.

HAPPY SWIMMING,  
Greta van Meeteren