

HIGHLIGHT ON 1,000 MILE SWIMMER



Gail Glende

Profession: Domestic Goddess

Interest: Creating art, Yosemite, people, dancing, service, adventure, learning, rocks, sports, chocolate

Hometown: Originally from Northern California, but have lived in Bakersfield for the past 18 years.

Began the 100 Mile Club: February 2013

How long have you been swimming? Since the womb. I love the water (beaches, rivers, lakes, and pools).

Why did you choose swimming as your exercise of choice? It's a lifetime sport.

What were your first thoughts when you realized you reached the 1,000 mile stone? I just swam the length of California! My new goal is to swim the distance from here to Hawaii, and then go back.

Committing to fitness is hard, how did you find time to work swimming into your schedule? I generally don't watch TV. Give up something less important to take care of your health. Get up early.

Did you see any results or changes in your lifestyle because of swimming? I have a whole new outlook on life associating with others that love fitness.

What is your personal motto? "I don't exercise to live, I live to exercise"

Is there any advice you would give someone who is interested in reaching their 100 mile goal to continue to 1000? Don't worry about comparing yourself to others, just have fun. It's a journey!