

HIGHLIGHT ON 1,000 MILE SWIMMER

Pete Zardeneta

Profession: Retired Shell Oil Company employee of 40 years.

Hometown: Laredo, Texas

Interests: Reading and sports

Began the 100 Mile Club: Summer 2010

How long have you been swimming? I have been swimming all of my life.

Why did you choose swimming as your exercise of choice? I played handball and racquet ball for 40 years until I wore my knees out. I love the water, so it was naturally the time to make the conversion.

What were your first thoughts when you realized you reached the 1,000 mile stone? It was great! I enjoyed the journey, and it was a good day.

Committing to fitness is hard, how did you find time to work swimming into your schedule? I grew up at the YMCA, so personal fitness has always been part of my life. I love swimming, but never actually counted the laps I swam until 2010 when I joined the 100 Mile Club.

Did you see any results or changes in your lifestyle because of swimming? Yes, I was back home and I loved it.

What is your personal motto? Winners never quit and quitters never win.

What is one unique thing people don't know about you? I was a YMCA junior lifeguard at 15 years old and a senior lifeguard at 18. I taught swimming lessons to all age groups (infants to seniors) for 37 years until the local YMCA closed. Until that time the YMCA was my home, I started going when I was 11 years old.

Is there any advice you would give someone who is interested in reaching their 100 mile goal to continue to 1000? Swimming 100 miles is like eating an elephant one bite at a time, 100 miles one stroke at a time. It is not the destination, it is the journey.

