

## Lake champ's attitude key to success

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For John Freihofer, the first part of a dream has been realized.

Freihofer, a 30-year-old Atlantic City, N.J., life guard swam Lake George last weekend in 21 hours, 26 minutes, breaking Stella Taylor's 1977 record by 4½ hours.

At a news conference, Freihofer, his trainer Jim Bagnell and guide Syl Kneeshaw reflected on the 41-mile swim which began Saturday evening.

"It was a terrible



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night," Bagnell said. There was a lot of rain and wind, and the fog came down to the water level. The boat crew couldn't see very well on the dark lake which made them follow an erratic course, adding 3 to 4 miles to the swim.

Coated with a three-pound mixture of lanolin and vaseline

to keep himself warm, Freihofer began the swim by diving off Diane Struble Rock in Ticonderoga. At first, he kept a pace of 72 strokes per minute. He dropped to 52, however, as his arms tightened from strain.

While in the water, Freihofer received various kinds of high-caloric nourishment to give him quick energy. He drank mixtures of orange juice and honey, pepsi, fresh water and coffee, and he ate candy bars, fructose pills and peanut butter and jelly sandwiches. Nevertheless, he lost

seven pounds during the swim.

Although he was discouraged with the bad weather early Sunday morning, Freihofer says he never wanted to come out of the water. Kneeshaw said it was due to Freihofer's mental attitude.

In July, Freihofer plans to compete in the Atlantic City Championships, a 21-mile ocean swim around the island. At present, Freihofer is seeded 18th out of 30 world-class marathon swimmers competing. He hopes to finish in sixth or seventh place, however.

