

November Swimmer Spotlight

Terry Lynn Toon

Years with FCST? 9

Years swimming? Several years as a kid; 11 as an adult

Regular practice group? Early mornings, and/or when it fits her schedule

Favorite stroke(s)? Breaststroke

Favorite practice set? Any sprinting set and anything with fins 😊

Favorite post practice indulgence? Pizza with wine

Introvert or extrovert? Little of both and depends on the situation

Books or Movies? Prefer movies. Like most Science Fiction movies though no real favorite

Other sports? Competes in Half Marathons and Sprint, Olympic, and 70.3 Ironman Triathlons.

Notable accomplishments: Medaled at USMS Nationals in 200 Fly at 3 Nationals meets. Competed at FINA Worlds in 2006 at Stanford University. Swam across the San Francisco Bay and escaped from Alcatraz, successfully completing the Escape from Alcatraz Triathlon.

Interesting facts:

Terry Lynn is a registered nurse with Med/Surg, Critical Care and Open Heart experience, who currently works as a Director in Clinical Information Systems for the Gulf Coast HCA hospitals in Houston, South Texas, and Corpus Christi. She is also a charter member of a Chemistry Fraternity-Alpha Chi Sigma. Terry Lynn has been married to Steve for 33 years with a daughter and two grandsons and has been swimming with FCST since they moved to Missouri City in 2007. When they looked for a new home, she made the realtor look for houses within 20 minutes of FCST. Both the realtor and her husband thought she was crazy, but she feels swimming keeps her sane. Terry Lynn is also a Walking Dead and Fear the Walking Dead nerd. For those that share that interest, please join her in mourning the loss of Glen.