



## AUGUST 2021

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### LAKE ERIE'S EDGE

JAY DEFINIS

Summer greetings! Summer is just flying by! People are getting out and having a fun summer swimming all over the Lake Erie region! The open water swimming pictures that have been posted on Facebook are beautiful, the outdoor pool swimming has been equally as nice, and CSU pool has re-opened! Unfortunately, July 17<sup>th</sup> Mother Nature did not cooperate. It was frustrating that the Brogan had to be cancelled. A heartfelt thank you to Chuck Beatty and ALL who helped volunteer at the lakefront. We look for a great ONE MILE NATIONAL CHAMPIONSHIP IN 2022.

The Tokyo Olympic swimming was great to watch. Team USA did us proud! Did have one fun event happen related to the Olympics, our neighbor Olmsted Township's Katie Nageotte won the gold medal in the women's pole vault! They had a fun police escort past our house when she arrived home! A great reminder anything is possible in the Olympic spirit thru competition. Speaking of competition, several of our swimmers competed in the USMS short course nationals this July, and we have some gold medal swims from our Lake Erie members. Congratulations to John Scalli, first place in the 50 Backstroke, and Aaron Foreman, first place in the 1650 and the 200 breast stroke! A shout out to ALL the swimmers from our region who competed!!! You rock!



If you are so inclined to compete, The USMS LONG COURSE NATIONALS are just around the corner October 7-10, 2021 at SPIRE INSTITUTE, Geneva, Ohio. We hope you all plan to compete or volunteer. Stay tuned for additional details. The LEMSC is working with our pools to offer long course coached workouts in the month of September. Hope to see you at SPIRE!

Some Lake Erie Masters business: SAVE THE DATE, Nov 14, 2021 for the LEMSC annual meeting will be after the OHIO Masters Pentathlon meet in Stow, Ohio. Meeting location and time TBD .

Elections for the LEMSC, Chair and Secretary will take place. If you are interested in serving on the board let us know!

The USMS annual meeting will take place in September 24-26, 2021. Once again Lake Erie will be well represented with 7 delegates attending the virtual meeting. More to come in the next newsletter.

We are always looking for ideas and ways to make swimming in our region better and fun, if you have any ideas please forward them to us [im4psu82@yahoo.com](mailto:im4psu82@yahoo.com)

Enjoy the last days of summer, Stay safe and swim strong!

Jay DeFinis

Chair, Lake Erie LMSC

## VOLUNTEERS NEEDED!

USMS will hold it's LCM National Championships at Spire, October 7-10. As with all big meets, volunteers are needed. If you or your team can provide any volunteers that would be great.

For more information on the meet and volunteer needs, contact Jay Eckert at [jeckert@usmastersswimming.org](mailto:jeckert@usmastersswimming.org)



## HAVE A BLAST AT “SWIM TO THE MOON”



*All smiles after the 10K finish: Chuck Beatty, Ashley Braniecki, Kristen Bergman, Kevin Kelley*

Eight Lake Erie members participated in the 12<sup>th</sup> annual Swim to the Moon race, held through the picturesque Hiland Chain of Lakes near Hell, Michigan on August 15, 2021. The open water event, which is organized through USA Triathlon, offers a half mile, 1.2 mile, 5k, or 10k distance. This year's 10k was particularly challenging given morning fog, which made sighting at the 6:40am start very difficult.

Additionally, due to recent rain, there was an extremely strong current through the back culvert on the way to the halfway turnaround point, which felt far worse than swimming in a stationary pool and resulted in many swimmers having to walk through the culvert, while holding on to the sides of the structure – and even that was exhausting! Despite the challenges, beautiful weather, welcoming support team, and great friendships made way for another memorable race. Lisa Turner, who completed her second 10K Swim to the Moon this year, following a 5k previously, calls Swim to the Moon her favorite Open Water Event. “It’s well organized and all the



*Kristen Bergman (l) & other 10K Swimmers making their way through the culvert*

volunteers are friendly and helpful. The chain of lakes, canals, and bridges are

scenic and hold your interest. It’s an enjoyable and adventurous swim!” Swim to the Moon veteran Pam Beck had similar sentiments. “After completing my 4th ‘Swim to the Moon’ 5K, I would have to say that it was my most enjoyable. I really know the course now and the air and water temps were perfect plus... no salt, no sharks!”



*5K first timers: Kinsey Kolega and Rachel Napolitano*

### **O\*H\*I\*O Masters**

Chuck Beatty (10K)  
Pam Beck (5K)  
Kristen Bergman (10K)  
Ashley Braniecki (10K)  
Kevin Kelley (10K)  
Lisa Turner (10K)

### **CAQT Swimmers**

Kinsey Kolega (5K)  
Rachel Napolitano (5K)



## 2021 SHORT COURSE NATIONALS



Rick Waldock, Aaron Foreman, Pam Young, John Scalli

Tokyo wasn't the only place where champions were crowned in July. In Greensboro, NC, the site of the 2021 USMS Short Course National Championships, O\*H\*O Masters Swim Club had two swimmers crowned National Champions!!!

On Day 1 Aaron Foreman swam to a First Place finish in the 1650! Day 3 Aaron swam to a First Place finish in the 200 Breaststroke and teammate John Scalli finished First in the 50 backstroke with a lightning fast time of 24.80! Whew! Those guys are fast!! Congratulations National Champions Aaron and John!

Though the field of swimmers was fewer than usual due to COVID restrictions, the competition was still fierce. O\*H\*O Masters Swim Club swimmers swam fast enough to place 18th in the Local Club category.



Swim officials Mark Marshfield & Mike Hamm

Shout out to our own Mark Marshfield who helped with the officiating of the 5-day swim meet.



Lisa Turner, Ann Marshfield, Larry Terkel

As if swimming their personal events wasn't enough to get the adrenaline pumping USMS hosted a Tokyo watch party at Piedmont Hall adjacent to the natatorium on Saturday night. Drinks, snacks and fellow swimmers cheering on Chase Kalisz to a Gold Medal performance in the 400 IM in Tokyo was a great way to end Day 4 at Nationals and get ready for Day 5!

## Postmortem: 2021 BROGAN OPEN WATER CLASSIC

Things were going so well. We had 176 entries (a new record) with 58 one-event entries. Our participants had donated \$555 to the Malachi Center's Urban Kids Swim Camp. We had a full contingent of volunteers and kayakers, along with lifeguards from Cleveland Metroparks.

Everything was in place for a triumphant return to racing after a year of fear, isolation, zoom calls and limited pool space.

Thursday, Lake Erie was calm and beautiful. Friday was calm with clouds moving in. For a while it looked as though the worst of the forecasted weather would stay north of us.

Then the storms arrived. It rained—and it rained a lot. By early race morning 1.75 inches had fallen at Edgewater Beach. More devastating, nearly 4 inches had fallen across the Cuyahoga River watershed.

Our group that swims in Lake Erie has two simple rules that keep us safe: 1) when the wind is strong from the north, we don't go into the big waves, and 2) when it rains more than an inch, we don't swim for 24 hours. Lake Erie is a beautifully clear body of water—until heavy rain washes the detritus of our cities and farms into her nearshore waters.

The most important job an event director has is keeping the swimmers and volunteers safe. Faced with a deteriorating forecast and the potential for very poor water quality, I consulted with Ann Marshfield, our club president, and a couple of close friends—and made the painful decision to cancel the race.

After making calls to Cleveland Metroparks, the U.S. Coast Guard, Cleveland EMS and Run High Timing, I emailed the participants and volunteers, and posted the cancellation on Facebook. Maia and I then drove through the rain to the beach—just in case anyone showed up and wanted their tee shirt.



We were warmly greeted by a group of volunteers who had set up coffee, bagels, and fruit for the nearly 100 people who had come to the Edgewater Beach house. Most had gotten word of the cancellation and showed up anyway. To a person, they reassured me that I had made the right call.

Our group of volunteers made sure that everyone who came received their shirt and cap. Once the crowd thinned, we packed everything back into the rented van. Around 8:30 I took a photo of four good friends who had purchased matching swimsuits for the race. Over their shoulders, I could see that the wind had shifted strongly to the north and white caps were building across the bay.



(l to r) Mary Rieck (née Untener), Courtney Schkurko (née Hetrick), Ashley Braniecki, Nava Salehi

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Thank you to everyone who worked to make this event possible. I am always in awe of our volunteers and kayakers who commit their time and energy to making things run smoothly and keeping our swimmers safe. Thank you to the USMS Great Lakes Zone for their financial support. Through their generosity, we were able to mail tees and caps to everyone who entered the race. Thank you to the boards of O\*H\*I\*O Masters Swim Club and the Lake Erie LMSC for their guidance and support as we continue to grow this event.

The 2022 Brogan Open Water Classic will be held July 16 at Edgewater Beach. We will be hosting the U.S. Masters Swimming Sprint-Distance Open Water National Championship. We look forward to having you all join us for this exciting event. We will be back bigger and stronger than ever!

— Chuck Beatty, Event Director, 2022 Brogan Open Water Classic

## Lake Erie Masters Swimmers Shine at USA Masters Games



Lake Erie LMSC members traveled to Grand Rapids, Michigan for the 2021 USA Masters Games, which took place on June 26, 2021. Aaron Foreman, Susan Paris, and Gloria Patricia competed in the event, each bringing home hardware. Aaron, who competed in the 25-29 age group, placed first in the 100 breast, 200 breast, and 200 IM. Gloria, who also competed in the Track and Field triple jump and long jump, and in less-than-ideal weather conditions, placed first in

the 50 back and second in 50 breast in the 60-64 age group. Susan Paris competed in 75-79 age group, and brought home gold in the 50 free, 100 free, 200 free, 500 free, and 1000 free. The event was many swimmers' first opportunity to race since the beginning of the pandemic, and Susan noted, "The competition was very exciting and well-organized." Great job, swimmers!



## AWARDS

June 5, 2021 O\*H\*I\*O Masters Swim Club held its annual meeting. The Club honored two members with the 2021 Lifetime Achievement Award for Performance, Marianne Brogan and Yoshi Oyakawa.



Yoshi Oyakawa

Yoshi is one of the few members of O\*H\*I\*O Masters Swim Club to compete in the Olympics. Yoshi was inducted into the International Swimming Hall of Fame in 1973 and was inducted into the International Masters Swimming Hall of Fame in 2017. His achievements are so numerous and incredible he is most deserving of this award.

A complete recap of his many performances can be found at:

<http://www.usms.org/people/01PN5>



Marianne Brogan

Marianne's swimming journey consists of both personal achievements in pool and open water and includes decades of work to promote the fitness value of swimming and healthy living. Marianne started competing in her late 40's and by age 47 was already ranked in USMS Top 10. She was a regular participant in competition where she excelled across 8 USMS and 5 YMCA Masters age groups: ages 47 to 76. When her health reduced her competitive participation, she turned to her preferred method of swimming—Lake Erie swims off of Columbia Road Park. Along her journey, Marianne achieved several notable swimming feats.

A complete recap of his many performances can be found at:

<https://www.usms.org/comp/tt/toptenind.php?SwimmerID=01PKF>



## SWIMMER SPOTLIGHT

### Meet Cleveland Aquatics Team member Kinsey Kolega!



Kinsey Kolega, a member of Cleveland Aquatic Team (CAQT), has been swimming since she was a child. Like many, she recalls swim lessons at her local Y. By the time she was in middle school, she swam on the school team. But she marks high school as the start of swimming competitively. A Buffalo native, she moved to Cleveland for college, attending CWRU. She swam with the CWRU team for a year, but ultimately dropped swimming and joined the diving team.

Kinsey joined CAQT after her college graduation, and has been swimming with the team ever since, although you can see her occasionally at one of the OHM Lakewood practices. As a swimmer, Kinsey is willing to try any distance and any event. She's competed in triathlons, open water swims, as well as in pool meets. When asked about her favorite competition so far, she cited the Gay Games in Paris, France as being a truly incredible experience. She medaled in the pool and in open water events. Kinsey just completed the 5k Swim to the Moon event in Ann Arbor. Her next swim goal is to qualify for nationals.

## COACHES CERTIFICATION

U.S. Masters Swimming has four levels of Masters coach certification. Level 1 is now available online through with an online course and mandatory zoom call. The courses for Levels 2, and 3 are taught in classroom settings throughout the country by USMS-certified coach trainers. Level 4 is a portfolio-style application and has no classroom component.

### Level 1

In Level 1, you'll be introduced to the basics of coaching and understanding the adult learner, including the different types of swimmers you'll encounter as a coach, such as triathletes and open water swimmers. You'll also learn how to write effective workouts. You can register for the online course at <https://usms.thinkific.com/courses/usms-masters-coach-certification-level-1> and upon completion of the course, you will be able to register for the Zoom call. Zoom calls are held monthly on the last Wednesday of the month and will have limited availability.

Additional information on Level 2, 3 & 4 can be found at <https://www.usms.org/coach-central/coach-certification>



## MEMBERSHIP COORDINATOR'S REPORT

As of August 2, 2021, Lake Erie LMSC had 423 swimmers registered for the 2021 season.

Lake Erie LMSC	8/2/2021	2020	2019
<b>Total Number of Swimmers</b>	<b>423</b>	<b>474</b>	<b>544</b>
<b>Amherst Aquatic Club</b>	<b>4</b>	<b>2</b>	<b>8</b>
<b>Cleveland Aquatic Team</b>	<b>15</b>	<b>19</b>	<b>21</b>
Hamachi Swim Warriors	NR	1	NR
Kraken Masters	NR	NR	5
LifeTime Swim Lake Erie	NR	1	3
<b>Liquid N' Durance</b>	<b>13</b>	<b>25</b>	<b>22</b>
<b>Medina Masters</b>	<b>12</b>	<b>20</b>	<b>24</b>
<b>Massillon YMCA Stingrays</b>	<b>0</b>	<b>2</b>	<b>9</b>
<b>O*H*I*O Masters</b>	<b>286</b>	<b>296</b>	<b>308</b>
<b>Shaker</b>	<b>48</b>	<b>54</b>	<b>66</b>
Towpath Masters	NR	NR	3
<b>Unattached</b>	<b>45</b>	<b>54</b>	<b>71</b>
WHMS	NR	NR	4
<b>Total</b>	<b>423</b>	<b>474</b>	<b>544</b>

A warm welcome to the following \*new\* members through August 2, 2021 for the 2021 Registration Year:

### **O\*H\*I\*O Masters**

Anne Campbell  
 Rachel Clary  
 Marisa Celeste  
 Joseph DeFelice  
 Emily Depew  
 Rosanne Deucher  
 Cynthia Druckenbrod  
 Liz Ferro  
 Bryan Greller  
 Charles Gerheim  
 Hannah Hagy  
 Susan Manofsky  
 Frank McIntyre  
 Mina Milad  
 Hannah Morris  
 Amy Nordy  
 Emily Poole  
 Antonella Raggio

### **O\*H\*I\*O Masters**

Gail Rapps  
 Kellie Rotunno  
 Kimberly Schribner  
 Kate Snyder  
 Alex Solove  
 Tina Stark  
 Siddharth Swaminathan  
 Kristi Tabaj  
 Ricardo Vidalon

### **Amherst Aquatic Club**

Antonio Gonzalez  
 Megan Pycraft

### **CAQT**

David Crawford  
 Jenna Halupnik  
 Brittany Newman

### **Liquid N' Durance**

Robert Byrd  
 Megan Palazzolo

### **Medina Masters**

Debra Illes

### **Shaker Sharks**

Danielle Harper  
 Dimitriy Klementov  
 David Kriska  
 Ian Thome  
 Benjamin Turshen

### **Unattached**

Michael Collins  
 Gil Even  
 Connie Gardner  
 Graham Loftus  
 Megan McCoy  
 Nancy Mino  
 David Mitchell  
 Lochlainn  
 Ohaimhirgin  
 Patrick Palumbo  
 Julie Rosenjack  
 Kim Ross  
 Kelly Tompkins  
 William Weaver

## SAVE THE DATE

Aug 28	Avon End of Summer Spectacular	Information and registration at: <a href="https://www.clubassistant.com/club/meet_information.cfm?c=1236&amp;smid=14007">https://www.clubassistant.com/club/meet_information.cfm?c=1236&amp;smid=14007</a>
Oct 7-10	USMS Long Course Nationals	Spire Institute, Geneva OH Information & registration at: <a href="https://www.usms.org/events/national-championships/pool-national-championships/2021-pool-national-championships/2021-long-course-national-championship">https://www.usms.org/events/national-championships/pool-national-championships/2021-pool-national-championships/2021-long-course-national-championship</a>

## CALL FOR SUBMISSIONS

Our newsletter is better for your ideas and contributions. Are you or a friend swimming in a meet outside the LMSC? Swimming a fundraiser? Want to be interviewed for the Swimmer Spotlight? Help us get to know each other and send articles, ideas for features or content to the newsletter editor, Dee Shedlow at [dshedlow@yahoo.com](mailto:dshedlow@yahoo.com)