

# THE NEWSLETTER OF THE LAKE ERIE LMSC

MAY 2021

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## LAKE ERIE'S EDGE

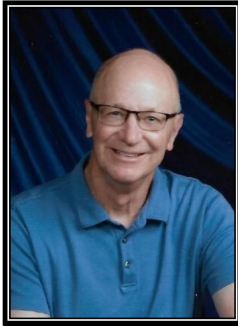
JAY DEFINIS

Spring greetings from the Lake Erie shoreline. Winter has passed, swimming options are opening back up this summer, and Masters Swimming is alive and well in the Lake Erie region. Thank you to everyone who supported our swimming efforts in the elements this winter. Please check out the USMS articles on Covid19 safety and swimming at <https://www.usms.org/aboutcovid19-information>. There are interesting articles on this topic for both swimmers and coaches.

Congratulations to Chuck Beatty and the Brogan Open Water race team! Registration is up and running and things are looking positive for a July open water swim event at Edgewater Park. Please sign up to volunteer or swim the meet as we look forward to a great event on the shores of Lake Erie. Keep in mind that next year, the Brogan Open Water Swim Classic will be the One Mile U.S. National Open Water Championship. A great way to prepare for 2022 is by practicing the swim or practice volunteering at the 2021 event!

As of this writing, it is USMS National Coaches' Appreciation Week! I would like to personally congratulate and thank all of our LELMSC coaches for their dedication and support of Master Swimming in our region. Remember, having a coached workout is one of the great values of your U.S. Masters Swimming membership. Be sure to reach out and thank your coaches this summer. They rock!

When I first moved to Cleveland in 1988, I ventured down to swim at Columbia Beach with the Ohio Masters open water group. It was there that I met six people who greatly influenced and encouraged my involvement with Lake Erie and the Ohio Masters swimming community: Tom



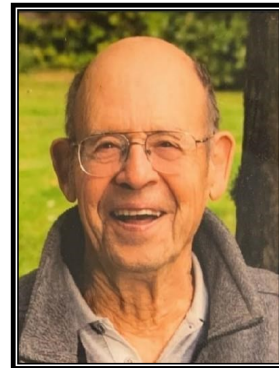
Dave Barberic  
1952-2021

and Diane Spence, Doug and Maryann Brogan, Kristen Bergmann, and Dave Barberic. I was sad to learn of Dave's sudden passing this March and in trying to think of a way to pay tribute to Dave, I asked his good friend Tom Spence to share a memory or two about Dave. Tom replied, "He was a good guy with a huge smile and a booming voice. Dave had a strong commitment to open water swimming and loved Ohio Masters swimmers. He managed the check-in process at the Open Water Swim at Edgewater Park for years, and developed the popular high school t-shirt design contest which produced so many wonderful shirts over the last 15 years. Dave was also the Ohio Masters treasurer and the Lake Erie Masters newsletter publisher. It is sad to know that while swimming at Columbia Rd. Park will continue, Dave will not be with us in person."

The LELMSC also lost two other longtime swimmers this winter, Betty Russ and George Roudebush. All three of these swimmers have a legacy in competing and serving our community. Say a prayer for their family and friends on your next swim. They will be truly missed.



Betty Russ  
1927-2021



George Roudebush  
1925-2021

Finally, the LELMSC Annual Meeting will be held after the Pentathlon meet in Stow this November. Keep an eye out for the *Save the Date* announcement. This year we will be electing a Chair and a Secretary. **If you have an interest in serving please email me by June 1, 2021, at [im4psu82@yahoo.com](mailto:im4psu82@yahoo.com)** . We will have an in-person meeting with some food for attendees.

Thank you for the opportunity to serve as your Chair! Looking forward to seeing all of you somewhere swimming this summer and fall.

Best always,

Jay M. DeFinis  
Lake Erie LMSC Chair

## 2021 BROGAN OPEN WATER CLASSIC

Are you ready to race again? The Brogan Open Water Classic will be our first chance to compete face-to-face in over a year. Race day is July 17 at beautiful Edgewater Park in Cleveland. Race information is at <http://ohiomasters.com/brogan-owc>. Enter online at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1236&smid=13522](https://www.clubassistant.com/club/meet_information.cfm?c=1236&smid=13522).

Please spread the word among your workout groups.

We will run ½-mile, 1-mile and 2-mile races. These will have both wetsuit and non-wetsuit divisions. All participants will receive a race tee, race swim cap, a finishers prize and great food after the race.

Special thanks this year to the swimmers of the Great Lakes Zone for making a major financial contribution to our race. Your support helps us promote open water swimming in Cleveland, Lake Erie and throughout the Great Lakes!

Entries opened April 15 and we currently have 75 entries. Registration fee is \$70 and will jump to \$85 on June 16.

Deadlines to keep in mind:

- June 16: Race fee increases by \$15
- July 9: Paper entries due
- July 10: Online entries due
- July 17: Race Day!

We need lots of volunteers to make this event work. Volunteers receive an event tee, post-race food and the satisfaction of knowing that you're helping your teammates achieve their goals. ***If you are not swimming, please plan to volunteer.*** We especially need kayakers/paddleboarders to support our swimmers. A list of opportunities and sign-up are at <https://www.signupgenius.com/go/60b084fafa82ba4f49-2021>.



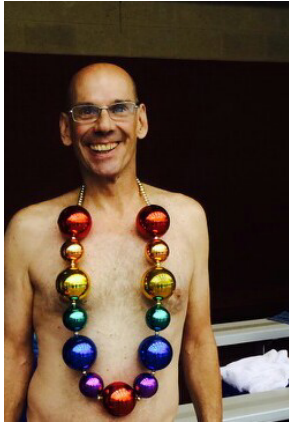
Be sure to like the Facebook page at <http://www.facebook.com/broganopenwaterclassic/> and

click "Interested" on our events. We will be posting regular updates on this page.

**Come join us for this great event!**

## SWIMMER SPOTLIGHT

### Meet Cleveland Aquatics Team member Tom Stebel!



Tom learned to swim as a boy through lessons at the Y. He recalls beginning as a minnow and working his way up the aquatic food chain as he advanced. As a Boy Scout he earned a merit badge for swimming. He continued to swim throughout his life for exercise, stress reduction and general peace of mind.

Tom has spent much of his adult life as an advocate, activist and volunteer for the LGBTQ+ community. This year he celebrates 25 years of volunteering at the LGBT Community Center of Greater Cleveland, where he is a fixture, and an integral community member. His work has been recognized with the LGBTQ Heritage Award from the city of Cleveland in 2015, and just this year he was honored by the Cleveland Public Library with an Unsung Hero award for the work he does in the

community. CPL made those awards in connection with MLK Day. More information about that award, and a video interview with Tom can be found at

<https://www.cleveland19.com/2021/01/10/cleveland-public-library-adds-twist-dr-martin-luther-king-jr-celebration/>.

When an LGBTQ swim team was formed to train for Gay Games 9 held in Cleveland+Akron, Tom was among the first to join. Between pointers from teammates and coaches, he was able to unlearn a lot of bad habits and acquire some better ones. Until 2010, Tom had never joined a sports team willingly. However he embraced being part of the Cleveland Aquatic Team. Beforehand, his only team experience had been a few tear-filled seasons on a little league baseball team.

Tom's first swim meet was at 49 years old. He has learned to enjoy the thrill of competition and at 59 he is still getting faster. Tom says being on a team where he can be his authentic self allows him to be his best self in the pool and has been an important part of his swimming journey. With CAQT he proudly competed at two Gay Games (Cleveland & Paris) and one IGLA competition (New York City). His teammates have become his best friends and he's not sure what he would do without them. Tom says "they buoy my spirit and keep me on task in and out of the pool. These days, if there are tears with my team, they are tears of joy from being so well loved and supported. My life is made much richer by the people I've surrounded myself with."

## 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 STATISTICS

Lake Erie LMSC	5/11/21	2/8/21	2020	2019
<b>Total Number of Swimmers</b>	<b>359</b>	<b>300</b>	<b>474</b>	<b>544</b>
Amherst Aquatic Club	NR	NR	2	8
<b>Cleveland Aquatic Team</b>	<b>12</b>	<b>11</b>	<b>19</b>	<b>21</b>
Hamachi Swim Warriors	NR	NR	1	NR
Kraken Masters	NR	NR	NR	5
LifeTime Swim Lake Erie	NR	NR	1	3
<b>Liquid N' Durance</b>	<b>12</b>	<b>10</b>	<b>25</b>	<b>22</b>
<b>Medina Masters</b>	<b>11</b>	<b>10</b>	<b>20</b>	<b>24</b>
<b>Massillon YMCA Stingrays</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>9</b>
<b>O*H*I*O Masters</b>	<b>250</b>	<b>212</b>	<b>296</b>	<b>308</b>
<b>Shaker</b>	<b>43</b>	<b>31</b>	<b>54</b>	<b>66</b>
Towpath Masters	NR	NR	NR	3
<b>Unattached</b>	<b>31</b>	<b>25</b>	<b>54</b>	<b>71</b>
WHMS	<u>NR</u>	<u>NR</u>	<u>NR</u>	<u>4</u>
<b>Total</b>	<b>359</b>	<b>300</b>	<b>474</b>	<b>544</b>



## IN MEMORIAM

### **Richard Bauschard 1945-2021**

My friend Rick Bauschard died on March 21. Many of you did not get to meet Rick. He was an architect with Pete VanDijk's firm. He also was an extraordinary swimmer. He swam collegiately at Syracuse, where he was an All American. I was always amazed that when there was a close finish, he seemed to get his finger on the wall ahead of the others. Rick compiled 86 top ten times before he retired from swimming in 1992. He at one time held the world record in the 100 IM. I first met him at a local meet in 1977. We raced the 50 free. We tied. It took me another 5 years to beat him in any race.

Rick and I, along with other OHIO Masters, won a number of National Championship Relays. We set a several USMS national relay records together. This was a time when OHIO Masters sent 25 to 40 swimmers to championships.

I remember my first nationals in 1980 at the Swimming Hall of Fame Pool. After the day's events we would head over to the Prop Club (which was across the street from the pool) and rehydrate with several beers, go to dinner, go to bed and, the next morning, go to the pool. The last day of the meet I was waiting to swim the 500 freestyle and Rick and the gang came over from the Prop Club with frosty beers. I did not want to swim the 500 and wanted a beer. They had to goad me into not scratching. We also would compete in beer relays against the other teams. A swimmer would swim a 25, chug a beer, and then swim back. There are lot of other stories.

Over the years we had workouts, races, golf matches, lunches and dinners. When workouts would get hard, I would pretend that Rick was a half a body length ahead of me and I had to dig to run him down. I remember an easy workout during a golf trip. Each set kept getting faster and harder because neither one of us wanted to lose to the other. Over the years we would generally competed in 4 of the same events. When we would add up the times, there was usually less than a second differential. Going to Nationals with Rick and the other Ohio Masters was the reason to grind for the other 50 weeks.

He was a good friend that I only knew because of masters swimming. I will miss him.  
Harry Greenfield

### **Betty J. Russ - 1927 - 2021**

Betty started her love of swimming in grade school and enjoyed 8 years of swimming under the Amateur Athletics Union. She grabbed national press attention after winning a 3-mile lake swim in Camden, New Jersey in record time. Shortly after, Betty tried out for the Olympics. After not making the team, she got married, hanging up her suit for the nearly 30 years. After her husband passed, Betty jumped back into the dating pool—and the competition pool. She began dating Dick Marshall, and a friend of his asked her why she wasn't swimming? And that question encouraged Betty to dive into masters swimming. She swam at her first masters meet in Canton, sweeping her events, and gaining the attention of other master's swimmers, including Darlene Ferguson and Lilly Kron, who persuaded Betty to join O\*H\*I\*O Masters swimming.

Betty spent the next 30 plus years traveling the country for masters meets with her teammates, such as Dexter Woodford and Luise Easton. They saw many pools and cities during their travels. Betty even brushed up with Hollywood celebrities while competing in California! During her Masters tenure, Betty claimed 823 individual USMS top ten awards, 54 relays top ten awards, 35 All-American awards, and six lifetime USMS national records, three of which are still held today (50 free, 100 fly, and 400 IM all in the 85-89 age group).

Betty's favorite memory was swimming the 100 SCY fly at the National Senior Games in Minnesota in 2016, and at the age of 88. Swimmers line-up around the pool to cheer her on. Afterwards, they told her "I've never seen anything like that." When asked about advice she would give others, Betty says "Don't be afraid. Say I own this pool. Say I am the best. I'm going to be beat you." "You don't want to be afraid," says Betty. "You tighten up. You want to be happy, you want to be loose."

For those of us who knew Betty Russ, she was immortal. According to the USMS web site, in 1980 at the age of 53, Betty had her first 4 top ten races. 37 years later at 90 and 833 top ten results later, Betty had her last top ten race. At 88 she had 14 top ten times, including being an All American in the 100, 200 fly and the 400 IM.

Betty was always smiling and laughing. She was a fun loving person. Her death leaves a huge hole in the ranks of swimming in NE Ohio.

Betty was a recipient of the O\*H\*I\*O Masters Swim Club Lifetime Achievement Award in 2019!

## SAVE THE DATE

June 1-15	Swim.com 2021 USMS Summer Fitness Challenge (2K swim)	Information & registration information can be found here: <a href="https://www.usms.org/events/fitness-events/fitness-series/summer-fitness-challenge">https://www.usms.org/events/fitness-events/fitness-series/summer-fitness-challenge</a>
July 17	Brogan Open Water Classic	Entries open now. Register to swim: <a href="https://www.clubassistant.com/club/meet_information.cfm?c=1236&amp;smid=13522">https://www.clubassistant.com/club/meet_information.cfm?c=1236&amp;smid=13522</a>  or to volunteer: <a href="https://www.signupgenius.com/go/60b084fafa82ba4f49-2021">https://www.signupgenius.com/go/60b084fafa82ba4f49-2021</a>
Aug 28	Avon End of Summer Spectacular	Info coming soon. Check <a href="http://ohiomasters.com/events/">http://ohiomasters.com/events/</a> to see when registration opens.

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