

News of the LAKE ERIE LMSC

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Message from the Chair—

It's early morning when my life seems to be in quiet mode. It's also Thanksgiving weekend which is very noisy with all the hustle and bustle of the holiday. Quiet and noisy bring me joy but in different ways.

Quietly I give thanks and gratitude to all the people in my life who have supported me, encouraged me, cried with me and laughed with me. There are many moments in the quiet of my mind that bring a heartfelt joy for the shared experience and memory of a certain event.

Busy and noisy also bring me joy as I feel energized by the swirl of activity around me. Swimming brings me joy which is both quiet and noisy. When my head is above water it is noisy and when it is below water it is quiet. Stroke after stroke I am grateful to have both the noise and the quiet while swimming. Above the water and below the water I am thankful to all who share my love of swimming.

As Chair of Lake Erie LMSC I am happy to report our year has been a success. Here is a brief recap of the year:

- Clubs returned to near pre-pandemic operations including swim meets on local and national levels.
- LELMSC adopted Standards and Measures of Success as a guiding document to help achieve goals of keeping current members swimming and attracting new members to swim for fitness and/or competition.
- USMS Volunteer Relay: Three LELMSC members attended the volunteer networking opportunity for members to share ideas in an attempt to increase the number of clubs and LMSCs. Future relay events will focus on events and community.

Recognitions

- Judi Norton, USMS 2022 Kerry O'Brien Coaches Award.
- Yoshi Oyakawa (age 88), All American (Pool),
- Luise Easton (age 83), All American (Open Water).
- Almost 200 Individual and 25 Relay Top 10 recognitions (all pool courses).

Goals for 2023

- 1) Continue to improve communication and swim opportunities.
- 2) Host swim clinics: one open water focus and one pool focus.

Here's to 2023! A year filled with fitness, fun and competition in a pool or in the open water. Happy swimming everyone!

Ann Marshfield

2022 LMSC Annual Meeting

Most notable of the annual meeting held on Sunday, November 6, 2022, was the approval of changes to the by-laws. Most changes were proposed to align our bylaws with current USMS bylaws and practices. The updated by-laws can be found at [https://www.usms.org/-/media/usms/PDFs/Volunteer Central/LMSCs/Bylaws/le_bylaws.pdf](https://www.usms.org/-/media/usms/PDFs/Volunteer%20Central/LMSCs/Bylaws/le_bylaws.pdf).

Elections results are as follows:

Treasurer: 2-year term: Mark Marshfield

Membership Coordinator: 2-year term: Ashley Braniecki

Secretary: 1-year term: Judi Norton

A donation of \$500 in memory of Kevin Kelley to fund any greater Cleveland area schools in need of swim equipment. Details of the program are not yet finalized.

ALTS Experience at Avon

For those unfamiliar with the acronym, ALTS is a wonderful branch of USMS that has the distinction of being the one area of Masters swimming that can save lives!

ALTS is the acronym for Adult Learn-To-Swim. Most people are surprised to learn that most people who drown are adults. More than a third of adults in the United

States cannot swim the length of a pool and this puts them at risk for becoming a drowning statistic. Our close proximity to Lake Erie makes the risk even greater.

The Lake Erie LMSC recently offered free swim lessons for adults at the Avon Aquatic Center. While only two swimmers participated in the classes, that's two more that may not drown.

A big thank you goes out to Mark Stewart who was the instructor for both individuals

Mark shared, "Initially, I was nervous about teaching swimming, but determined that people need to learn to swim—if only for water safety. Plus, I need to be part of the solution."

He continued, "Each new swimmer seemed engaged in the process and learned a new tip or two. The two students worked hard, progressed at their own speed, and definitely were more comfortable in the water when we finished the session."

His experience was very similar to those shared by other ALTS instructors. "It was so much fun and rewarding, that we went well beyond the allotted time."

If you, like Mark, want to be part of the solution and are thinking about becoming an ALTS instructor, please do so! Because we have scholarships available to cover much of the cost of the course, all it takes is a little bit of time and the willingness to share your love of our sport and help others. As Mark observed, "I think the course material from USMS is very impressive. Confidence (gained) from the course more than balanced my nervousness."

To find an ALTS class near you, go to USMS ALTS CENTRAL at <https://www.usms.org/alts-central>.

Judi Norton
LELMSC ALTS Coordinator



5 Times the Fun at the Pentathlon!

*Cleveland Clinic Akron General Lifestyles in Stow hosted the O*H*I*O Masters Pentathlon on November 6.*



"What's a Pentathlon?," you ask. That's a meet where you swim five events and your times are added together to determine your ranking in your age group. Our Pentathlon has three different categories:

- Short IM: 50 of each stroke plus a 100 IM
- Long IM: 100 of each stroke plus a 200 IM
- Freestyle: 25, 50, 100, 200 and 500 free

We had great turnout and seven First-Timers (swimmers attending their first USMS meet).



The Pentathlon is a great meet to get a baseline for your short-course season. It's also a wonderful way for new swimmers to try out racing in a low-pressure environment.

Thank you to all of the volunteers and officials who made the meet possible!



This past June I embarked on an exciting adventure. I discovered Swim Trek and I traveled to Montenegro for a week in the Montenegrto fjords in the Bay of Kotor and the Adriatic Sea.

We stayed in a small palace in the village of Perast where 16 swimmers and 2 guides from the US, the UK and Ireland swam a 5K each day along different sections of the coast.



One day we were transported to Lake Skadar and a connecting river in a national park in Montenegro that borders Albania. We swam a 3k in the lake, walked to a 12th century monastery, and then swam a 2K in the river.

One day was spent swimming and exploring the caves along the coast and like every day, the water

was turquoise blue and crystal clear at any depth. Evenings were spent enjoying delicious food and wine at beautiful waterfront restaurants of our choice as we watched the sun set behind the breathtaking mountains.



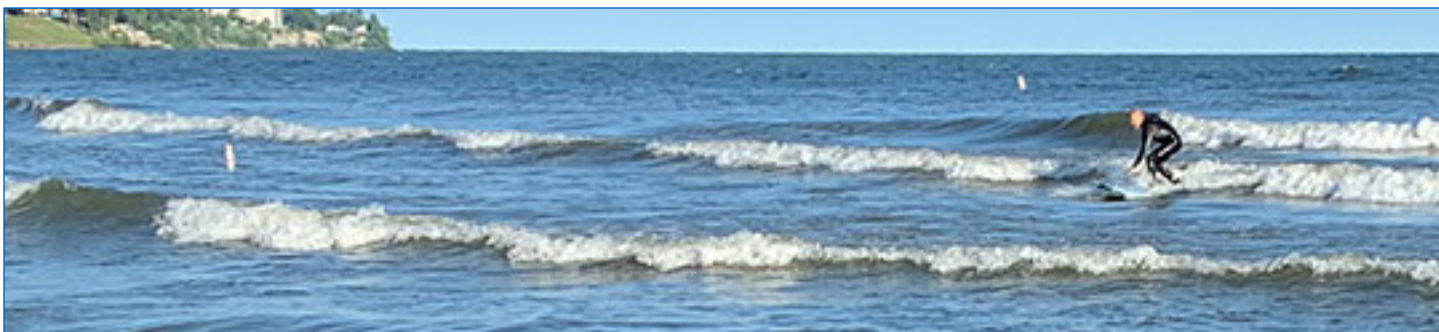
Before arriving in Montenegro and joining up with Swim Trek, we stayed in Dubrovnik, Croatia where each day we jumped into the Adriatic from a hotel pool (not ours), swam to the 9th century walled city of Dubrovnik (King's Landing if you're a Game of Thrones fan) and then swam around the walled city and exited at a small beach.

In both countries the Adriatic was calm, crystal clear and 78-80°. It's my first Swim Trek but won't be my last!

Pam Beck

**Be Sure to Renew Your USMS
Membership by December 31!**





A Disappointing Morning at Edgewater Beach

July 9, the date of the 2022 Brogan Open Water Classic, was a perfect morning — if you were a surfer.

While it was sunny and clear, we were greeted with NE winds of 15–17 mph with gusts up to 23 mph. Those winds generated 3 to 4-foot waves that maxed out at 6 feet high. Under those conditions, there was no way to safely run the race.

We had been watching the wind forecast all week, hoping that it might change in our favor. In the end, after consulting with Mark Marshfield, our safety director, and Chuck Kunsman, our referee, we made the decision on Friday morning to cancel the race. Canceling a day early saved some of the participants their travel costs.

Up until race day, we were looking at a very successful event. We had a total of 252 entries (a new record), including 107 entries in the USMS Sprint-Distance Open Water National Championship.

We had a beautiful tee shirt designed by our own talented artist, Stephanie Crossen (check out her work at <https://www.thelovelyforest.com/>). Several participants said it was their favorite race shirt ever.



**2022 SPRINT-DISTANCE
OPEN WATER NATIONALS**



We had amazing food arranged by Kristen Bergmann—including warm breakfast burritos from Constantino's in Cleveland. Kristen also brought birthday cakes to celebrate Doug Brogan's 90th birthday.

Everything was in place for an amazing day, except for the safety of our swimmers and support kayakers—something on which we will never compromise.

Thank you to all the volunteers who came out on race morning to hand out tees, caps and food to the participants who showed up. It was a nice party on the beach.

Those participants who did not come on race day received their tees and caps via mail.

We will be offering a discount for next year for those who entered the race this year. We will let everyone know the details after our board of directors meeting.

Stay tuned for information on the 2023 Brogan Open Water Classic. It will be held in mid-July at Edgewater Beach. We're looking forward to perfect conditions, because Mother Nature really owes us one.

Chuck Beatty, Event Director

Lake Erie LMSC Membership

2022: 507 Members, 7 Clubs

2023: 94 Members, 5 Clubs
(as of 12/4/22)

Upcoming Events

Hudson Meet (SCM) December 10–11, 2022

Pieter Cath Memorial Swim Meet (SCY)
Lakewood, January 22, 2023

2023 USMS 1-Hour Virtual Championship, Jan 1–31

2023 Swim.com USMS Winter Fitness Challenge
Jan 1–31



Great Fun and Success at the 2022 USMS 2-Mile Cable Open Water National Championship

Five members of O*H*I*O Masters made the trip to Lake Placid, NY, to participate in the 2022 USMS 2-Mile Cable Open Water National Championship.

Chuck Beatty, Luise Easton, Judi Norton, and Diane and Tom Spence competed against tough competition and came home with lots of hardware.

If you're not familiar with cable events, here's how they work: a quarter mile cable extends along the bottom of the lake. Buoys mark the course on the surface. Swimmers swim down one side of the cable and back the other. Each lap of the course is half a mile. Cable swims are typically 1 mile or 2 miles in length.



Luise was the national champion in the women's 80-84 age group.

Chuck, Judi and Tom placed second in their respective age groups and Diane placed third.

The women's relay of Diane, Judi and Luise placed first in the 65+ age group.

The mixed relay of Chuck, Diane, Judi and Tom placed second in the 55+ age group.

Race morning on Mirror Lake was perfect, though a bit chilly at 48 degrees. The rising sun warmed the venue and the water temperature was 73 degrees.



The team had a wonderful time racing, cheering each other on, and shopping and dining in Lake Placid in the afternoon. Sunday morning, Chuck swam a couple of laps in an irresistibly calm Mirror Lake (top photo) before the 9-hour drive home—because why not?



Small and Mighty Team Shines at USMS Long Course National Championship!

*Congratulations are in order to the ten swimmers from O*H*I*O Masters Swim Club who traveled to Richmond, VA for the 2022 USMS Long Course National Championship.*

From four women and six men the team had a total of 47 individual swims and eight relays. Out of 170 Local Clubs the Men pulled off an impressive

the 100 & 200 Backstroke and 3rd place in the 50 Backstroke. Nineteen-year-old Logan Nance swimming in his first USMS meet scored points in 50 Fly and 100 Free and just missed 10th place in the 50 Free. The duo swam on the Men's 200 Free relay along with Duane Grassell and Larry Terkel for a 9th place finish!



10th place finish while the combined score placed the team 13th! The team was small but mighty impressive! Big shout-out to the following three swimmers who earned the coveted title National Champion!

- Yoshi Oyakawa – 50 & 100 Backstroke, 50 & 100 Free
- Larry Terkel - 50 Free, 100 & 200 Breaststroke
- Judi Norton - 400 IM

The team was proud to have the only Father/Son duo, Chad and Logan Nance, competing at the event. Chad Nance posted 2nd place finishes in

Pam Beck's best race was the 400 IM in which she placed 6th, Melinda Smith swam for 3rd place in the 200 Butterfly, and Ann Marshfield swam to a 7th place finish in both the 100 & 50 Breaststroke. The Women's 200 Medley relay placed 8th and the 200 Free relay placed 7th.

Not pictured and certainly not forgotten is John Scalli who swam five individual events dropping 14 seconds off his 200 Backstroke for a 4th place finish in the 25-29 age group!

Again, congratulations O*H*I*O Masters for your outstanding performance at Long Course Nationals!!



2023 Spring Nationals: April 27-30, Irvine, CA
2023 Summer Nationals: August 2-6, Sarasota, FL

USMS 2022 LCM Individual Top 10

Place	Event	Name	Age	Club	Place	Event	Name	Age	Club
Women 18-24 LCM					Men 25-29 LCM				
8	200 Breast	Jenna M Halupnik	23	CAQT	9	1500 Free	Jonathan Henning	27	O*H*
Women 25-29 LCM					10	50 Back	John C Scalli	27	O*H*
10	200 Free	Kristen Troyer	29	O*H*	7	100 Back	John C Scalli	27	O*H*
1	1500 Free	Kristen Troyer	29	O*H*	6	200 Back	John C Scalli	27	O*H*
Women 65-69 LCM					Men 40-44 LCM				
7	800 Free	Judith H Norton	65	O*H*	6	50 Back	Scott Gabbard	42	SHSH
5	1500 Free	Diane F Spence	69	O*H*	Men 45-49 LCM				
8	50 Back	Judith H Norton	65	O*H*	3	50 Breast	Cameron J Rose	47	O*H*
6	200 Back	Judith H Norton	65	O*H*	7	100 Breast	Cameron J Rose	47	O*H*
9	100 Breast	Diane F Spence	69	O*H*	4	200 Breast	Cameron J Rose	47	O*H*
5	200 Breast	Diane F Spence	69	O*H*	9	400 IM	Cameron J Rose	47	O*H*
8	200 IM	Judith H Norton	65	O*H*	Men 50-54 LCM				
2	400 IM	Judith H Norton	65	O*H*	9	50 Back	Chad A Nance	50	O*H*
Women 70-74 LCM					8	100 Back	Chad A Nance	50	O*H*
8	200 Breast	Melinda J Smith	70	O*H*	9	200 Back	Chad A Nance	50	O*H*
8	100 Fly	Melinda J Smith	70	O*H*	7	50 Breast	Chad A Nance	50	O*H*
4	200 Fly	Melinda J Smith	70	O*H*	10	100 Breast	Chad A Nance	50	O*H*
6	400 IM	Melinda J Smith	70	O*H*	Men 65-69 LCM				
Women 75-79 LCM					8	1500 Free	Edward J Borsuk	69	O*H*
8	200 Free	Susan Paris	76	O*H*	Men 75-79 LCM				
8	400 Free	Susan Paris	76	O*H*	2	50 Free	Lawrence A Terkel	75	O*H*
6	800 Free	Susan Paris	76	O*H*	5	100 Free	Lawrence A Terkel	75	O*H*
6	1500 Free	Susan Paris	76	O*H*	5	100 Breast	Lawrence A Terkel	75	O*H*
7	50 Fly	Anne L Hegnauer	75	O*H*	7	200 Breast	Lawrence A Terkel	75	O*H*
Women 80-84 LCM					3	50 Fly	Lawrence A Terkel	75	O*H*
7	400 Free	Luise E Easton	84	O*H*	Men 85-89 LCM				
10	50 Breast	Luise E Easton	84	O*H*	2	50 Free	Yoshi Oyakawa	89	O*H*

USMS 2022 SCY Relay Top 10

Place	Event	Club	Name (Age)
Men 18+ SCY			
5	400 Free Relay	O*H*	Alex Machovina (26) Thomas M Dinh (28) Jordan T Keller (24) Andrew McCollister (29)
Women 25+ SCY			
8	400 Free Relay	O*H*	Kristi N Tabaj (48) Michaela Stryffeler (32) Ashley L Braniecki (36) Stephanie D Crossen (36)
Mixed 65+ SCY			
6	800 Free Relay	O*H*	Tracy W Smith (65) Thomas E Spence (77) Luise E Easton (83) Diane F Spence (69)

**Congratulations to All of
Our Lake Erie LMSC
Top 10 Swimmers!**

USMS 2022 SCY Individual Top 10

Place	Event	Name	Age	Club
Women 18-24 SCY				
9	200 Back	Hannah J Langer	23	CAQT
Women 65-69 SCY				
10	1650 Free	Diane F Spence	69	O*H*
Women 75-79 SCY				
7	1650 Free	Susan Paris	76	O*H*
Women 80-84 SCY				
10	200 Free	Luise E Easton	83	O*H*
8	500 Free	Luise E Easton	83	O*H*
6	1000 Free	Luise E Easton	83	O*H*
5	1650 Free	Luise E Easton	83	O*H*
Men 18-24 SCY				
8	200 IM	Alexander J Quinn	24	O*H*
Men 25-29 SCY				
9	1000 Free	Andrew McCollister	29	O*H*
4	1650 Free	Andrew McCollister	29	O*H*
Men 45-49 SCY				
5	50 Back	William A Weaver	49	O*H*
5	100 Back	William A Weaver	49	O*H*
5	50 Fly	William A Weaver	49	O*H*
2	100 Fly	William A Weaver	49	O*H*
8	200 Fly	James A LaMastra	46	O*H*
5	100 IM	William A Weaver	49	O*H*
Men 65-69 SCY				
8	200 Free	Edward J Borsuk	68	O*H*
9	500 Free	Edward J Borsuk	68	O*H*
7	1650 Free	Edward J Borsuk	68	O*H*
Men 70-74 SCY				
10	50 Free	Lawrence A Terkel	74	O*H*
Men 75-79 SCY				
5	200 IM	Levente G Batizy	75	O*H*
Men 80-84 SCY				
7	200 IM	William R Learmonth	82	O*H*
7	400 IM	William R Learmonth	82	O*H*
Men 85-89 SCY				
10	50 Free	Yoshi Oyakawa	88	O*H*
9	100 Free	Yoshi Oyakawa	88	O*H*
10	100 Free	Sid Hall	86	O*H*
3	500 Free	Sid Hall	86	O*H*
3	50 Back	Yoshi Oyakawa	88	O*H*
9	50 Back	Sid Hall	86	O*H*
5	100 Back	Yoshi Oyakawa	88	O*H*

USMS 2022 LCM Relay Top 10

Place	Event	Club	Name (Age)
Men 100-119 LCM			
1	400 Free Relay	O*H*	John C Scalli (27) Jonathan Henning (27) Alex Machovina (27) Thomas M Dinh (29)
2	400 Medley Relay	O*H*	Jonathan Henning (27) Thomas M Dinh (29) Alex Machovina (27) John C Scalli (27)
1	800 Free Relay	O*H*	Jonathan Henning (27) Thomas M Dinh (29) Alex Machovina (27) John C Scalli (27)
Mixed 240-279 LCM			
7	400 Medley Relay	O*H*	Diane F Spence (69) Ann Marshfield (64) Jay M Definis (63) Duane V Grassell (65)
5	800 Free Relay	O*H*	Diane F Spence (69) Chuck Beatty (63) Judith H Norton (65) Edward J Borsuk (69)
Mixed 280-319 LCM			
10	200 Free Relay	O*H*	Yoshi Oyakawa (89) Lawrence A Terkel (75) Ann Marshfield (64) Melinda J Smith (70)
9	200 Medley Relay	O*H*	Yoshi Oyakawa (89) Ann Marshfield (64) Lawrence A Terkel (75) Melinda J Smith (70)
Mixed 320-359 LCM			
2	400 Free Relay	O*H*	Luise E Easton (84) Susan Paris (76) Lawrence A Terkel (75) Sid Hall (87)
2	400 Medley Relay	O*H*	Yoshi Oyakawa (89) Luise E Easton (84) Melinda J Smith (70) Sid Hall (87)
2	800 Free Relay	O*H*	Luise E Easton (84) Thomas E Spence (78) Susan Paris (76) Sid Hall (87)