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Spring 2024

## ***Message from the Chair—***

***Ann Marshfield***

As summer fast approaches I think how my swimming routine will change. My practice group moves outdoors to a long course configured pool and the first few practices the wall will seem so far away! There will be days I will choose to swim in the open water at Fairport Harbor and challenge myself to swim the half mile out to the break wall (now that wall is really far away) and swim back to shore. These early morning swims produce an awe in me as I observe the beginning of the day. Birds chirp in the trees and deer graze alongside the pool fence. On open water days I will swim as the sun rises over the horizon and if I'm lucky see an eagle or two soaring above or perched on the break wall (an up close and personal view which never gets old). Swimming outdoors be it in the pool or in the lake is the best part of my summer and I vow to not miss any chance to do just that.

Our Lake Erie LMSC community has much to offer in the summer. The annual Brogan Open Water swim at Edgewater Beach on June 29 and the End of Summer Spectacular LCM swim meet at the Avon Aquatics Center on August 24 are the two highly anticipated summer events. And there are training opportunities to prepare for those events. Long Course Meter practices at Foster Pool in Lakewood, Thornton Pool in Shaker Heights and

Solon High School in Solon will get you ready for the Avon meet and open water swimming in Lake Erie at Huntington Beach, Edgewater Beach and Fairport Harbor.

Beyond Northeast Ohio the eyes of the swimming world will be on Lucas Oil Stadium June 15–23 for a first of its kind Olympic Trials held in a football stadium! Did you know any USMS member can actually swim in the Olympic Trials pool? USA Swimming is offering two options to do just that. Space is limited so if you are interested [go here](#) for more details and to register! The proceeds benefit USMS Adult Learn-to-Swim grants supported by the [USA Swimming Foundation](#)! U.S. Masters Swimming is excited to bring [Spring Nationals](#) back to the IU Natatorium. The meet will take place during the final weekend of the U.S. Olympic Team Trials. Once Team USA has been selected, sit back, and watch with wonder and amazement as they compete on the world stage in the Paris Olympics July 27–August 4.

This year USMS will offer [Try Masters Swimming](#) during the month of August. So be prepared to invite your friends and anyone else who will have been inspired by watching the Olympics to join you at a practice or two for a one-month free trial membership.

Wherever you swim or watch swimming, here's to making the most of your summer!

### **SAVE THE DATE: Lake Erie LMSC Annual Meeting**

**Sunday, September 8, 2024, Avon Aquatics Center**

**Practice: 8:00 a.m.–9:30 a.m.** Free practice for all LE LMSC members

**Meeting: ~ 9:45 a.m.** In the pavilion on the pool deck, immediately following practice.

Bagels and breakfast treats will be provided. More details to follow.

# Treasurer's Corner

Hello everyone. Hope you are all looking forward to warmer weather and outdoor swimming.

We finished last year with more than \$35,000 in the bank. We started the year, 2023, off with just shy of \$31,000 in the bank. If you were on the board you would be tired of me saying we need to spend some money. That said, the taxes have been filed and we did not owe any taxes this year. The higher our available cash goes we may reach that point though. I, however, am not an accountant so I can't tell you any specifics—but I do know that I don't want to file any complicated tax paperwork if I don't have to. So for the year, 2023, the LMSC balance gained a healthy \$4,521.19.

We have been spending some money this year to support the coaches' clinic and training of our coaches as well as the social after the Lakewood Meet in January. If you missed the social please plan to attend the next one and get "your just desserts" so to speak after a good day of swimming competition.

On a different note, I had to prod the Avon folks to send us a bill for the pool time we used last September to keep swimming outside as long as possible. That bill came in at \$1650 and the check cleared in January so that accounts for some of our expenditures this year. We also have some funds committed to the State Championship meet that was held in Columbus on April 14th, which have not been billed yet. I believe there were 31 swimmers from our LMSC that attended. In order to make sure the meet happened the LMSC board

committed to pay a 40% share of the cost for pool time. Since there were a total of 176 swimmers at the meet, some simple math will show you that more of our swimmers should have participated.

The State Championships meet will be in our LMSC next year so plan on swimming, I can assure you a fun time was had by all, even the officials. We can use all the help we can get to plan and execute the 2025 state meet so please if you have the time when the call goes out please volunteer.

Congratulations to the O\*H\*I\*O Masters swimmers that participated this year as they took home 2nd Place in the meet as a large team (20 or more members). It was a neck-and-neck competition to the last event for the O\*H\*I\*O Masters swimmers but there is "always next year" as we are fond of saying around Cleveland. Awards were also given for "small teams" but the Ohio LMSC won all those awards.

Our current balance (as of April 21) is up \$2,700 because this is the time of year that swimmer registration money comes in to the coffers but that's before we pay the bill for pool time in Columbus. And I can't forget a big shout out to those of our swimmers who make donations when they register. The LMSC has received \$355 in donations to the LMSC when some of our swimmers registered with USMS so far this year. We thank you for your generosity; now help us figure how we can spend it to help your swimming. That is how I always try to direct the board's thinking as I said earlier.

Until next time, swim fast or at least get wet (I think that will be my motto this year, the second part that is!)

Mark Marshfield, Treasurer

## Upcoming Events

**2024 USMS Spring Nationals**, Indianapolis, June 20–24

**Brogan Open Water Classic**, Cleveland, June 29

**2024 USMS Summer Nationals**, Mission Viejo, CA August 21–25

**Avon End-of Summer Spectacular**, Avon Aquatics Center, August 24

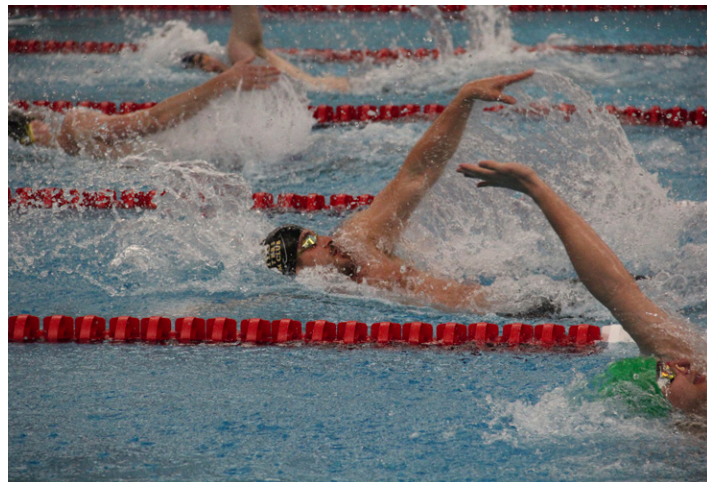




# Ohio SCY Masters State Championship

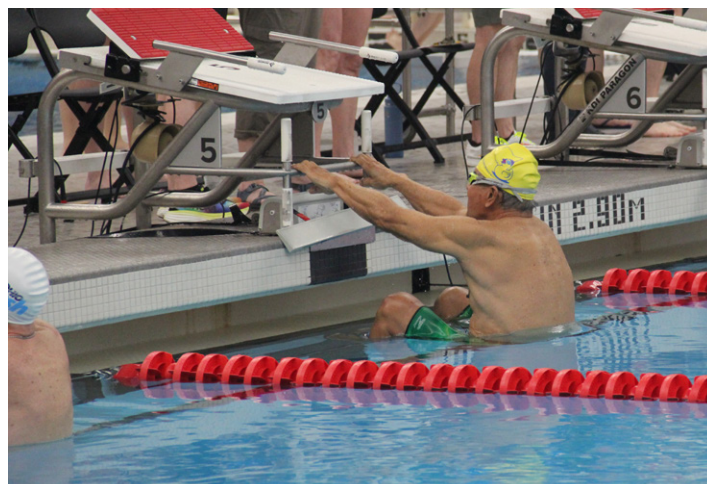


Congratulations to 31 swimmers from Lake Erie LMSC for their successes at the 2024 Ohio SCY Masters State Championship Meet at McCorkle Aquatics Pavilion at Ohio State! Over 170 swimmers from Lake Erie LMSC, Ohio LMSC and neighboring states swam for fun and swam for a title. Kudos to the 29 swimmers from O\*H\*I\*O Masters Swim Club for bringing home 2nd Place in the large team category being pushed out of 1st place by Dayton Area Sharks.



The Championship Meet was a collaboration of Lake Erie LMSC and Ohio LMSC as each contributed volunteers, officials, and

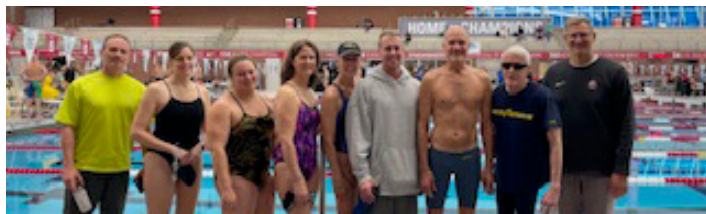
financial resources to make the meet one for the record books. The leadership teams of both LMSCs seek to make this an annual event. Stay tuned for details about next year's meet.



Shout out to O\*H\*I\*O Masters Swim Club's Yoshi Oyakawa as he set a new USMS record at the state meet in the 50 backstroke, age 90-94. Yoshi

swam a 47.24 taking more than one second off the previous record. No doubt this was a sweet moment in Yoshi's illustrious career as he is an Ohio State alum! Yoshi is a proud member of the International Swimming Hall of Fame, International Masters Swimming Hall of Fame!! Congratulations Yoshi!!

—Ann Marshfield



Top to Bottom:  
John Scalli, Yoshi Oyakawa and Susan Paris



# COACH CERTIFICATION WEEKEND

April 6 & 7 was a big weekend here in Cleveland. Not only was it the NCAA Women's Basketball Final Four, but it was also USMS Level 2 Coach Certification weekend.

The Lake Erie LMSC hosted Bill Brenner, USMS Senior Director, Club and Coach Development, for a packed weekend of teaching and training 22 coaches who became Level 2 certified. Coaches from around the country traveled to Cleveland for the course and we could not have been happier with the outcome.



Fun fact—Bill Brenner was born right here in Cleveland at Rainbow Babies and Children's Hospital! Bill has

an extended family in the area and was grateful for the opportunity to come for business but stay for family.

Sunday morning the Clinic Course for Coaches and Stroke Development Clinic for Swimmers was held at Cleveland State University's Busby Natatorium. New coaches assisted Bill in running the Stroke Development Clinic for twenty-eight swimmers.



Bringing coaches together for this course provided opportunities to engage with their peers while achieving the next level of coach certification.



Congratulations to all the newly certified coaches!

At the conclusion of the class a few new coaches as well as LE LMSC board members dined

with Bill at Heck's in Beachwood. This was a great opportunity to sit down in a relaxed environment away from the noisy swimming pool and chat about swimming in our community while dining on some delicious food!



The clinic included lots of drills and techniques designed to improve all swim strokes. The new coaches learned how to host and run a clinic, thereby providing opportunities to grow their programs and help swimmers achieve their swimming goals.

—Ann Marshfield



## Register Now!

### 2024 Brogan Open Water Classic June 29, Edgewater Beach, Cleveland







# My GALAPAGOS SwimTrek Adventure!

by Cynthia Druckenbrod

Even though I watched David Attenborough's three-part series on the Galapagos islands, nothing quite prepared me for encountering its flora and fauna above and below the surface. A year ago, a friend of mine who had just completed a Swim Trek trip to Belize raved about the trip and suggested that a group of friends sign up for the gem of Swim Trek's offerings—a trip to the Galapagos. It was not an inexpensive trip, but the service and amenities that Swim Trek provides are absolutely worth it. The Galapagos is a land of superlatives!

Getting to Galapagos can be a little complicated. I flew from Cleveland to Newark, took a shuttle from there to JFK airport and then a 7 hour overnight flight to Guayaquil. Finally, I boarded one last, but fairly short flight to Baltra Island, the only commercial airport in the Galapagos.

We were greeted by land iguanas lazily sitting on the sidewalks as we walk into the small terminal. There are signs everywhere not to come within 2 meters of the animals. It's not easy as the animals don't show any fear of humans. We were constantly walking or swimming near sea lions, iguanas, tortoises, etc. We get our bags, get on a

bus for a 15-minute ride to the Itabaca canal and then jump on a water taxi that takes us across the short canal to Santa Cruz Island and to waiting taxis.

I arrived with a few other Swim Trek participants a few days in advance of the official start of our trip to scuba dive, enjoy a few beaches and swim in some interesting locations and to visit a Galapagos Tortoise breeding farm (amazing conservation story).

The Swim Trek trip began officially where we first landed on the northern part of Santa Cruz Island. From there, we boarded a beautiful catamaran called 'The Element' and shipped off to Isabela Island, the largest of the Galapagos archipelago. On the way, we were accompanied by a pod of bottle-nose dolphins (100 or so) that were so close to the front of the ship we could feel the water spray from their blowholes as they surfaced! It was spectacular!

Each day we were briefed by the trip leaders on where we would be swimming, how long (time and approximate distance) and what animals we would likely see. This trip is considered a 'moderate' level swim trip with distances around 4 k /day. By the end of the trip, this proved to be an accurate description as we calculated that we swam a total close to 20 k in 5 days. I was assigned to the 'Yellow cap' group, the faster swimmers.

Divided into two groups, we would set off around 8:30 am for our first swim. Depending on the location, boat trips were 1 to 2 hours followed by a swim, snack (fresh pineapple, papaya, watermelon







and cookies), snorkeling, lunch (on the boat, usually rice, veggies, fish or chicken, it was always good), another swim and then return to our hotel. All breakfasts and lunches are included in the trip cost, but dinners except for the first night, are on your own.

The swims were outstanding! We would swim close to uninhabited volcanic islands where the sea life was astounding. I chose to wear a mask and snorkel for all my swims. I didn't want to miss any sea creatures! Others wore goggles, but they were also more experienced in open water swimming.

Visibility under the water was incredible. You could often see 100 feet. Most of us also wore swim or scuba fins. Almost everyone wore full length sun suits from Waterlust (except me, I purchased just the full sleeve suit and I should have also purchased leggings) as the equatorial sun is intense. No matter how hard you try, you simply cannot wear enough reef-safe sunblock to protect yourself.

We were surrounded during every swim with animals you can only see closely in the Galapagos—playful sea lions, hammerheads, white and black-tipped sharks, manta rays, sting rays, spotted eagle rays, large green turtles, dozens of varieties of vibrant fishes, marine iguanas and more. I saw more sea creatures

while swimming and snorkeling than I did scuba diving.

We swam into a magical cave on one swim. We didn't swim very far inside, only 100 meters or so before we turned around. Swimming back though toward the light, a few sea lions were swimming around us and under water the color of the water was electric, crystal clear and glowed blue.

There were a few swims where we encountered currents and/or rough chop. Those were interesting! We were never in danger and were monitored constantly by both our trip leaders on the boats and by the naturalists who swam alongside us for every swim. However, I would describe it as feeling like swimming in a crazy washing machine. It was exhilarating and thrilling!

If you have an opportunity to go to the Galapagos on a Swim Trek trip, do it. It'll be the most unique and amazing trip you're ever likely to experience.







I recently went on an extraordinary swim vacation to the Galapagos Islands with Swimtrek. I have been on numerous bike tours, but this was my first open water trip. The swimming was not merely point-to-point but rather an aquatic photo safari. The islands are the planet's showcase of evolution.

I spent nearly half an hour looping around my group. I was dwarfed by an enormous manta ray gracefully swimming roughly twenty feet below me. We saw countless jumping dolphins, four species of sharks and many other fishes, sea turtles and birds. On land there are the famous giant tortoises.



For those who are interested in a wet getaway, I searched for other swim vacation companies. Established in 2003, Swimtrek is the oldest swim tour operator. I had a great experience and would take other trips with them in the future. Swimtrek

As a national park in Ecuador, visitors are instructed to remain two meters from the wildlife. However, no one seems to have informed the wildlife. A line of penguins darted passed me just off my right shoulder. A marine iguana unexpectedly swam between my legs. I was involuntarily enrolled in schools of fishes and then immediately expelled. A playful young seal







is a USMS partner, as a registered member you can receive 10% off any trip departing before May 1, 2024. A couple from my NCAT club has gone on two trips with Strel. The Nov.- Dec. 2023 issue of Swimmer magazine featured an article on SwimVacation.

<https://www.swimtrek.com>

<https://www.strel-swimming.com/>

<https://www.swimvacation.com/>

<https://swimquest.uk.com/>

<https://thebigblueswim.com/>

A comprehensive site, which includes Australian swim tour operators,

<https://www.swimtheworldtravel.com/swimming-holidays/>



Other sites, <https://www.theguardian.com/travel/2016/aug/03/10-best-outdoor-swimming-holidays-around-world-italy-france-greece>

[https://www.openwaterpedia.com/wiki/Swim\\_holiday](https://www.openwaterpedia.com/wiki/Swim_holiday)

In your domestic travels if you are searching for available practices, <https://www.usms.org/clubs> and a worldwide pool directory is at <https://www.swimmersguide.com/>.

Special thanks to Gerardo Barrios, a member of my tour, who took these photos.





# Why Not Take a PLUNGE?



Photo by Steve Kazlowski/National Geographic

It's 7:30 a.m. on February 8 and—ignoring the voices in my head—I step off the beach into a 33 degree Lake Erie. I'm wearing neoprene gloves and booties, a wool cap and a swimsuit. Kristen Bergmann, dressed the same way, assures me that I'll be fine.



We wade out across the sandy bottom until we're deep enough to crouch down so that only our heads and shoulders are visible. I am numb in my extremities and the water feels like tiny knives slicing into my skin. "Only four minutes to go," says Kristen.

*We are only one minute into my first cold plunge.*

Kristen has been plunging since before Christmas, starting with her daughter Emily. She has also plunged with a group that includes Jim and Andrea LaMastra. She has plunged during snowstorms and gone into water that was slushy with ice.

She plunges for the feeling of euphoria that follows—and the chance to stay connected to the lake during the months when we cannot swim.

Kristen limits plunges to five minutes to avoid the possibility of hypothermia. Conversation makes the time pass more quickly. As does watching the wide variety of birds—ducks and geese, cormorants, kingfishers, eagles and ospreys—that share our morning.

Cold water therapy dates back to at least 3500 BC. Reported benefits of plunging include:

- Immune support
- Pain relief and inflammation reduction
- Better sleep
- Elevated mood and focus
- Reduced muscle soreness and increased recovery
- Circulation improvement
- Stress relief

According to the Cleveland Clinic, check with your doctor before you venture into plunging, as cold plunges can have negative and potentially dangerous effects on people who have certain medical conditions, such as heart disease, high blood pressure, diabetes, peripheral neuropathy or poor circulation.

Five minutes pass and it's time to head back to the beach. The air is in the upper 30s, but I'm not cold—in fact my skin feels warm (and looks very pink). We put on our dry robes and head upstairs for a hot cup of coffee.

A few minutes later a slight afterdrop kicks in and there it is: the euphoria that Kristen promised. I'm calm and happy and the day ahead seems easier to manage.

And I'm already eager to plunge again.



—Chuck Beatty, with Kristen Bergmann



## Membership Coordinator's Report

As of April 30, 2024, Lake Erie LMSC has 433 swimmers and 7 clubs registered for the 2024 season.

Lake Erie LMSC	4/30/2024	2023	2022	2021	2020	2019
Amherst Aquatic Club	6	4	15	14	2	8
Cleveland Aquatic Team	17	24	25	18	19	21
Copley Aquatics Masters	9	25	NR	NR	NR	NR
Hamachi Swim Warriors	NR	NR	NR	NR	1	NR
Kraken Masters	NR	NR	NR	NR	NR	5
LifeTime Swim Lake Erie	NR	NR	NR	NR	1	3
Liquid N' Durance	3	9	11	13	25	22
Mandel JCC**	NR	2	NR	NR	NR	NR
Massillon YMCA Stingrays	NR	NR	NR	NR	2	9
Medina Masters	NR	NR	16	16	20	24
North Coast Aquatic Team*	41	32	48	54	54	66
O*H*I*O Masters	292	332	339	324	296	308
Rec2Connect Razorsharks	NR	3	8	NR	NR	NR
Towpath Masters	NR	NR	NR	NR	NR	3
Viking Masters	10	9	NR	NR	NR	NR
WHMS	NR	NR	NR	NR	NR	4
Unattached	56	62	46	54	54	71
<b>Total</b>	<b>434</b>	<b>502</b>	<b>508</b>	<b>493</b>	<b>474</b>	<b>544</b>

*\*Shaker Sharks became North Coast Aquatic Team in 2023.*

*\*\* Mandel JCC became a workout group under O\*H\*I\*O Masters in 2024.*



## CONGRATULATIONS!

### Pieter Cath Memorial First-Timers:

Congratulations to all of our First-Timers at the Pieter Cath Memorial Swim Meet in Lakewood. The list includes Alex Bertges, Jordan Bowerman, Ethan Goldfarb, Rory Hamilton, Denis Hart, Colin MacMillan, Jennifer Mathias, Daniel McLaughlin, Mike O'Leary, Arlene Polen (who swam in her first race at age 90!), Bill Ritzman, Angela Powell, Scott Rownd, Celeste Simcox and Carlton Wittmore.



# USMS 2023 SCM Individual Top 10

Place	Event	Name	Age	Club	Place	Event	Name	Age	Club
<b>Women 35-39 SCM</b>					<b>Men 25-29 SCM</b>				
8	800 Free	Ashley Braniecki	38	O*H*	10	200 Free	Nazar Tanovski	25	O*H*
6	200 Fly	Ashley Braniecki	38	O*H*	4	100 Back	Nazar Tanovski	25	O*H*
<b>Women 65-69 SCM</b>					<b>Men 30-34 SCM</b>				
10	1500 Free	Judith H. Norton	66	O*H*	3	800 Free	Andrew McCollister	31	O*H*
5	200 IM	Judith H. Norton	66	O*H*	9	200 Breast	Andrew McCollister	31	O*H*
<b>Women 70-74 SCM</b>					6	400 IM	Andrew McCollister	31	O*H*
5	200 Free	Diane F. Spence	70	O*H*	<b>Men 70-74 SCM</b>				
7	400 Free	Diane F. Spence	70	O*H*	10	100 Free	Edward J. Borsuk	70	O*H*
4	800 Free	Diane F. Spence	70	O*H*	1	200 Free	Edward J. Borsuk	70	O*H*
4	1500 Free	Diane F. Spence	70	O*H*	4	400 Free	Edward J. Borsuk	70	O*H*
6	100 Breast	Diane F. Spence	70	O*H*	4	800 Free	Edward J. Borsuk	70	O*H*
4	200 Breast	Diane F. Spence	70	O*H*	5	1500 Free	Edward J. Borsuk	70	O*H*
<b>Women 75-79 SCM</b>					<b>Men 75-79 SCM</b>				
10	800 Free	Susan Paris	77	O*H*	2	50 Free	Lawrence A. Terkel	76	O*H*
9	1500 Free	Susan Paris	77	O*H*	6	100 Free	Lawrence A. Terkel	76	O*H*
<b>Women 85-89 SCM</b>					8	50 Breast	Lawrence A. Terkel	76	O*H*
1	200 Free	Luise E. Easton	85	O*H*	7	100 Breast	Lawrence A. Terkel	76	O*H*
					5	50 Fly	Lawrence A. Terkel	76	O*H*
					<b>Men 85-89 SCM</b>				
					8	100 Free	Sid Hall	88	O*H*

## USMS 2023 SCM Relay Top 10

Place	Event	Club	Name (Age)	Place	Event	Club	Name (Age)
<b>Women 160-199 SCM</b>				<b>Mixed 160-199 SCM</b>			
9	400 Free	O*H*	Ashley Braniecki (38) Maddie R. Dolce (25) Kristi N. Tabaj (50) Kristen Bergmann (51)	7	400 Medley	O*H*	Sarah L. Anstine (33) Gregory Turocy (60) Melissa Besman (31) Michael Kramer (54)
3	800 Free	O*H*	Maddie R. Dolce (25) Maureen Andree (50) Kristi N. Tabaj (50) Ashley Braniecki (38)	9	800 Free	O*H*	Melissa Besman (31) Sarah L. Anstine (33) Michael Kramer (54) Gregory Turocy (60)
<b>Women 200-239 SCM</b>				<b>Mixed 280-319 SCM</b>			
10	200 Medley	O*H*	Kristen Bergmann (51) Kristi N. Tabaj (50) Ashley Braniecki (38) Ann Marshfield (65)	4	800 Free	O*H*	Susan Paris (77) Daniel Littman (70) Melinda J. Smith (71) Edward J. Borsuk (70)