

# News of the LAKE ERIE LMSC

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Winter 2024

## **Message from the Chair—**

Happy 2024! These cold and often grey days make me want to stay inside and be lazy. No doubt others may feel the same way. Pushing oneself to not be lazy, and start the day be it at the gym, the pool or at work is tough but rewarding. Those of you who workout at the end of the day have my highest admiration as you have the stamina and determination to finish your day with physical activity.

Regardless of when you workout or swim know that each and every day you do so is a good day!

Lake Erie LMSC has an exciting year planned for you.

## **Coach Certification and Clinics in April**

In April we will host USMS Level 2 Coach Certification Course, Clinic Course for Coaches and Stroke Development Clinic for all swimmers. We offer scholarships (50% reimbursement of the cost upon successful completion) to those who desire to pursue the coaching certification (any level).

In addition to the 50% scholarship USMS Gold club members receive a 20% discount on the course but must request discount code prior to registration. (To request discount code send email to: [bbrenner@usmastersswimming.org](mailto:bbrenner@usmastersswimming.org))

Registration is now OPEN for all three events. Click on the links below to register:

Level 2 Certification - <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=97323>

Clinic Course for Coaches - <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=97324>

Stroke Development For Swimmers - <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=97325>

## **State Championship Meet**

Lake Erie LMSC and the Ohio LMSC are in the early stages of a planning a state wide Masters SCY Championship swim meet. Tentative date is April 20 & 21 at Ohio State McCorkle Aquatic Pavilion.

This will be a great warm-up meet before USMS National SCY Championships in Indianapolis on June 20–24. Details to follow.

## **Pan American Masters Games in Cleveland**

In July the Pan American Masters Games will be held in Cleveland. This is an international multi-sport event of which swimming is offered. Cleveland State University's Busbey Natatorium will host the meet which will be configured for long course. LE LMSC is working with the Games to get the meet USMS Recognized so times swum will be considered for USMS Top 10 only. At the moment these games are not "recognized" by World Aquatics or USMS.

For more information and registration follow this link: <https://clevelandmasters2024.com/learn-more/news/registration-opens-for-2024-pan-american-masters-games/>

## **Avon Practices and Annual Meeting**

Moving through the summer and ensuring those outdoor swims continue, LE LMSC will again offer practices at the Avon Aquatics Center in September. As this has become an annual event, we will capitalize on your participation by holding

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our annual meeting immediately after practice on Sunday, September 8, 2024. There will be no charge for the practice, and we will provide food and beverages on the pool deck—no need to leave the premises for the meeting! That's a win win for everyone.

## Grown-Up Swimming

Have you heard about Grown-Up Swimming? It's coming to Cleveland! Here is the press release!

Grown-Up Swimming is now officially part of the USMS Family

Welp it happened. After much wooing, debating, deliberation, and negotiating, Grown-Up Swimming has joined the US Masters Swimming Family. USMS fully believes in what we've built here and wants to help bring it to every city in the US. While this is really exciting for us to be able to expand, what does it mean for our existing leagues? Well, it mostly means more time and support for our existing leagues and league directors.

And more fun. Yes, more fun!

With that, I say, Swim for fun! Swim for Fitness! Swim for Life!

*Ann Marshfield*

## Upcoming Events

**Pieter Cath Memorial Swim Meet (SCY)**  
Lakewood, January 28

**2024 USMS 1-Hour Virtual Championship**, Jan 1–31

**2024 Swim.com USMS Winter Fitness Challenge**,  
Jan 1–31

**USMS Level 2 Coach Certification**, CSU, April 6

**USMS Clinic Course for Coaches and Stroke Development Clinic for Swimmers**, CSU, April 7

**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

## CONGRATULATIONS!

**Pentathlon First-Timers:** Stephen Berner, Mark Brandt, Michelle Flis, Douglas Kohl, David Lockman, Emily Obereder, Rebecca Perry, Krista Rownd, Alexis Smith and Nazar Tanovskiy



**Hudson Meet First-Timers:** Saturday- Mark Zogbaum, Jake Clark and Maureen Andree  
Sunday- Todd Slaboden, Melissa Whitten, Ashley Moran, James Moran and Rachel Amos





# CAQT has Great Success at GAY GAMES XI

Six swimmers from the Cleveland Aquatic Team (CAQT) traveled to Guadalajara, Mexico in early November to participate in Gay Games 11. CAQT swam in 26 events and brought home 12 individual medals and one silver team medal. The meet was held at beautiful pool built for the 2011 Pan American games.



Clara Innes Forename, a cousin of Julio Aponte, joined the team from Columbia. She won first place medals in the 50 back, 100, back, 200 back and a bronze medal for her 100 breaststroke. Julio Aponte swam in 5 individual events and 2 relays. He won silver medals in the 50 back, 100 back, 100 breaststroke and a gold medal for his 200 backstroke. Nathan Leu swam in five events, winning a bronze in the 100 backstroke. Rick Borja swam in his first meet ever and his relay team came in 4th in the 4 x50 freestyle. His husband, Tom Stebel, swam in five events, winning a bronze in the 200 backstroke and was part of the relay team, with Nathan Leu, Julio Aponte, and Dave

Douglass that won a silver in the 4 x 100 free relay. Dave Douglass swam in five events and a relay, winning silver medals in the 1500 free and 200 free, with a bronze in the 800 freestyle.



Gay Games 11 was originally slated to be held in Hong Kong, but changes in the communist government, which occurred after the city was selected, necessitated a second venue in Guadalajara. Hong Kong officials withdrew the use of public athletic facilities in an anti LGBTQ stance, creating a hostile environment for the Games there.

The success of the small CAQT team was exhilarating, while the geopolitical climate reminded us that achieving true equality for the LGBTQ community has many roadblocks yet to clear.



The people of Guadalajara, were warm and welcoming and hosted a very memorable Gay Games experience rich with Mexican culture. The next Gay Games will held in 2026 in Valencia, Spain.

—by Dave Douglass

# TROPICAL Challenge!



The feeling of accomplishment and camaraderie can come at a price. There is nothing to distract one from fatigue other than the intense discomfort of repeated jellyfish stings. He claimed to have been past the pain after receiving twenty stings on his upper torso at the same time. "The pain turned into intense heat," Wargo stated. "The jellyfish were of the Moon variety so not quite as bad as a bee sting." At one point he cried out in pain and saw emergency boats picking up numerous swimmers. Thankfully as the miles passed and the sun rose higher in the sky, the jellyfish moved about a foot lower in the water and he was not stung as often. On the bright side he reported no toxic algae, sharks or sea lice.

If you yearn for a tropical race, Steve can recommend one. Focus on the beautiful water, the warmth, the sky, the palm trees and mangroves and if necessary, disregard the sea life.

—by Paul Berman

This time of year, Northeast Ohio is cloudy and gray. There is a constant chill in the air. It is time to think of something tropical.

Steve Wargo is up for aquatic challenges. He has swum across Lake Erie, 24.3 miles, the Strait of Gibraltar, 10 miles, the Sea of Galilee 13 miles, the Swim around Key West, 12 miles, his own annual swim along the Cleveland coastline of Lake Erie to raise money for the City Mission, 13 miles. He has attempted the Catalina Channel swim and the Swim around Manhattan.

This past September, at Islamorada in the warm Florida Keys, with the water in the Strait of Florida at 86f and the air 90f, Steve participated in the challenging 8.6-mile Swim for Alligator Lighthouse. As the third oldest person in the race, 66 years old, he finished 25th out of 54 men, 40th out of 84 total finishers, 41 swimmers did not finish.



**Save the Date!**  
**2024 Brogan Open Water Classic**  
**June 29, Edgewater Beach, Cleveland**





# Taking On the USMS Virtual Championships!

Dan Littman counted laps for me at Lifetime Fitness Center last year when we swam the USMS 1-Hour Virtual Championship, and I counted laps for him.

This year we decided to hire lifeguards from Cleveland State University to do the sitting and counting instead of us doing it for each other. What a great idea it turned out to be.

We drove to CSU, contacted a very charming young lifeguard/swim team member from Ireland, Paddy Johnston, and he assured us that he would be our timer, and he would recruit a second timer/counter for our 5K swim this in May.

A second counter, Ellie McKibben, an Irish international swimmer, was on hand to time Dan at their requested fee of \$40.00.

It was exhilarating.



*CSU timer, Kelsie, Dan Littman and Susan Paris*

I finished in two hours and a couple of seconds. Dan finished in about an hour and a half.

Then we made plans to swim the USMS 3000-yard Virtual Championship in September with Lisa Turner (of Mansfield) who swims at all the meets and also swims open water events. She

and her daughter drove to Mackinac Island, swam the Brogan Open Water Classic, and she has distinguished herself as a top USMS performer.

Easy, breezy. And it was an added bonus to glimpse the top-notch divers practicing on the high boards whenever we took a breath at just the right time and at just the right angle as we did our laps.



*Paddy Johnston, Tammie Turner, Susan Paris, Lisa Turner and Dan Littman*

Then Lisa (Flip) Turner, her daughter Tammi, Dan and I made plans to swim the USMS 6000-yard Virtual Championship at CSU with Paddy again timing us along with three additional team mates.

Tammi swam the 3,000. Lisa, Dan and I swam the 6000. Lisa and Dan finished in about 1 hour 50 minutes and it took me two hours and 13 minutes.

It was very exciting.

Just like the song says: If I were a bell, I'd be ringing. If I were a gate, I'd be swinging. If I were a banner, I'd wave. If I were a duck I'd quack! If I were a goose I'd be cooked!

So said one. So said all.

—by Susan Paris

For more info on USMS Virtual Championships, go to: <https://www.usms.org/events/national-championships/virtual-championships>

## Membership Coordinator's Report

As of January 21, 2024, Lake Erie LMSC has 346 swimmers and 8 teams registered for the 2024 season.

Lake Erie LMSC	1/21/24	2023	2022	2021	2020	2019
Amherst Aquatic Club	5	4	15	14	2	8
Cleveland Aquatic Team	16	24	25	18	19	21
Copley Aquatics Masters	6	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	2	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*	36	32	48	54	54	66
O*H*I*O Masters	232	332	339	324	296	308
Rec2Connect Razorsharks	NR	3	8	NR	NR	NR
Towpath Masters	NR	NR	NR	NR	NR	3
Viking Masters	2	9	NR	NR	NR	NR
WHMS	NR	NR	NR	NR	NR	4
Unattached	47	62	46	54	54	71
<b>Total</b>	<b>346</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.



Janet Aldana of Brecksville in her first OHIO Masters swim meet with L to R: Susan Paris, Dan Littman and Diane Spence.

Janet is a former triathlete and a current lifeguard at the Brecksville Recreation Center.

She recently moved back to her home town here from Washington State.

**See You at the  
Pieter Cath Memorial  
Swim Meet in Lakewood  
on January 28!**