

News of the LAKE ERIE LMSC

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Message from the Chair—

Ann Marshfield

The days are longer, sunnier and warmer. These days bring me thoughts of lazy spring and summer days on my patio reading a book. There are three books that have made an impact on my swimming. Two of them touch on a different aspect of swimming and the swimmers who strive to overcome obstacles to achieve their goals. And the third book tries to help us answer the question “why we swim?”

Here are the three books I have read and one* that is on my short list of summer reads:

Why We Swim by Bonnie Tsui

Gold in the Water—The True Story of Ordinary Men and their Extraordinary Dream of Olympic Glory
by P. H. Mullens

Swimming to Antarctica by Lynne Cox

Just Add Water by Katie Ledecky*

Upcoming Events

Tri-State Masters Meet (LCM)

Spire Institute, June 21

Brogan Open Water Classic

Edgewater Beach, July 12

USMS Summer Nationals

Federal Way, WA, August 6–10

End of Summer Spectacular (LCM)

Avon Aquatic Facility, August 23

USMS Training Plans

USMS has recently launched 17 different training plans for members who might be looking to mix up their swimming or set and reach new goals. The 17 customized swim training plans are catered toward swimmers of all speeds.

- The plans have 24 workouts broken into six weeks, but you can adapt them however you need.
- Equipment isn't required but is identified for each workout if you want to use your gear.
- The entire plan is printer-friendly, and each workout is a single page.

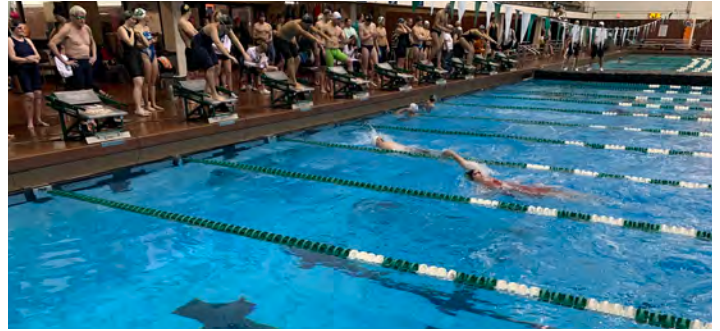
For all the details go to <https://www.usms.org/fitness-and-training/six-week-swim-training-plans/six-week-swim-training-plan-information>.



Hannah Burandt and Ann Marshfield

News from Around the Lake Erie LMSC

Congratulations to Viking Masters, Ohio LMSC & Lake Erie LMSC for hosting the successful 2025 Ohio SCY Masters Championships at CSU on March 23, 2025! With 171 swimmers ages 18 to 92 from 32 different clubs this swim meet set the record for the largest one-day masters swim meet in northeast Ohio!



Again, Congratulations to everyone who made this such an exciting and successful swim meet!!



Hannah Burandt and her team from Viking Masters provided a first-class experience for swimmers and volunteers alike. From the jumbotron graphics, professional announcer and photographer, Hy-tech operator, eight swim officials, more than 50



volunteers, meet tee-shirts and swim caps as well as trophies for large and small team categories, this meet had it all! To say nothing about the fierce competition in the water and the great vibes on the pool deck it was quite a day for everyone.



More News...

Big shout out to Mark Marshfield! Mark was selected to officiate as a Stroke & Turn Official at the NCAA Division I Men's Swimming and Diving



Championships in Federal Way, Washington, last month. Four intense days consisted of officiating morning prelims and evening finals offered him the best seat in the house. Among the many college champions were 2024 Olympians competing to defend or achieve their title. Well done, Mark!

This venue in Federal Way, Washington, will be the site for USMS 2025 LCM Nationals Championships in August.



Two events are open for registration:

June 21, 2025, SPIRE Academy will be the site of the **Tri-State Tidal Wave LCM Masters Swim Meet**.

This meet is a first of its kind with three LMSC co-hosting the event. The desire to bring a high-level of competition to an elite training facility in Geneva, Ohio seemed like a great idea. The LCM pool will be used for competition with the SCY training pool available throughout the meet for continuous warm-ups and cool-downs. There will be two warm-up sessions in the LCM pool so everyone will have an opportunity to warm-up and use the starting blocks. For details and to register go here.



College Club Swimmers (CCS) are encouraged to register for the meet as their membership now includes all USMS sanctioned event. The entry fee for CCS is \$30.

The **2025 Brogan Open Water Classic** will be held July 12 at Edgewater Beach in Cleveland. Come join us for a half-mile, 1-mile or 2-mile open water race in beautiful Lake Erie. Entry fee is \$70 until June 10 when it goes up to \$100. Enter here.



Did you know?

Swimming 101 is the beginner's guide to swimming. This is the ultimate guide to learning more about swimming and was created for anyone looking to learn more about the sport. After reading this, you may not be an Olympian but you will have the foundation to start your own swimming journey. We touch on lingo, equipment, stroke technique, types of events, and everything in between. Go to <https://www.usms.org/fitness-and-training/guides/swimming-101> for all the details.



Officials prep for the 2025 Ohio SCY Masters Championships

My Swim Story: Kristen Bergmann

How did you get involved in U.S. Masters Swimming?

During a visit to Cleveland in 1997, my Dad met Doug and Marianne Brogan at the beach at Columbia Road Park. At the time, I didn't know about masters swimming. Ironically, I lived in an apartment two blocks from Foster Pool in Lakewood and had been to that pool on my own a few times. I joined the Lakewood group in January 1998 and have been a member ever since. I wonder how many others came to masters swimming due to the Brogans.



Where do you swim?

With the Lakewood workout group on Saturdays. I prefer to swim in the morning so I also swim with Viking Masters at CSU during the week. When the

weather warms up, I am in Lake Erie as much as possible. During the winter months, I also cold water plunge.

What is your swimming background?

My mom signed me up for swim lessons at the Peoria YMCA when I was 3. I started swimming competitively for a summer league team when I was 5 and then joined the YMCA that fall for year-round swimming. My high school didn't have a team, so I trained with my club team and competed at high school sectionals and state in Illinois. I swam all 4 years at Miami University as a backstroker and sprint freestyler. I was fortunate to have great coaches at every phase. Now I love open water races.

What is your favorite set?

No surprise, it's a kick set. This set works on the last 25 of a 100 free, when your legs are tired.

- 1 x (3 x 75) kick (descend 1 to 3) 1:30
- 1 x 25 swim sprint :30
- 2 x (3 x 50) kick (descend 1 to 3) 1:00
- 1 x 25 swim sprint :30
- 3 x (3 x 25) kick (descend 1 to 3) :30
- 1 x 25 swim sprint :30

My Swim Story will be a regular feature of the LELMSC newsletter and is open to all members of the organization. Contact Kristen Bergmann at president@ohiomasters.com to participate.

USMS Video Stroke Analysis

USMS members can purchase a video stroke analysis by a certified coach. This analysis is done completely online so you don't have to travel from your home pool.

Here is what you can expect to receive:

- **A single-stroke analysis** by a USMS-certified coach (the available strokes are freestyle, butterfly, backstroke, breaststroke, and starts/turns)
- **Two rounds of feedback** (an initial round and then a follow-up round once you have implemented the recommended improvements)
- **~5 minutes of analysis for each round** calling

out three areas of improvement. The analysis includes:

- **A video with verbal feedback and graphics** to pinpoint exactly what the coach is talking about
- **A written document describing the three areas of improvement**, three drills to help focus on those areas, and links to additional resources

Standard USMS members can purchase the analysis for \$110 on their Add-Ons page in their My Account.

Go to <https://www.usms.org/fitness-and-training/usms-video-stroke-analysis> to learn more.

My Swim Story: Emma Wolfe

How did you get involved in U.S. Masters Swimming?

I moved to Cleveland in 2018 and started working out at a local crossfit gym. After a handful of years, the gym workouts started to wear on me both physically and mentally. I grew up swimming (see below for more details) and missed being in the pool. I had heard about masters swim teams when I was younger so I searched for masters swim teams in the Cleveland area and found a team that works with my work schedule and is close to home!

Where do you swim?

I swim with the Viking Masters at CSU! Hoping to do some open water swimming once the weather warms up.

What is your swimming background?

I started swimming on a local swim team in California where I grew up starting at age 5/6. Swimming is a classic California activity, especially

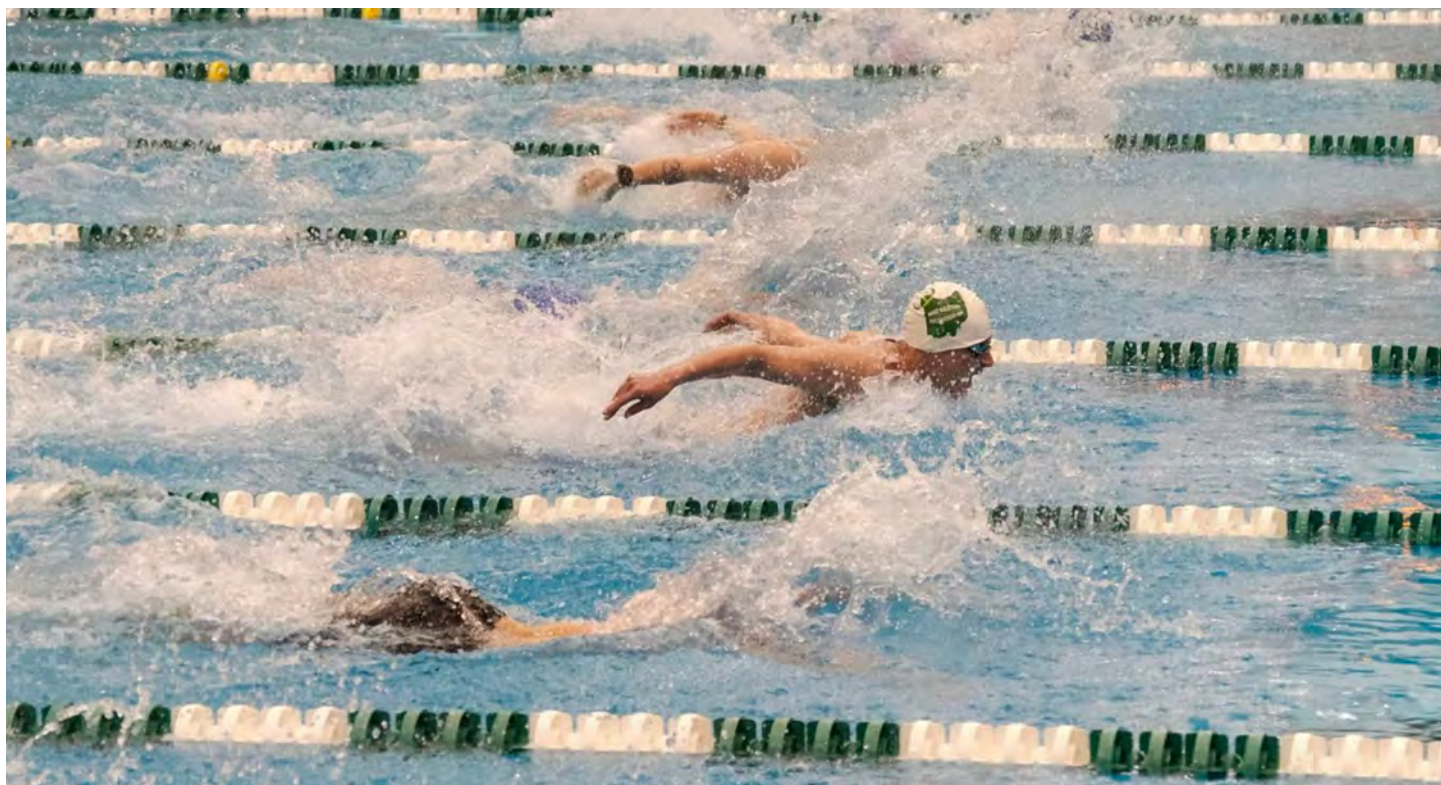
in outdoor pools! I swam competitively until 9th grade when I made the transition to playing water polo for a club team and high school team. On the off seasons, I would swim “competitively” with my high school swim team but preferred water polo over swimming. In college, I took a pause from swimming, which is where I picked up crossfit. Now, going full circle, I am back on a swim team!

What is your favorite set?

I like any sets that include a variety of equipment, strokes, drills, and kicking! Not a huge fan of long, simple sets.



My Swim Story will be a regular feature of the LELMSC newsletter and is open to all members of the organization. Contact Kristen Bergmann at president@ohiomasters.com to participate.



MASTERS MONDAYS

MINI MIRACLE MINUTES

WITH
COACH
JUDI

Enhance Your Stroke Technique and Efficiency

Come to Lakewood High Pool deck ready to swim at 7:00 p.m. (30 minutes early) on Mondays in May (and one in June) to try some of the stroke techniques Coach Judi recently learned at the USMS Coaching clinic

Bring:

- *your regular swim equipment*
- *an old towel for the deck.*

As time is short we will start each clinic promptly at 7 pm.

Stay for our regular 7:30 pm - 8:30 pm practice afterward if you choose.

The fee for each session is one punch on your Ohio Masters workout pass which includes the 7:30 pm practice if you stay. All sessions included with an unlimited pass

MAY 5
BUTTERFLY

MAY 12
BACKSTROKE

MAY 19
BREASTSTROKE

JUNE 2
FREESTYLE

When the Lake Says, "Yes"

I cross the road as the light is coming up. It's late in the season and sunrise comes toward the end of our swims. The lawn is damp from an overnight shower. I see my swim partner silhouetted at the edge of the cliff. Kristen turns and says that the lake is beautiful. I look past her and see a perfect reflection of the pale clouds moving east across the darkness.

Earlier in the summer there might be as many as a dozen swimmers gathered here. Now, with our open water races complete, it's just the two of us.

We strip out of warm clothes and make our way quickly down the long concrete stair to the water. We don't linger on the beach. The air and the water are both in the low 60s—unseasonably warm for late October. And it's still cool enough to raise goosebumps in the darkness.

We ease into the water, thankful for the sand that covers the rocks. Darkness and rocks can be a painful combination. Fallen leaves float high on the surface. Rafts of ducks murmur just offshore.

Waist-deep, I check the fit of my goggles and pull my cap over my ears. We plan to swim west today, with the sun rising behind us. Kristen looks back and asks, "Ready?" I nod and follow as she porpoises into the calm.

There is a brief moment when my body rebels against the shock of cold. My breath hesitates. A dozen strokes into the swim and the anxiety passes. I feel the water passing by and it's wonderful. No pool swim could ever match this.

I see Kristen to my right when I breathe. Beyond her only the horizon. She breathes toward me, so it's easy for us to keep an eye on each other. The water is so calm I can see her reflection as she cuts through the water—her pink cap the only color in the dim light. She's setting a good pace and I have to work hard to keep up.

The route is familiar, swum hundreds of times: Swiffer House, Waterfall, and at the peaked white house with the round window at Dover Center. My strokes feel smooth and strong—catch, pull, recovery—disturbing the surface as little as possible. After a summer of these swims there is no fatigue, only joy. I get lost in my thoughts, or a song, or the light, and forget about time and distance. I know we've reached the one-mile turn when Kristen stops and raises her head.

By now the eastern sky is full of color—pinks and oranges and yellows. Everything is bathed in a warm glow. We chat a bit, voices low out of respect for the peace of the morning. We don't overstay out of respect for the cold.

On the return swim I breathe toward the cliffs. The houses go by in slow motion—the view changing slightly with each breath. They mark the distance as we unwind our route.

About halfway back Kristen stops and points. What is it? An eagle? No, it's dozens of cormorants flying low over the water, then circling us. Once. Twice. Three times and they're gone down the shore. I laugh with delight. A gift from the lake.

By the time we reach the beach at Columbia, the sky is pink from east to west. We lay on our backs and float, taking in the moment. There are always a few swims in each season that stand out. We will remember this one.

Reluctantly, we leave the water. Towels and soft, warm clothes help to take away the chill. I open a thermos of hot chocolate and add a bit of Kahlua to each mug. This time of year, it's medicinal.

The open water season is winding down. And we'll keep coming back as long as the lake says, "Yes."

—Chuck Beatty, with Kristen Bergmann

Membership Coordinator's Report

As of April 20, 2025, Lake Erie LMSC has 423 swimmers and 8 clubs registered for the 2025 season.

Lake Erie LMSC	4/20/2025	2024	2023	2022	2021	2020	2019
Amherst Aquatic Club	4	7	4	15	14	2	8
Cleveland Aquatic Team	19	20	24	25	18	19	21
Copley Aquatics Masters	14	21	25	NR	NR	NR	NR
Hamachi Swim Warriors	NR	NR	NR	NR	NR	1	NR
Kraken Masters	NR	NR	NR	NR	NR	NR	5
LifeTime Swim Lake Erie	NR	NR	NR	NR	NR	1	3
Liquid N' Durance	NR	3	9	11	13	25	22
Mandel JCC**	2	NR	2	NR	NR	NR	NR
Massillon YMCA Stingrays	NR	NR	NR	NR	NR	2	9
Medina Masters	NR	NR	NR	16	16	20	24
North Coast Aquatic Team*	29	42	32	48	54	54	66
O*H*I*O Masters	294	355	332	339	324	296	308
Rec2Connect Razorsharks	1	NR	3	8	NR	NR	NR
Towpath Masters	NR	NR	NR	NR	NR	NR	3
Viking Masters	7	12	9	NR	NR	NR	NR
WHMS	NR	NR	NR	NR	NR	NR	4
Unattached	52	64	62	46	54	54	71
Total	423	524	502	508	493	474	544

*Shaker Sharks became North Coast Aquatic Team in 2023.

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



USMS 2024 SCM Individual Top 10

Place	Event	Name	Age	Club	Place	Event	Name	Age	Club
Women 30-34 SCM					Men 25-29 SCM				
9	800 Free	Megan R Rose	33	O*H*	10	100 Free	Nazar Tanovski	26	O*H*
10	200 Breast	Sarah L Anstine	34	O*H*	7	200 Free	Nazar Tanovski	26	O*H*
5	400 IM	Sarah L Anstine	34	O*H*	Men 30-34 SCM				
Women 35-39 SCM					10	50 Free	Ethan Chase	33	O*H*
10	100 Fly	Ashley Braniecki	39	O*H*	3	100 Fly	Ethan Chase	33	O*H*
4	200 Fly	Ashley Braniecki	39	O*H*	2	400 IM	Andrew McCollister	32	O*H*
Women 40-44 SCM					Men 50-54 SCM				
10	800 Free	Renee Harden	42	UC18	10	50 Back	Chad A Nance	52	O*H*
10	100 Breast	Kati E Pederson	42	O*H*	7	100 Back	Chad A Nance	52	O*H*
9	50 Fly	Kati E Pederson	42	O*H*	7	200 Back	Chad A Nance	52	O*H*
7	100 Fly	Kati E Pederson	42	O*H*	Men 55-59 SCM				
9	100 IM	Kati E Pederson	42	O*H*	10	200 Free	Michael Kramer	55	O*H*
9	200 IM	Kati E Pederson	42	O*H*	Men 60-64 SCM				
5	400 IM	Kati E Pederson	42	O*H*	9	200 Breast	Gregory Turocy	61	O*H*
Women 65-69 SCM					Men 75-79 SCM				
10	200 IM	Judith H Norton	67	O*H*	3	50 Free	Lawrence A Terkel	77	O*H*
6	400 IM	Judith H Norton	67	O*H*	5	100 Free	Lawrence A Terkel	77	O*H*
Women 70-74 SCM					7	50 Breast	Lawrence A Terkel	77	O*H*
4	400 Free	Diane F Spence	71	O*H*	8	100 Breast	Nick Douglass	75	O*H*
3	800 Free	Diane F Spence	71	O*H*	10	100 Breast	Lawrence A Terkel	77	O*H*
4	1500 Free	Diane F Spence	71	O*H*	10	200 Breast	Nick Douglass	75	O*H*
9	100 Breast	Diane F Spence	71	O*H*	5	50 Fly	Lawrence A Terkel	77	O*H*
7	200 Breast	Diane F Spence	71	O*H*	9	200 IM	Nick Douglass	75	O*H*
Women 75-79 SCM					6	400 IM	Nick Douglass	75	O*H*
9	800 Free	Susan Paris	78	O*H*	Men 80-85 SCM				
8	1500 Free	Susan Paris	78	O*H*	9	400 Free	Thomas E Spence	80	O*H*
8	50 Back	Marilyn Douglass	75	O*H*	6	800 Free	Thomas E Spence	80	O*H*
5	100 Back	Marilyn Douglass	75	O*H*	Men 85-89 SCM				
5	200 Back	Marilyn Douglass	75	O*H*	8	100 Free	William R Learmonth	85	O*H*
5	50 Fly	Marilyn Douglass	75	O*H*	7	50 Back	William R Learmonth	85	O*H*
3	100 IM	Marilyn Douglass	75	O*H*	5	100 Back	William R Learmonth	85	O*H*
Women 85-89 SCM					2	200 Back	William R Learmonth	85	O*H*
3	50 Free	Luise E Easton	86	O*H*	3	100 Breast	William R Learmonth	85	O*H*
3	100 Free	Luise E Easton	86	O*H*	3	200 Breast	William R Learmonth	85	O*H*
2	200 Free	Luise E Easton	86	O*H*	5	100 IM	William R Learmonth	85	O*H*
2	400 Free	Luise E Easton	86	O*H*	1	200 IM	William R Learmonth	85	O*H*
5	50 Back	Luise E Easton	86	O*H*	Men 90-95 SCM				
2	50 Breast	Luise E Easton	86	O*H*	2	50 Back	Yoshi Oyakawa	91	O*H*

USMS 2024 SCM Relays Top 10

Place	Event	Club	Name (Age)	Place	Event	Club	Name (Age)
Women 280-319 SCM							
2	800 Free	O*H*	Susan Paris (78) Melinda J Smith (72) Diane F Spence (71) Judith H Norton (67)	4	800 Free	O*H*	Ethan Chase (33) Kristi N Tabaj (51) Karin Rozendaal (34) Chad A Nance (52)
Mixed 160-199 SCM							
5	400 Free	O*H*	Michael Kramer (55) Sarah L Anstine (34) Gregory Turocy (61) Ashley Braniecki (39)	5	800 Free	O*H*	Gregory Turocy (61) Michael Kramer (55) Ashley Braniecki (39) Sarah L Anstine (34)
				Mixed 280-319 SCM			
7	400 Medley	O*H*	Sarah L Anstine (34) Gregory Turocy (61) Ashley Braniecki (39) Michael Kramer (55)	6	400 Free	O*H*	Ann Marshfield (66) Robert G McDonald (75) Luise E Easton (86) Thomas E Spence (80)

