



Published by the Lake Erie LMSC of U.S. Masters Swimming

Summer 2025

Message from the Chair—

In my role as Chair of Lake Erie LMSC I have provided opportunities for more swimming for both our competitive swimmers as well as our fitness swimmers. Beneficial as they are to the members there is one area where I have been unsuccessful. My effort to recruit volunteers to serve in leadership roles on the LMSC Board has been disappointing.

Though this is not uncommon among Chairs of other USMS LMSCs it remains bothersome to me. The personal approach whereby I ask someone if they are interested in serving on the Board ends in "let me think about it". We are all busy with work, family, school, swimming and perhaps other volunteer roles so accepting another role/task/job might be too much. I get it! I really do! However, if I could indulge you to consider the rewards of serving you will step forward and get involved.

First, your basic USMS membership is paid by LE LMSC!

Second, you will connect with other Board members who want to make a positive impact on our swimming community.

Third, you will engage in the budget process and provide insight as to where to spend our funds for the benefit of our community at large.

Lastly, you will have opportunities to network and connect in person with LMSC volunteers throughout the country at no cost to you!!

At our LE LMSC annual meeting scheduled for Sunday, September 7, 2025 (details in this newsletter) we will elect a Chair, Secretary and

Membership Coordinator (1 year). Contact our election chair, Laura Wright, for more information or let her know of your interest in serving. Email her at lwrightswimgal@gmail.com.

Swim for fun, swim for fitness, swim for life

Ann Marshfield

September Practices at Avon

Wednesdays: Sept 3, 10, 17, 24

Saturdays: Sept 6*, 13, 20, 27

Sundays: Sept 7, 14, 21, 28

All practices will be held from 8:00 a.m.–9:30 a.m., except for Saturday, Sept. 6, as noted below. Gate will be open 15 min. before and after practice.

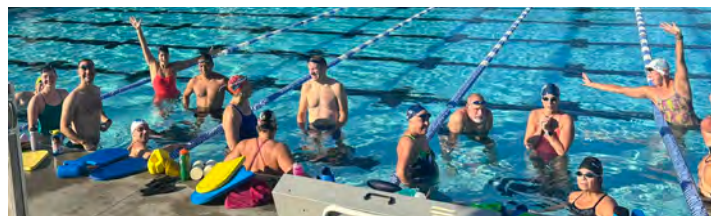
Swimmers pay a \$10 drop-in fee. O*H*I*O Masters Swim passes (Orange and Lakewood) will be accepted.

***Saturday, September 6:** Special event in parking lot and pool. Practice time adjusted to 7:30–9 a.m. for that day. Back lot parking only. Please clear the pool quickly.

Sunday, September 7: LELSMC Annual Meeting

Practice 8:00–9:30 a.m. Meeting in the pavilion 9:30–11:30. Free swim for all LE LMSC members!

Annual Meeting follow practice. Breakfast food & drinks provided. Chance to get your USMS Membership (\$75) paid as well as other surprises. Don't miss out!



Membership Coordinator's Report

As of August 15, 2025, Lake Erie LMSC has 484 swimmers and 8 clubs registered for the 2025 season.

Lake Erie LMSC	8/15/2025	2024	2023	2022	2021	2020	2019
Amherst Aquatic Club	4	7	4	15	14	2	8
Cleveland Aquatic Team	20	20	24	25	18	19	21
Copley Aquatics Masters	16	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*	31	42	32	48	54	54	66
O*H*I*O Masters	341	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	9	12	9	NR	NR	NR	NR
WHMS	NR	NR	NR	NR	NR	NR	4
Unattached	60	64	62	46	54	54	71
Total	484	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.*

Upcoming Events

Avon End of Summer Spectacular | Avon Aquatic Facility, August 23, 2025

O*H*I*O Masters Pentathlon | Stow, November 2, 2025

Hudson SCM Meet | Hudson, December 6 & 7, 2025

Pieter Cath Memorial Meet | Lakewood, January 25, 2026

Sprint Set!

Tri-State Tidal Wave LCM Masters Meet

Tri-State Tidal Wave LCM Masters Meet is in the history books! With 151 swimmers from 32 different clubs and 11 LMSCs it was a huge success!!

Congratulations to Allegheny Mountain LMSC for taking home the trophy for top LMSC! And O*H*I*O Masters Swim Club for 1st place Club team!!! Thanks



a million to all our volunteers and swim officials as we couldn't do it without you!

Shout out to Allegheny Mountain LMSC, Lake Erie LMSC and Niagara LMSC for the collaboration to make this event

happen. We are hoping to offer this swim meet again next year. So, if you missed it this year you will have an opportunity to join us next year!

[Check out these photos from the meet.](#)

USMS Relay 2025

U.S. Masters Swimming plans to hold the 2025 USMS Volunteer Relay, in Kansas City, MO, Oct. 24-26 to help local volunteers network, share ideas, collaborate, and motivate each other. This gathering is designed to enrich the local Masters Swimming experience and will feature a series of workshops and discussion topics with the main theme of Coach Support and Club Development.

[Check out all the details.](#)

Lake Erie LMSC will reimburse your travel expenses, provide a \$100 stipend for incidentals by Lake Erie LMSC. Hotel room (two nights) and all meals are no charge to you as those expenses are covered by the LMSC.

Interested? Email LEChair@usms.org.

LELMSC Annual Meeting: Sunday, September 7, 2025

After practice (approximately 9:45 am) at Avon Aquatic Facility we will hold our annual Lake Erie LMSC annual meeting. There is no charge (normally \$10) for the practice which runs from 8-9:30 a.m. Afterwards in the pavilion, light breakfast food and drinks will be provided. Drawings for USMS Membership (\$75 value) and other prizes will be available; attendance is required to win.

We are seeking nominations for the following positions, Chair, Secretary and Membership Coordinator. If interested email Laura Wright at lwrightswimgal@gmail.com.

Tribute to USMS World Record Holder

On June 4 at the Avon Aquatic Facility, we honored U.S. Masters Swimming Masters World Record holder, Robert Doud, from Michigan Masters. Bob broke the World Record in the 200 LCM Butterfly in the 95-99 age group by over 2 minutes at the 2018 End Of Summer Spectacular LCM Swim Meet hosted by O*H*I*O Masters Swim Club and the Avon Aquatic Facility. His time of 11:47.68 broke the record of 14:05.25. Bob passed away on June 24, 2024 at the age of 101 and his record stands to this day.



L-R: Avon Mayor Bryan Jensen, Ann Marshfield, Andrea Hahn-Lawson, Kristen Bergmann, Judi Norton, Tom Fattlar—Avon Aquatic Facility

My Swim Story: Paul Simmons

Growing up, I had access to pools and lessons but no swim teams. I learned to swim in the backyard pool of a church member. Then went on to swim at the YMCA where in the 1st grade I would take the public bus by myself. In grades 5 to 12, I had access to a kidney shaped pool at my father's work, Argonne National laboratory. I would bicycle the 7 miles there within 100 feet of nuclear reactors and research equipment to reach it.



In Cleveland as an adult, I began swimming at the Mayfield High School and a pool at the Cleveland Clinic. My swim partner at the Cleveland Clinic told me about an O*H*I*O masters meet at Orange which I attended in early 1980s.

I was invited to the swim leg of the downtown

Cleveland Triathlon with a Cleveland Clinic team. I practiced in Lake Erie Mentor Headlands and at Mayfield High School. I also began swimming Saturdays at the Orange pool with the masters team based on a recommendation of a triathlon team member. I love swimming to the light house at Mentor Headlands, especially at sunset even when the ranger orders everyone out with his patrol car speaker.

In the first triathlon, I was thrilled about passing hundreds of swimmers. I went on to do team triathlons in search of a win as well as individual open water events. I was often the captain and organizer of the team relays. This included two iron man distance teams. After about 10 tries with various team mates, my team won a co-ed triathlon in downtown Cleveland.

I had some strong second places in national age group open water swimming but a first place

eluded me. My second goal was a 1st place in a national championship.

There is a saying that if you keep entering, you will eventually win. My opportunity was a race at the Pan American Masters Games in Cleveland in 2024 where I was competitive in the 200 free and won my age group for a gold international medal.

Now my goal is to complete the Masters Iron person requirements for 2025 to 2026 where one enters each event in Masters indoor completion over a year.

Workouts

I work out at the Willoughby YMCA gym three times a week for 2 hours with a goal of injury prevention and health.

I swim 6 to 7 days a week for 2500 to 3600 yards at Orange Masters, Mayfield High School, and Willoughby YMCA. In the summer, I swim at the Mayfield Village outdoor pool and sometimes Lakewood with O*H*I*O Masters.

My typical personal workout is a 500 free, 10x50s free, 5x100s free 10x50s with paddles, 500 kick no fins, 20x25 sprint free and back plus what else I need to work on.

I have some tricks. If training for open water, I practice swimming with my head out of the water in the pool to learn to navigate without getting tired. I also do extended yardage like 500 or 1500 looking at the wall clock each 50 to maintain consistency. For open water on race day, I find a building that lines up with the buoys at the end of the race if possible.

My speed declines if I swim less than 6 or 7 swims a week. I definitely do not believe in tapering before a meet. Tapering may be fine for younger persons who have been swimming hard every day.

Conclusion

I am 73 and retired. While I work as hard as ever, it seems that others get faster, the pool gets longer, and clocks speed up.

Training keeps me in the best shape possible even if not equal to 10 or 20 years ago.

DOUG BROGAN

2025 Lifetime Achievement Award

A Legacy of Open Water Swim Inspiration

At the Annual Meeting of O*H*I*O Masters Swim Club, we presented the Lifetime Achievement Award to my friend, Doug Brogan. We were pleased to have Doug's four daughters and two son-in-laws join us for the presentation.



I was honored to present Doug with the 2025 O*H*I*O Masters Lifetime Achievement Award. Below are my remarks from the meeting:

Doug Brogan has been a long-standing member of O*H*I*O Masters. I met Doug and his daughters at Marianne's memorial gathering at Huntington Park. I was immediately struck at how much he reminded me of my father. He is kind and generous and a great storyteller.

Doug and Marianne attended the 1989 Aquatic Convention in Portland, Oregon, and came away with the idea that O*H*I*O Masters Swim Club could host an open water event in Lake Erie. They served as the event directors in 1990 and 1991. In 1992, Maureen Koss served as director. With Doug assisting, they ran the event until 1999. Doug then served as the event director the next three years.

Doug served at the USMS national level in many capacities:

- Long Distance Committee Member 2000–2004
- Insurance Committee Member 1990–1993

- Finance Committee Member 1990–1991
- Fitness Education Committee Member 1990–1991

Doug also received the following USMS Awards and Recognition:

- 2005 USMS Fitness Award
- Doug earned All-American listings for 2 individual events and 1 relay
- Doug's USMS Top 10 swims include 3 individual events and 35 relays—dating back to 1987.
- Marianne Brogan had 9 Long Distance All-Americans—always, she said, accomplished by drafting off of Doug.

Kristen Bergmann told me of meeting Doug and Marianne at Columbia Beach in 1996. They encouraged her to swim with the Lake Erie Nadadores—a group that included Julio Aponte, and Tom and Diane Spence. Years later I was invited to swim at Columbia and the experience changed my life—so much so that I took on the role of event director for the race that bears his name.



I believe one of Doug's greatest legacies is those swimmers who come down to the lake with us for the first time and experience the beauty of a sunrise from the water and maybe an eagle circling overhead. We are a unique group who gratefully trace our love of open water swimming directly back to Doug.

—Chuck Beatty

2025 Brogan Open Water Classic!



After four years of disappointment, and 2024's abbreviated event, we finally got the open water race we've been hoping for. Sunrise on race morning revealed calm water and clear skies.

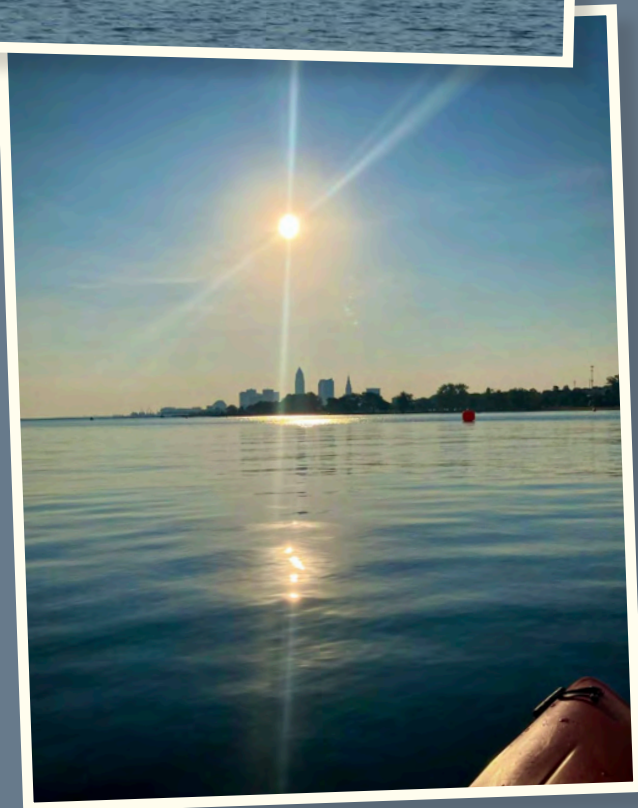
114 swimmers swam half-mile, 1-mile and 2-mile races offshore from Edgewater Beach. After the races were complete, we all enjoyed well-deserved food and awards.

We can never thank our volunteers enough—both on the beach and on the water. Your hard work, flexibility and dedication make for a great experience for our swimmers. You're the best!

We were all kept safe by the U.S. Coast Guard, our friends at Argonaut, Cleveland Metroparks life guards and Cleveland EMS.

Thank you to Patrick Wilson, Kristi Tabaj and Donna Jennings for the amazing photos!





See you all
next summer for
the 2026 Brogan
Open Water Classic!