



News of the

LAKE ERIE LMSC

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Summer 2023

Message from the Chair—

Summer has arrived! Bring out the beach chair, sunglasses, sunscreen and swimsuit as it's time to be outdoors. I'm guessing bringing out the swimsuit isn't something new or novel for most of you. But did you know your membership with USMS has benefits for you to use during the summer if not all year long? If you have travel plans, consider checking out your destination on the Club Finder page of *USMS.org*. You can search the entire country for workout locations and participate in a practice or two. It is suggested you reach out to the Point of Contact before you arrive so both you and the club know what to expect. For me, this benefit is the one I have used most as a US Masters swimmer as I have had some of the best workouts when swimming somewhere other than at my club pool. I hope you too will take advantage of this benefit.

Congratulations to all swimmers and volunteers from Amherst Aquatics and O*H*I*O Masters Swim Club at USMS 2023 Spring National Championships in Irvine, California.

Swim for fun, swim for fitness, swim for life

Ann Marshfield

Seeking Nominations

Later this year Lake Erie LMSC will hold its annual meeting. At that time members will vote for Chair and Secretary. We are seeking nominations for both and hope you will consider volunteering your time and talent to enhance our mission of providing swimming opportunities for adults in Northeast Ohio.

The LMSC Chair is an ongoing position elected by the LMSC membership in accordance with the LMSC bylaws. The Chair provides oversight for LMSC operations and leads the USMS mission which is to promote adult swimming within the LMSC.

The LMSC Secretary's purpose is to document outcomes of LMSC meetings and actions, and to act as official record keeper of LMSC communications and governance documents.

Further details for the position of Chair and Secretary can be found at: <https://www.usms.org/volunteer-central/guide-to-local-operations/lmsc-operations/lmsc-volunteer-roles>.

Please reach out to our Nominating Chair Jay DeFinis at im4psu@yahoo.com for more information.



Membership Coordinator's Report

As of June 7, 2023, Lake Erie LMSC has 433 swimmers registered for the 2023 season.

Lake Erie LMSC	6/7/2023	2022	2021	2020	2019
<i>Total Number of Swimmers</i>	433	508	493	474	544
Amherst Aquatic Club	3	15	14	2	8
Cleveland Aquatic Team	21	25	18	19	21
Copley Aquatic Masters	24	NR	NR	NR	NR
Hamachi Swim Warriors	NR	NR	NR	1	NR
Kraken Masters	NR	NR	NR	NR	5
LifeTime Swim Lake Erie	NR	NR	NR	1	3
Liquid N' Durance	9	11	13	25	22
Massillon YMCA Stingrays	NR	NR	NR	2	9
Medina Masters	NR	16	16	20	24
North Coast Aquatic Team*	28	NR	NR	NR	NR
O*H*I*O Masters	296	339	324	296	308
Rec2Connect Razorsharks	3	8	NR	NR	NR
Shaker Sharks*	NR	48	54	54	66
Towpath Masters	NR	NR	NR	NR	3
Unattached	49	46	54	54	71
WHMS	NR	NR	NR	NR	4
Total	433	508	493	474	544

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

A warm welcome to the following "new" Lake Erie LMSC members who joined our LMSC for the first time for the 2023 Registration year (March 1, 2023 through June 7, 2023).

Roy Albertsonq	Dena Hoffman	Lauren Oktavec
Brooke Babyak	Matthew Jurecki	Hailey Persinger
Jordan Bitterman	Matthew Kimberly	Elise Pichola
Keidi Boatfield	Blaine Kincaid	Robert Prophater
Kelsey Braman	Douglas Kohl	Patty Spang
Alex Caye	Bethany Kohler	Bill Stephens
Rochelle Elliott Cross	Michael Kohler	Victoria Tauscher
Jamie Fox	Erin Lowe	Tony Ventosa
Madison Frederick	Allison Michels	Rebecca Wakefield
David Gibson	Heather Minto	Marcus Zappa
Amanda Hinton	Laura Nolle	Tim Zarkovacki

2023 Brogan Open Water Entries Close July 15!



The **2023 Brogan Open Water Classic** will be held July 22 at Edgewater Beach, west of downtown Cleveland. We will have half-mile, 1-mile and 2-mile races in Lake Erie.

Registration closes at midnight on July 15. Entry forms are available at <https://ohiomasters.com/events/>. The price for USMS members is \$90.

Be sure to follow us on Facebook to stay current with all of the updates: <https://www.facebook.com/broganopenwaterclassic>.

As always, we'll need lots of volunteers to make the event run smoothly—and lots of kayakers to keep our swimmers safe. Go to <https://ohiomasters.com/brogan-owc/> to find the sign-up link.

We'll be supporting the Malachi Center's Urban Swim Camp for inner-city kids. Be sure to add a donation to your entry.

Training in Lake Erie is ongoing. Join the O*H*I*O Masters Facebook page for information on upcoming swims: <https://www.facebook.com/groups/ohiomastersswimclub>

Look forward to seeing you all this summer!

Treasurer's Tiny Corner

The quiet part of the fiscal year from a check writing, payments and billing perspective continues. The following significant items were completed in the last 6 months:

- Annual Reports were completed and sent to USMS,
- Income tax filing was completed, and
- Re-filing with Ohio State Attorney General for tax exempt status was completed.

As of 6/12/23 we have received income so far this calendar year, including the Top 10 Program and donations at registration in the amount of \$6835.53.

Our expenditures so far this year including the Top 10 Program are only \$886.30.

That said, there are outstanding liabilities that are not booked yet:

- We are still committed to donate in memory of Kevin Kelley a sum of \$500 but still searching for a registered charitable organization.
- And we have an agreement to provide up to \$400 to the Avon swim complex in support of a new pace clock.
- Additionally the travel, registration, housing (hotels costs) and stipends for those who attend the annual convention and "Relay" Training will likely be in the \$3000 to \$4000 range based on past costs.

There will be some income at the end of the year from new registrations that should help balance out these expenditures.

Lastly we have costs to pay for the annual meeting. Hope to see you there.

Mark Marshfield, *LELMSC Treasurer*

Upcoming Events: Summer 2023

2023 USMS 5K/10K Virtual Championship May 15–September 15

2023 Swim.com USMS Summer Fitness Challenge June 1–30

Brogan Open Water Classic Cleveland, July 22, 2023

2023 USMS Summer Nationals Sarasota, FL, August 2–6

Avon End of Summer Spectacular Avon Aquatic Center, August 26, 2023



SWIMMING CLINIC WITH OLYMPIANS MISSY FRANKLIN & ROWDY GAINES

Gold Medalists Missy and Rowdy are hosting clinics that focus on building fundamentals and techniques for swimming success.

SPACES ARE LIMITED SO BOOK TODAY!

*Viewing only opportunities also available.

Youth Learn to Swim Clinic	\$100
Youth Advanced Clinic	\$100
Adult Clinic	\$100

For questions, please contact Jay DeFinis,
im4psu82@yahoo.com



Sunday, July 30th, 2023

Youth Learn to Swim Clinic	10:30a
Youth Advanced Clinic	11:15a
Lunch & Program	12p
Adult Clinic	1:30p

Westlake Recreation Center
28955 Hilliard Blvd
Westlake, OH 44145

Lunch and Social Only \$50

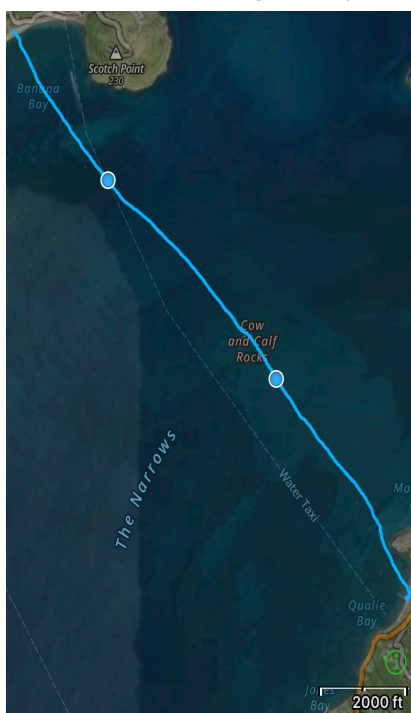
Join us on Sunday, July 30, for a swimming clinic with Olympic gold medalists Missy Franklin and Rowdy Gaines. The Adult Clinic is limited to 24 swimmers. If you miss out on the clinic, you can still have lunch and meet Missy and Rowdy before the swim session. Register at <https://give.usaswimming.org/event/2023-usa-swimming-foundation-youth-and-adult-swim-clinics/e491884>. This event is a fundraiser for the USA Swimming Foundation.



By Jeffrey Gifford

My wife told me about the Nevis to St. Kitts cross-channel swim in January this year, about a month after we made reservations to spend the last week of March on Nevis, the southern and much smaller island in the St. Kitts and Nevis Federation. I was very interested but didn't feel at all in shape to participate since at that point in January, I hadn't been in the water since August of 2022.

From what I could discover online, the Nevis to St. Kitts swim is a 2.5 mile/4.1km open water swim from Oualie beach on Nevis to Cockleshell Bay in St. Kitts, through "the Narrows" between the two islands. It's listed as one of the world's top 100 open water swims. The water is clear, pristine, warm (mid 70s) and only about 25 feet deep at the deepest points. Past participants report seeing fish and turtles. The swim's website and other online reviews show it to be well-organized and well-run, and it has a long history (20+ years) of success.



There would be swag, rescue boats and support kayaks. I wouldn't be alone. The price, even without the early-bird rate, seemed reasonable for such an experience.

I couldn't stop thinking about it.

Growing up, I'd taken lessons and splashed around pools and the Gulf, but it was a long time between then and when I started lap-swimming some thirty years later in November

2018. I slowly built up my strength and stamina and the following Spring I signed up for and participated in the 2019 Brogan as a first-time USMS swimmer. I registered and prepared for the Brogan again in 2020, but frankly, the past couple of years were a mess for me and swimming, spending some time in the local pool, some with the open water group in Lake Medina and occasionally with Chuck Beatty and his group in Lake Erie, but not with enough consistency to matter.

I toured the Y near my office, signed up for a membership the last day of January and started swimming that week, eventually logging a total of 12 miles in February. My mile-swim times have never been impressive, so it wasn't too hard to get back up to my 2019 pace, and when I was comfortable that I was making progress, I entered the race before the rates changed again. I was committed.

A couple of mornings in March I swam a full two miles, maintaining my (slow) pace, but running out of time before work rather than running out of energy. I wouldn't be competitive, but I was confident that I could finish, and that was the goal. I enlisted the coaching efforts of my swimmer daughters who recommended some kicking drills to improve my propulsion. My times continued to improve and soon my wife and I were on an airplane headed south from Cleveland's gray skies.

The ferry from St. Kitts to Nevis passes well to the west of the race route, but that didn't stop me from staring that direction, trying to glean something, anything, from too far away. Mostly I just became more concerned about the high waves the ferry was pushing through! We picked up my race packet and then got settled in for the night.

Race day dawned early. Our taxi driver wasn't happy about the darkness (there are few streetlights on Nevis), but my wife and I got there on time. Heeding the advice of the OWS Medina facebook group, I slathered on

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sunscreen and got well-hydrated and fueled up. I am terribly nearsighted, so after using some anti-fog on my prescription tinted goggles, I secured my glasses in a case, told GaiaGPS to track my path, started sharing my location with my wife and parents, then tucked all that into my swim buoy. I was ready.

Knowing that I wouldn't be competitive, I chose to hold back at the beginning and stay out of the scrum. My first mistake was in starting on the eastern/right edge of the pack, thinking the wind from the east would tend to drift me to the west. Once around the sheltering point, things got interesting. There was a current running 45° to the waves which were not exactly running parallel with the wind. I reminded myself that at times in Lake Erie, it had been deeper, darker, colder and with higher waves than what I was swimming through now and I kept going. Every three or four breaths (at this point, all on my leeward side), I'd take a sighting to keep the pointed hill in line and I would keep going.



The wildlife was amazing: blue tangs, yellow tangs, coral, eel grass and lots of things I couldn't identify. Several times I saw sand dollars whose size (at 20-30' down) must have been enormous. Conchs grazing and the water so clear! It wasn't long before I found myself alone. The pointed hill was in the right place, the small rocky outcrop of an island that I'd need to pass was where it should be, but I was utterly alone. Occasionally a kayak would come within visual range and I'd keep going. I probably should have been a little afraid, but it was hard to be.

A large (3-4' in diameter?) turtle passed me going the other direction with a couple of pilot fish attached. So majestic and serene. My desires were fulfilled and all that was left was to finish the race.

As the bottom shoaled, it became less coral and more eel grass and the number of conchs increased. I could soon see the finish line and hear the music. A few more swimmers came together, and I became worried that my legs wouldn't hold me when I reached dry sand. I was not disappointed, falling over (just like everyone else!), but I picked myself up and stumbled across the line, finishing about in the middle of my age group. After a long drink of fresh water and a second breakfast, I began to feel myself again. I had done it!

My tracking app showed that I had kept a fairly straight course, even with the wind, waves and current. I don't envy the kayakers since we must have been spread out over a large distance on the channel. I'd like to attempt it again in a few years, after I've worked on my stroke, my kicking and increased my speed some more. And next time, I'll remember to also put sunscreen on the backs of my legs!

The Nevis to St. Kitts Cross Channel Swim, <https://nevistostkittscrosschannelswim.com> is organized by Winston Crook/Bike Nevis and typically takes place the last week of March. In 2024, it will be held April 14th.

If you have a swim adventure you want to share in the LMSC newsletter, send it to chuckbeatty59@gmail.com.



In Memoriam: John R. Daily (1927–2023)

*O*H*I*O Masters Member Since 1976*

John Daily was born in Cleveland, Ohio. He spent his school years in Detroit and summers working on his relatives' farm near Tonganoxie, KS. Upon graduating from high school in January, 1946, he enlisted in the Army. John then attended Michigan State College (now Michigan State University), studying Park Management and Municipal Forestry, graduating with a B.S. in Forestry in 1951. He served another two years during the Korean War before being discharged as a 1st Lt in 1953. After the war, he returned to Michigan State and earned his M.S. in Land and Water Conservation in 1954.



John swam competitively at MacKenzie High School (co-captain of the swim team) in Detroit. After his Army tour ended, the breaststroker took his talents to Michigan State, where he swam his freshman year and the beginning of his sophomore year.

After graduation, John took a swimming hiatus to focus on family. He

married his college sweetheart, Ardell, and during their almost 67 years of marriage, they raised two children, Mark and Diane. In 1965, the Summit Metro Parks hired John as its second long-time director-secretary where he served until his retirement in 1995. During John's 30-year tenure, the park system grew to 6,600 acres.

John's real swimming career didn't start until age 49 when Ardell purchased a membership at the Akron Jewish Community Center "so they could get more exercise." It was there he struck up a conversation with a few masters swimmers who were admiring his fast swimming. They told him about U. S. Masters Swimming, and it was then that his 40 year masters swimming relationship began. He swam his first masters' meet in 1978 and his first nationals in 1979 as an unattached swimmer. In 1980, John joined O*H*I*O Masters and continued swimming in local and national meets.

John had a long and successful masters swimming career that included top 10 finishes in every stroke and swimming in meets all over Ohio and North America, including National and World Masters Swimming competitions. Over his career, John earned 246 individual and 73 relay Top 10 swims, four individual All American, and four relay All American

designations. When his daughter graduated from college in 1982, John made the decision to attend every national short course and long course nationals from then on out. For 20 years he did just that, missing only one when his daughter and grandchildren came to visit from California. He swam at the Masters World Games in Montreal, where he placed in 5 events. In 2017, at age 90, John was recognized by U.S. Masters Swimming as an All American for achieving the fastest competition times in the 100 m freestyle, the 100 m backstroke, and the 200 m backstroke. He traveled to Indianapolis for SC Nationals in 2018, keeping his promise to attend every Nationals he could. There, he swam five events (the meet limit) and two relays. His last competition was the Pieter Cath Memorial Meet at Lakewood in January, 2020, at age 92.

His den was filled with awards, proudly displayed in cases by his wife. John also kept folders of his swimming times and results over his decorated career. When interviewed for his Lifetime Achievement award, John joked, "The secret to winning in Masters Swimming is to outlive your competition."

While John was an avid breaststroker, some of his favorite swimming memories are associated with the 500 free. At a national championship held in Florida, John swam in the same heat of local swim legend Dick Wells, who was also his son's high school swimming coach. The result was friendly and fun competition. Another time, also at a national championship held in Florida, John swam in the same heat as Olympian Jim Montgomery, a four-time Olympic medalist and World Record holder. John swears Jim bagged his seed time because, as he quipped, "While I was still finishing my 500 free, Jim got out, showered, and ate dinner." He always remembered sharing that heat with swimming royalty.

While his accomplishments in the pool are most impressive, what is even more so is his service to Masters Swimming, both locally and nationally. John served two terms as club president and was selected to attend National Convention as an official delegate. While there, he volunteered to serve on a national committee. Afterward, John served 15 years as our club treasurer and kept meticulous records. Stepping down from the Board, John served as the meet awards chair where he continued to oversee every component of awards for 31 years! It came as no surprise that John was the first of our O*H*I*O Masters Lifetime Achievement Award recipients.

John was a dedicated family man and competitor. He was a wonderful teammate and an even better friend. He will be truly missed.



L-R: Mason Beck, Dan Cox, Larry Terkel, Ethan Chase

O*H*I*O Masters Team Heads West To Find Gold

Congratulations to seven swimmers from O*H*I*O Masters Swim Club who traveled to Irvine, California in late April to compete in the 2023 U.S. Masters Swimming Spring Nationals meet.

With two women and five men, the team had a total of 32 individual swims and four relays. Everyone posted impressive swims.

Dan Cox not only swam but did double-duty as an on-deck official.

Big shout-out to Larry Terkel and Mason Beck who earned the coveted title, USMS National Champion!



L-R: Cameron Rose, Dena LaBarbera, Dan Cox, Ann Marshfield



USMS National Champions! Larry Terkel in the 75-79 50 freestyle; Mason Beck in the 18-24 1650 Freestyle



Officials Mark Marshfield and Dan Cox