



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

Winter 2025

Message from the Chair—

Ann Marshfield

Happy New Year Swimmers!

What does your calendar look like for the year? Do you have swim events on it?

If not, perhaps you may consider adding an event or two. Start off right and swim some fun relays at the Pieter Cath Memorial Meet at Lakewood High School on Sunday, January 26.

Not quite ready for a swim meet this month? How about in March? Viking Masters is hosting the 2025 Ohio SCY Masters Championship Meet at CSU Busbey Natatorium on March 23, 2025. This will be a final tune-up for USMS SCY National Championships to be held in San Antonio, Texas, April 24–27.

Before you know it, summer will be upon us and we proudly present a brand-new swim meet. The 2025 Tri-State Masters LCM Swim Meet at Spire Institute in Geneva, Ohio on June 21. Spire Institute is an elite training and competition facility which has twice hosted USMS LCM National Championships. July brings us the Brogan Open Water Classic at Edgewater Park, and we finish out the summer with End of Summer Spectacular LCM Swim Meet at the Avon Aquatics Facility.

Did you know that all the events listed above need volunteers? If you are not ready for or don't care for competition, please consider showing your support by volunteering. Specific requests for volunteers for these events will be forthcoming. Stay tuned.

Here's to a healthy and successful swim year in whatever form it takes!

Swim for Fun. Swim for Fitness. Swim for Life!

Upcoming Events

Pieter Cath Memorial Meet (SCY)

Lakewood, January 26

Ohio Masters State Championship (SCY)

Cleveland State, March 23

Tri-State Masters Meet (LCM)

Spire Institute, June 21

Brogan Open Water Classic

Edgewater Beach, July 12

Shout out to all our volunteers!

The Lake Erie LMSC gives a shout out to our volunteer board members who work tirelessly all year long to provide meaningful programs and rewarding events for you! When you encounter any of these volunteers please give them a sincere "Thank you for all you do."

Mark Marshfield: Officials Chair and Past Treasurer

Laura Wright: Treasurer, Vice Chair and Top 10 Recorder

Rick Mitchell: Secretary

Ashley Braniecki: Membership Coordinator

Nelson Abbey III: Coaches Chair

Dan Cox: Sanctions Chair

Chuck Beatty: Open Water Chair & Newsletter Editor

At Large Members: **Paul Berman, Kristen Bergmann, Andrea Hahn-Lawson and Judi Norton**

The LMSC welcomes new members to serve on the board be it one of the elected positions or at-large member. Interested or want to know more please email me LEChair@usms.org or annkmarshf@aol.com.

Membership Coordinator's Report

At the end of 2024 the Lake Erie LMSC had 524 swimmers registered for the 2024 season—a 4% increase from 2023, as well as a post-pandemic high. There were seven teams registered and membership was evenly split: 268 men compared to 256 women.

As of January 18, 2025, the Lake Erie LMSC has 356 swimmers and 7 clubs registered for the 2025 season. These numbers are encouraging as some members wait until they attend a practice or sign up for a meet to renew.

Lake Erie LMSC	1/18/2025	2024	2023	2022	2021	2020	2019
Amherst Aquatic Club	3	7	4	15	14	2	8
Cleveland Aquatic Team	13	20	24	25	18	19	21
Copley Aquatics Masters	11	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*	28	42	32	48	54	54	66
O*H*I*O Masters	254	355	332	339	324	296	308
Rec2Connect Razorsharks	NR	NR	3	8	NR	NR	NR
Towpath Masters	NR	NR	NR	NR	NR	NR	3
Viking Masters	6	12	9	NR	NR	NR	NR
WHMS	NR	NR	NR	NR	NR	NR	4
Unattached	39	64	62	46	54	54	71
Total	356	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.



Check out the video promoting U.S. Masters Swimming at Mandel Jewish Community Center in Beachwood. Find it at <https://youtu.be/kyMmKtO9OEc>

Learn more about swimming at Mandel JCC at ohiomasters.com/locations-2021/#CLEast

SWIMMING THE TURKISH RIVIERA

—Denis Hart

Turkey was pretty low in my bucket list of places to visit. However, when the chance to visit as part of an open water swim vacation came by, it got bumped to the head of that line. Six people in all from the North Coast Aquatic Team were going, so I allowed myself to be convinced to go as well.



Port at Kaş

In the end, seven of us headed to the city of Kaş, a province of Antalya, in southeastern Turkey. It is known as the “riviera” of Turkey, and for good reason. The city itself was small and pleasant to walk, with shops and restaurants lining the paths.

The waters where we swam were pristine and the seas very welcoming—each day was calmer than the last. The last day the seas were a little more choppy (even then much calmer than the seas I’ve swum in southern Italy) and no impediment to the swimmers.



Kovalni Islands



Kovalni Islands Swim

Breakfast was provided, buffet style, at our hotel and post-swim snacks (usually a type of cookie, nuts and warm Turkish tea) and lunch on the boat. It was without exception good fare and freshly cooked by one of the guides.

We swam in the morning and then again after lunch. Between those swims we would rest in the sun and lay on the top deck. In total, we clocked 25 kilometers in four days.

The swimmers (mostly doctors with a smattering of other professions—teachers, professors and a lawyer) were all wonderful company. And since dinner was on us, we got to know them well. We keep in touch even now and, as two people were already on a trip with two of our group, there is a precedent to make such a trip into a tradition.

We were separated into four groups—yellow cap the least fast and then green, pink and orange in turn. Regardless of your speed all the swimmers finished their day’s swim. Our guide, who would keep an eye on us from a motorized dinghy while we swam, was also a theater actor and teacher of creative writing—I will include “fair play to you” with an Irish brogue in my common jargon from now on. You might better know Steve, our guide,

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Starting Out

We took a break from swimming, however, to hike the ancient lands.

One of my favorite swims, and the longest, was around the five islands of the Kovalni island chain (map), which could be seen from the Kas harbor. There was nary a boat in sight, although it is a popular diving site, and it was truly a wonderful



Swimming in Turquoise Waters

better as Rickard Karstak—a character from the first season of Game of Thrones.

One of the places we were taken to swim was Aperlai, a cove close by with ruins from two earthquakes in 141 and 240 A.D. Although I was able to do some diving, the ancient city walls were by now overgrown and the only testament to its importance were some sarcophagi still standing.



swim, negotiating the alternating open waters between the islands and the shallower shoals that encircled them.

We were also able to visit some of the surrounding ruins, such as the Antiphelos amphitheater built in the first quarter of the first century and nestled in the hills that resemble a sleeping giant from the water.

All in all, a fabulous time was had by all and we have made friendships that no doubt will endure.



Author at Aperlai

O*H*I*O Masters 2024 Holiday Cookie Exchange



O*H*I*O Masters hosted its first annual holiday cookie exchange after a festive Lakewood practice on December 23. Participants were asked to bring two dozen cookies, prepackaged in groups of three to exchange with others, with extras to snack on after practice.

Despite being in the thick of the holiday season, we had eleven swimmers participate, including Ashley Braniecki, Steven Browning, Aaron DunLany, Tom Esposito, Judi Norton, Jamie Ryan, Susan Shaw, Marissa Stadler, Molly Tolford, Kristen Troyer, and Patrick Wilson.



Cookies included anise cutouts, sugar cookie cutouts, GF cutouts, molasses, snickerdoodle truffles, a special 3-cookie assortment, pretzel m&m treats, butter cookies, magic cookie bars, chocolate chip, and chocolate jumbles.

We're hoping to make this even bigger and better in 2025. If you have any ideas, feel free to reach out to Molly Tolford (tolfordm@gmail.com) or Ashley Braniecki (Ashley.braniecki@gmail.com).

—Ashley Braniecki

Who finished the USMS 6,000-yard Virtual Swim at Cleveland State University? We Did!



Left to Right: Lisa Turner, Mansfield (2:15); Dan Littman, Richmond Heights (1:54); Susan Paris, South Euclid (2:15)

In Memorium

Gregory V. Kappa

March 14, 1947–October 22, 2024

Gregory V. Kappa, age 77, of Medina, Ohio, passed away surrounded by his family on October 22, 2024. He was born to the late George V. and Dorothy T. (Taverner) Kappa on March 14, 1947, in Cleveland, Ohio. Gregory was a Systems Analyst for GE for many years. He worked the midnight shift so he could spend time with his family during the day.

Gregory enjoyed competitive swimming his entire life, as an age grouper up to USMS. He started at age 65 in 2008 continued until 2020. He was initially a member of Medina Masters, transferring to O*H*I*O Masters later on. He competed both locally and at national meets, mostly as a sprinter.



Greg was inducted into the Fairview High School Athletic Hall of Fame as a member of the 1964 Fairview High School State Championship winning team.

Greg is survived by his wife of 54 years, Virginia A. Kappa; his sons, Brian Thomas Kappa and Adam Scott Kappa (Kristin); and his grandsons, Nathan and Ethan.

CROATIA!

—Katie Miller

Last fall I completed an unforgettable week-long SwimTrek based on the peaceful, car-free fishing island of Prvić Luka, located along Croatia's stunning Dalmatian Coast.

We enjoyed perfect weather, with warm temperatures around 85°F and calm conditions for our daily 5km swims in crystal-clear, turquoise-blue, salty waters.

The tour took our group of 15 experienced open-water swimmers to secluded coves, rocky beaches, and across channels between uninhabited islands in the Adriatic Sea. We swam in "pods" based on speed, guided by our tour leaders and captain, ensuring everyone could safely appreciate the vibrant aquatic scenery at their own pace.

Some participants chose to skip a swim and either relax on Prvić Luka or join the boat, allowing flexibility and ensuring everyone had a great time. Our group—comprised of swimmers from the US, Ireland, the UK, and Australia—enjoyed each other's company both in and out of the water, shared lots of laughs, and continue to stay in touch through WhatsApp.

Please enjoy some photos of the trip and reach out if you'd like more information. Thank you SwimTrek Swimming Holidays! (<https://www.swimtrek.com/packages/swimming-holiday-dalmatian-coast-croatia>)



Are you MAD about the IM?

PIETER CATH

Our Legendary Meet Director

—Kristen Bergmann

Then the **IM Madness Challenge** might be right up your lane line! This virtual event is hosted by NC Masters. Although not officially posted yet for 2025, the Madness usually begins March 1 and ends April 30, giving you two months to swim one, two, or all three crazy IM events: the Sweet 8 (800 total yds), Sweet 12 (1,200 yds) and Sweet 24 (2,400 yds). They are not just straight IMs that add up to the distance. Here is a chart as to what you have to do—if you dare!

Sweet 8	Sweet 12
100 IM	4 x 100 IM
50 Fly	2 x 200 IM
100 IM	1 x 400 IM
50 Back	Total (1200 yards)
100 IM	
50 Breast	Sweet 24
100 IM	4 x 200 IM
50 Free	2 x 400 IM
200 IM	1 x 800 IM
(Total 800 yards)	Total (2400 yards)

You swim in our own pool with a timer to record your splits, resting as much as necessary, then stop the clock and enter your time online with a small entry fee. Yes, it's a lot of butterfly, but the real challenge is remembering what stroke comes next!

Jay Definis, Duane Grassell and Judi Norton have swum all three events for 3 years and it is a humbling swim but when it's over you feel like you have accomplished something special.

Last year, they had a t-shirt contest and if your shirt was chosen, you won a free entry and a t-shirt. Here is Judi's winning design.



So c'mon you mad IMers! Join us for this challenge this year! —Judi Norton

Who was Pieter Cath and why did we name a swim meet in his honor? I asked a few of our club members who knew Pieter well to comment on his contribution to the club and Masters Swimming as a whole.

From Tom Spence: "Pieter Cath was a gentle soul with a very sharp mind. For many years, Pieter was the Meet Director of every O*H*I*O Masters pool and open water meet. Pieter wrote his own meet management software. All he needed to know was how many meets we wanted each year. He would take care of the details including bringing the donuts, the ladder, and the computer. Pieter set a high standard for quality meets that were also a lot



of fun. It was a quiet question... how would we manage if Pieter passed? The answer was right in front of us. Many people stepped up and volunteered to help run meets. The Lakewood Meet in 2005 was the last meet Pieter directed. O*H*I*O Masters

meets continue to be run to a high standard by lots of people and continue to be lots of fun."

From Gerry Meyer (long-time O*H*I*O Masters swimmer currently living in North Carolina): "I remember Pieter Cath as someone who encouraged me to try events that I would not have swum previously in the early 1980s when I got into Masters Swimming. He also served as President early in my career as a Masters swimmer and I knew he put lots of time into managing the club affairs and running the meets.

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His most important role was as the Meet Director who understood technology as it developed and kept using the newest applications to run meets. He always ran the meets very effectively and O*H*I*O Masters was known for running the most efficient meets in the Ohio and surrounding states. Besides doing the entries well, he would recruit very good officials and would always be prepared with heat sheets and information for the swimmers. I think he also established the

original schedule of meets that were held regularly throughout the Lake Erie LMSC. I remember him regularly leaving the meet data entry position to swim a breaststroke event—his specialty. I never understood how he could move from managing the meet to compete so effortlessly. Lilly and Pieter often hosted socials at their Solon home after meets on the east side of Cleveland such as at Orange HS. They always did everything with grace.”

On the following page is an article about Pieter that was published in the club newsletter in 2005.

International Gay and Lesbian Aquatics World Championships

— Carlos Julio Aponte

IGLA Buenos Aires 2024 was fantastic! The games were held November 1–9. There were more than 900 swimmers from five continents. Plus several hundred participated in water polo, diving, artistic swimming and open water competitions.



Cleveland Aquatic Team CAQT sent four swimmers and a delegate to the IGLA world championships.

Every swimmer won medals. We had two new medal winners: James Miner, competing in his first IGLA, won two bronze medals, and Tim Winschel, in his first-ever



competition, won one bronze medal. Nathan Leu and Carlos Julio Aponte won a total of six gold, four silver and two bronze medals.

CAQT participated in two great relays, earning a bronze in the 200 freestyle relay, and placing fourth in the 400 freestyle relay.

Some participants said, “It gets very boring, with all the gold and silver medal presentations, while we wait to claim ours.”

We had a great time traveling together, sharing lots of meals and social activities.

We recruited one new

member, Rich Steele, who lives in Maine and will swim with CATQ at the IGLA 2025, Washington DC, and GayGames Valencia 2026.



We shared and survived a half-star hotel, for 13 days, with a sub-continental breakfast—a new term that meaning a continental breakfast with only one small piece of bread and no fruit, or juice.

The price for Hotel La Barca was right. The Argentinian Peso is weak, you get one thousand pesos per US Dollar.

Buenos Aires is a big city with lots to offer. We did a lot of walking and touring, saw tango shows, museums, cathedrals and palaces.

Architecture is a real art in Argentina and the people are beautiful—very helpful and understanding.



From a memorial article written in 2005:

Pieter Cath loved swimming. Pieter was involved in masters swimming for most of his adult life. First and foremost, he enjoyed swimming. He could usually be found racing through the water and honing his skills at the Orange workouts. He met his best friend and companion, Lilly Kron through masters swimming. Pieter had a significant hand in the growth and development of O*H*I*O Masters Swim Club. He was very involved in the administration of masters swimming not only at the local level but also at the national level. He was a true ambassador for the sport.



Like most of us, Judi Norton was amazed at how efficiently Pieter ran a swim meet.

Pieter first started swimming with the masters in the early 1970's when the idea of masters swimming was very new. He started at the Southeast YMCA in Cleveland, Ohio and later joined O*H*I*O Masters. Not only did he attend workouts and meets both locally and nationally, but he was also very involved in the development and leadership of O*H*I*O Masters. He was the president of O*H*I*O Masters from 1982 to 1986, leading the club during its early developmental and growth years. He was also the first newsletter editor and kept members apprised of activities, meets and best times. Over the past 25 plus years, Pieter was responsible for directing more than 116 meets and numerous open water events. He worked tirelessly behind the



scenes to prepare for the meets, then ran them on deck. He also usually managed to squeeze in an event or two himself. Pieter, being a computer genius, developed the computer software that he used to run the meets. His program was one of the first developed in masters history used to run the heats and tabulate results. In addition to the many local meets that Pieter directed, he also directed two national masters long course championship meets, the first one at the Canton CT Branin Natatorium in 1981 and the second at the Cleveland State Natatorium in 2002.

Pieter was also very active in the national administration of United States Masters Swimming. In 1999, he became Chairman of the Records and Tabulations Committee, a position he held until his death. His responsibilities included keeping track of the Top Ten times for the short course yards and meters events, the long course meters events and the open water swims. Pieter was also credited for developing a program to track the Top Ten times for the Lake Erie LMSC.



During Pieter's swimming career, he himself made the top ten list twice and was an All American Relay swimmer.


Pieter's contribution and commitment to masters swimming was truly significant. He helped make O*H*I*O Masters the strong swim club that it is today, and provided innumerable opportunities for swimmers to compete in a fun and positive way. He will be surely missed.

USMS 2024 LCM Individual Top 10

Place	Event	Name	Age	Club	Place	Event	Name	Age	Club
Women 25-29 LCM					Men 18-24 LCM				
9	800 Free	Maddie R Dolce	26	O*H*	5	50 Free	Ethan L Williams	22	UC18
Women 30-34 LCM					6	100 Back	Ethan L Williams	22	UC18
10	100 Free	Krista Rownd	33	NCLE	1	50 Fly	Ethan L Williams	22	UC18
9	200 Free	Kristen Troyer	31	O*H*	Men 25-29 LCM				
4	400 Free	Kristen Troyer	31	O*H*	5	400 Free	Nazar Tanovski	26	O*H*
5	400 Free	Krista Rownd	33	NCLE	Men 30-34 LCM				
2	800 Free	Kristen Troyer	31	O*H*	9	50 Free	Ethan Chase	33	O*H*
2	1500 Free	Kristen Troyer	31	O*H*	5	50 Fly	Ethan Chase	33	O*H*
8	50 Back	Krista Rownd	33	NCLE	Men 40-44 LCM				
5	200 Back	Krista Rownd	33	NCLE	10	50 Back	Malcolm S Trier	42	UC18
10	200 IM	Kristen Troyer	31	O*H*	7	100 Back	Scott Gabbard	44	NCLE
Women 35-39 LCM					9	100 Back	Malcolm S Trier	42	UC18
9	100 Back	Ashley Braniecki	39	O*H*	7	200 Back	Scott Gabbard	44	NCLE
6	200 Fly	Ashley Braniecki	39	O*H*	Men 50-54 LCM				
10	400 IM	Ashley Braniecki	39	O*H*	9	100 Back	Chad A Nance	52	O*H*
Women 40-44 LCM					9	200 Back	Chad A Nance	52	O*H*
5	100 Breast	Kati Pederson	42	O*H*	Men 75-79 LCM				
5	200 Breast	Kati Pederson	42	O*H*	3	50 Free	Lawrence A Terkel	77	O*H*
8	100 Fly	Kati Pederson	42	O*H*	10	100 Free	Lawrence A Terkel	77	O*H*
7	400 IM	Kati Pederson	42	O*H*	8	50 Breast	Nick Douglass	75	O*H*
Women 65-69 LCM					9	100 Breast	Nick Douglass	75	O*H*
9	200 Fly	Pam Beck	67	O*H*	7	200 Breast	Nick Douglass	75	O*H*
7	200 IM	Judith H Norton	67	O*H*	5	50 Fly	Lawrence A Terkel	77	O*H*
8	400 IM	Judith H Norton	67	O*H*	5	400 IM	Nick Douglass	75	O*H*
Women 70-74 LCM					Men 80-84 LCM				
8	400 Free	Diane F Spence	71	O*H*	6	800 Free	Thomas E Spence	80	O*H*
7	800 Free	Diane F Spence	71	O*H*	10	100 Breast	John D Hoffmann	81	MCAQ
5	1500 Free	Diane F Spence	71	O*H*	8	200 Breast	John D Hoffmann	81	MCAQ
8	100 Breast	Diane F Spence	71	O*H*	<i>—Relay Top 10 on following page</i>				
5	200 Breast	Diane F Spence	71	O*H*					
Women 75-79 LCM									
7	50 Back	Marilyn Douglass	75	O*H*					
4	200 Back	Marilyn Douglass	75	O*H*					
3	200 IM	Marilyn Douglass	75	O*H*					
Women 85-89 LCM									
5	200 Free	Luise E Easton	86	O*H*					
3	400 Free	Luise E Easton	86	O*H*					
2	800 Free	Luise E Easton	86	O*H*					
9	50 Back	Luise E Easton	86	O*H*					
3	50 Breast	Luise E Easton	86	O*H*					



USMS 2024 LCM Relay Top 10

Place	Event	Club	Name (Age)	Place	Event	Club	Name (Age)
Women 240-279 LCM				Mixed 120-159 LCM			
3	400 Free	O*H*	Judith H Norton (67) Cynthia Druckenbrod (54) Laura Wright (66) Ann Marshfield (66)	2	400 Free	O*H*	Marissa C Stadler (31) Thomas M Dinh (31) Kristen Troyer (31) Alex Machovina (29)
2	400 Medley	O*H*	Laura Wright (66) Ann Marshfield (66) Judith H Norton (67) Cynthia Druckenbrod (54)	3	400 Free	O*H*	Chad A Nance (52) Ashley Braniecki (39) Maddie R Dolce (26) Aaron DunLany (26)
4	800 Free	O*H*	Judith H Norton (67) Cynthia Druckenbrod (54) Laura Wright (66) Ann Marshfield (66)	3	400 Medley	O*H*	Marissa C Stadler (31) Thomas M Dinh (31) Alex Machovina (29) Kristen Troyer (31)
Women 280-319 LCM				5	400 Medley	O*H*	Chad A Nance (52) Maddie R Dolce (26) Aaron DunLany (26) Ashley Braniecki (39)
8	200 Free	O*H*	Judith H Norton (67) Susan Paris (78) Pam Beck (67) Luise E Easton (86)	1	800 Free	O*H*	Kristen Troyer (31) Alex Machovina (29) Marissa C Stadler (31) Thomas M Dinh (31)
10	200 Medley	O*H*	Luise E Easton (86) Laura Wright (66) Pam Beck (67) Susan Paris (78)	Mixed 160-199 LCM			
Men 240-279 LCM				5	400 Free	O*H*	Michael Kramer (55), Melissa Besman (32) Sarah L Anstine (34) Gregory Turocy (61)
7	800 Free	CAQT	Thomas W Stebel (62) David M Douglass (70) Nathan J Leu (58) David S Digiacomio (50))	7	400 Free	OHAAC	James Moran (40) Ashley Moran (40) Erika M Whitely (46) Todd Jasinski (43)
				3	400 Medley	O*H*	Sarah L Anstine (34) Gregory Turocy (61) Melissa Besman (32) Michael Kramer (55)
				3	800 Free	O*H*	Michael Kramer (55) Melissa Besman (32) Sarah L Anstine (34) Gregory Turocy (61)
				8	800 Free	OHAAC	Todd Jasinski (43) Erika M Whitely (46) James Moran (40) Ashley Moran (40)