

2022 Open Water Swim Season Summary
Delia G. Perez – Open Water Representative
Delaware Valley Local Masters Swim Committee

The 2022 Open Water Swim Season offered more swim events this summer and swim enthusiasts found their way back into open water swim events this season. Ocean water temperatures were unexpectedly and brutally cold throughout most of our season but finally warmed up after mid-August this summer.



Shown above are the "Trifecta" finishers (from left to right): Max Adams, Mary Stella, Lin Malott, Ana Little-Sana, Paula Miller, and Stephen Rouch.

May 22nd 2022 – French Creek Swimfest organized by John Kenny of French Creek Racing was held in 72-degree water in Lake Hopewell at French Creek State Park in Pennsylvania. The Trifecta consisted of a ½ Mile Swim, 1 Mile Swim, and 3 Mile Swim that these six swimmers completed!!! According to Lin Malott (Norristown, PA), the opening race had fiercely strong river flow due to recent heavy rains and novice swimmers were strongly encouraged to sit-out the event, resulting in reduced participation than races later in the season. The race course started at the French Creek Racing dock and headed upstream to the first-turn buoy located nearby the Route 422 bridge where the river is shallow. The river flow, even on low-flow days, confuses swimmers by appearing to run on upstream and dashes a swimmers hope to turn and enjoy the huge downstream push. For Lin, that buoy was her "come to Jesus moment" because she had to clear it 3x doing both the 800m and 1600m events, each time wondering if and when her incremental progress would get her there or whether she would earn the dreaded "Did Not Finish." Overall Results:
<https://frenchcreekracing.com/wp-content/uploads/french-creek-swimfest-2022-results-1.pdf>

May 28th 2022 and a newly sponsored Inspira Health and DelMoSports "extravaganza event" was held in Wildwood Crest, New Jersey. Christened as the Freedom 1 Mile Swim & Freedom 1/4 Mile Swim, the swims were held in the same Sunset Lake venue as the traditional

September Splash Swim but at higher prices! The One-Mile Swim attracted 126 swimmers and results can be found at: <https://runsignup.com/Race/Results/112521>

May 29th 2022 and these season-opener swims with this year's very competitive 65th Annual Navesink Swims (1.2 or 2.4 miles) in the Navesink River attracted 234 participants this year. Results can be found at: <https://raceforum.com/navesink>

June 4th 2022 and the 34^t Annual Jim McDonnell Lake Swims offered One-Mile and Two-Mile Swims in Lake Audubon, Reston, Virginia. Additional race information and results found at <https://www.restonmasters.com/jmls-lake-swim/event-results/>

June 11th-12th 2022 and the 9th Annual DeSatnick Real Estate Escape the Cape Triathlon includes a One-Mile Swim in Cape May for a cost of \$119.00 for each participant. Since 2013, the race director, Steve Delmonte, scheduled his event either during the same weekend or just before or after the annual Great Chesapeake Bay Swim. In 2021, he scheduled his One-Mile Swim on the same day as the long-standing 3-Mile Cedar Island Swim in Avalon, New Jersey. Results can be found at: www.DelMoSports.com



June 11th 2022 “Eve of the Chesapeake Bay Swim Ritual” (left to right): Dave English (Glassboro, NJ), Delia Perez (National Park, NJ) and Doug Frohock (Mamora, NJ) at the finishing area for a final check on conditions.

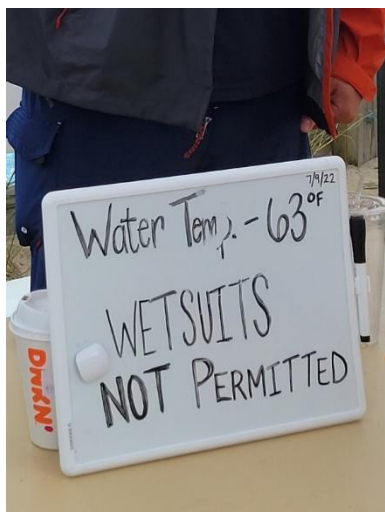
June 12th 2022 and the annual Great Chesapeake Bay Swim held nearby Annapolis, Maryland, once again hosted the 4.4 Mile Swim and One Mile Bay Challenge Swim. After a two-year hiatus due to the pandemic, swimmers returned to participate but not at pre-Covid rates of participation. There were 485 4.4 Mile Swimmers and 148 One Mile Bay Challenge Swimmers. The water temperature hovered at a comfortable 72° but the winds made for tough choppy conditions for both swims throughout the day. Results can be found at <https://runsignup.com/Race/MD/StevensvilleLibbysCostalKitchen/2021GreatChesapeakeBay44MileSwim1MileBayChallenge>

June 26th 2021 and the Steelman Racing 14th Annual Nockamixon Swim Challenge at Nockamixon State Park, PA. Results for the various swim categories can be found at: <https://runsignup.com/Race/Results/82221?resultSetId=260271#resultSetId-325129>

July 3rd 2022 and the **Poverty to Cove 2.4-Mile Swim** in Cape May, has become just another DelMoSports extravaganza event for \$55.00 per swimmer. Steve DelMonte was a past participant in this “free” swim among friends plus invitation-only swimmers that was

held early in the morning (6:30 a.m.) and lots of fun to swim with the best tides and currents south down the beach. DelMoSports capitalized on this “friendly” insider swim that was “free” and open to all. Now swimmers have to “pay to play,” while DelMoSports sets its sights on charging swimmers big fees after years of learning just how much triathletes are willing to pay for their “sport of choice.” This year, the swim was renamed as the **DeSatnick Real Estate Poverty to Cove 2.4 Mile Swim presented by Inspira Health** and resulted in more sponsor revenue for DelMoSports. This year’s “pay to play” swim started at 8 a.m. on Sunday morning during the 4th of July Weekend. The 2.4-Mile Swim attracted 230 swimmers and results can be found at: www.DelMoSports.co

July 9th 2022 and the 42nd Annual Ocean City Beach Patrol’s T. John Carey Masters Swim was held in Ocean City, New Jersey, with a preregistration fee of \$25.00 for swimmers. The 2022 Masters Swim once again presented physically challenging 63-degree water temperatures on an overcast drizzly morning. For a second year in a row, the ocean was cold and given the overcast conditions, 20 swimmers, as compared to just 4 swimmers last year, decided to ignore the poorly advised race-organizer’s ban on wetsuits when the water is 60 degrees or warmer. They wore their wetsuits to stay warm, even though they were no longer eligible for an official “place” in the swim, and were not even listed as participants who finished the Masters Swim. Both young and older swimmers swam with the risk of hypothermia. There can be dire consequences from hypothermia especially when younger and older swimmers, lacking abundant bodyfat endure prolonged exposure to cold-water temperatures. The use of wetsuits should be a decision made at the discretion of each swimmer when the ocean is 70 degrees or cooler to allow swimmers a comfortable and safe swim.



Delia Perez (sleeveless wetsuit) and Lynne Dunn (no wetsuit) smiling before the plunge into 63° ocean water to swim against the current and into northeast winds and choppy conditions for the 42nd Masters Swim in Ocean City, N.J.

In addition to the wetsuit ban, the northbound course launched swimmers into Northeast winds, choppy surface waters, and an occasional wave washing over us. The waves pushed the swimmers towards shore and course-correction was necessary throughout the swim. Many of us swam towards France and occasionally, a lifeguard would send us back towards shore. Because of the waves and choppy conditions, sighting the course was difficult and made even more so for seasick swimmers – it was a slow slough through tough conditions.

My good news story as a swimmer in a sleeveless wetsuit who suffered with seasickness throughout the long tough swim, was meeting up with another swimmer who did not wear a wetsuit but was determined to finish the swim. Mark Yellin (67 years of age) of Ocean City, a skin diver who is a runner at heart, was cold because he wasn't wearing a wetsuit. We both were sighting on the final (yellow) turn buoy that seemed to be pulling further away from us as we continued to swim towards it. We kept each other company throughout the remaining last quarter of the swim, finally made the turn around the yellow buoy, and swam into shore! I was about 90 seconds ahead of him and we hugged after turning in our ankle chips. After drying off, Mark asked me if I was the swimmer he assisted a few years ago when he loaned a sock to me after I cut my foot running out of the water, and yes, that was me! We were both excited to catch up with each other again, and more than happy to urge each other to swim and finish in such a tough swim today!!!

A total of 109 individuals registered and but only 80 swimmers were listed in the final results. The 20 swimmers who wore wetsuits weren't even listed in the final results as finishing the tough swim and 9 pre-registered swimmers were "no shows" due to the threatening weather. Rhett Cosgrove (18 years of age from Ocean City, NJ) finished first in 25:43 minutes (6 minutes slower than the first-place finishing time for the 2021 swim) and the final swimmer, Joel Mufalli (27 years of age), finished as the last swimmer in 1:44:51 overall as the last non-wetsuit participant. Just like last year, there were no medals awarded for age group winners (first, second, and third place) and Johnson's Popcorn was awarded to first place age group winners as well as to the youngest and oldest.

This is the second year the OCBP swim organizers managed this swim and there remains room for much-needed improvement. The orange swim caps were too small for most swimmers but if needed, we received permission to wear own bright swim caps. They have yet to include better protocols for water temperature consideration. While describing this issue of limiting the use of wetsuits to temperatures below 60°F to a non-swimmer, their thoughtful comment was simply, "sounds like 20-year-olds are making the decisions!!!" It was spot on and so true!!!



Official start of the 42nd Masters Swim – July 9th 2022 in Ocean City, NJ

Traditionally, the Masters Swim was always held in the evening at 6 p.m. with as many as 250 swimmers participating. But, as a morning swim, it's no longer well attended and the current race organizers are not in tune with managing a good swim event.

July 30th 2022 and the 93rd Pageant Swim was held in Atlantic City. With a preregistered fee of \$40.00, the Seahawks Swimming hosted the 923rd Pageant Swim in conjunction with USA

Swimming to ensure the continuance of this historic swim. This year the 1.2 Mile Pageant Swim attracted 84 swimmers but only 58 swimmers finished the course and 5 did not finish.

The Pageant Swim finally started after 10:15 a.m. but the 1.2 Mile Swim was actually a 1.6 Mile Swim in tough ocean conditions due to 60° water temperatures. The conditions were choppy throughout the "box course" swimming south. After turning the second buoy in towards the shore and then the third turn buoy, swimmers had to swim into the current back toward first turn buoy for the final turn and then swim back to the start area on the beach. It was a survival swim and it seems race organizers don't care about stated distances for the course or swimmer safety in such cold-water conditions. Swim results can be found at: <https://my.raceresult.com/212817/results>

July 16th 2022 and the 21st Annual Ocean City Iron Soldiers Swim & Biathlon fundraiser was held in Ocean City, NJ, starting at 6 pm at 28th Street and the Beach for a ¾ Mile Ocean Swim. This is an invitation only swim open to the first 100 entrants.



Cpl. Marc T. Ryan

HONORING A LOCAL FALLEN WARRIOR



This year they honored Marine CPL Marc T. Ryan from Gloucester City, NJ. CPL Ryan, a weapons expert, was killed in action November 15, 2004 while conducting combat operations in Ramadi, Iraq. CPL Ryan was assigned to the 2nd Battalion, 5th Regiment, 1st Marine Division and 1st Expeditionary Force. CPL Ryan was a graduate of Gloucester City High School where he was a standout football player and team captain. Many participants say this night is one of the highlights of their summer and they try to make everything extra special for everyone involved, especially the family of CPL Ryan.



July 23rd 2022 and the 9th Annual Sea Isle City Beach Patrol 1 Mile Ocean Swim was held in Sea Isle City, NJ. Swimmers could preregister with a fee of \$25.00 and that is a bargain price these days. Swimmers were bused to the start of the swim and as usual, it was 98° on the beach but the ocean was a bone-chilling 58° degrees. There were 205 swimmers who finished the chilly swim this year and overall swim results found at:

<https://runsSignup.com/Race/Results/72032/#resultSetId-328724;page:3;perpage:100>



2022 Sea Isle City Beach Patrol Ocean Mile Swim – Delia Perez (National Park, NJ) and Doug Frohock (Mamora, NJ) enjoy pre-race smiles before the chilly swim. After the swim, (shown left to right): George Thiel (Sommers Point, NJ) took 1st place for 66 years & older male swimmers, Delia Perez (National Park, NJ) took 2nd place for 66 years & older female swimmers, and Doug Frohock (Mamora, NJ) took 2nd place for 66 years & older male swimmers in the 58° cold-water swim.

July 30th 2022 and the 7th Annual Pier to Pier Challenge was held in Wildwood, New Jersey. With a preregistered fee of \$30.00 and parking on the beach in Wildwood, this swim usually offers a family-friendly evening swim in the ocean. This year was no exception and the ocean conditions at 6:30 p.m. were very chilly for the 85 swimmers bravely plunging into 61° ocean water that evening. Even with wetsuits, most swimmers had to courageously head back into the ocean for the second half of the swim course and keep swimming in the cold water.



Wildwood Beach Patrol Member, Ryan (center), shepherded off-course swimmers, Lynne Dunne (on the left from Seaside Park, NJ) and me (Delia Perez, National Park, NJ), back to the shore when the setting sun made sighting to the finish almost impossible for swimmers that evening!



From left to right – Allyson Adams (Olney, MD) was 1st and Lynne Dunn was 2nd for women's 50 to 59 age group, and Delia Perez was 2nd for women's 60+ years.

Race Director, Bill Auty, with the Wildwood Beach Patrol hosts a family-friendly evening Pier to Pier Swim and results can be found at:
[https://track.rtrt.me/e/DMP-PIERTOPIER-2022#/leaderboard/overall-division- ALL/FINISH](https://track.rtrt.me/e/DMP-PIERTOPIER-2022#/leaderboard/overall-division-ALL/FINISH)

August 9th 2022 and the reconstituted version now known as the Jim Whelan Around the Island Marathon Swim in Atlantic City, New Jersey, was held in the Atlantic City waters.



Jim Whelan – high school teacher, Atlantic City Life Guard, Mayor of Atlantic City, NJ Assemblyman, NJ State Senator, and Open Water Swimmer

The organizing committee for the 3rd annual Jim Whelan Open Water Festival hosted the 56th Around the Island Swim – a 22.75-mile open water marathon around Absecon Island. The race was resurrected in 2019 as part of the Jim Whelan Open Water Festival, named in memory of the late Atlantic City mayor, state senator and advocate for swimming and water safety. All proceeds from the festival benefit Green Whales, a nonprofit supporting various children's swimming programs in Atlantic County.

The event hosted by Green Whales, Inc. of Brigantine for the second year, honors the late New Jersey Senator and mayor, who was an Atlantic City lifeguard, teacher and swimming coach at Atlantic City High School. The 22.75-mile marathon swim around Absecon Island started and ended at the Atlantic City High School boathouse on Fairmount Avenue.



From left, Longport Mayor Nicholas Russo, Coach Joe Haney, Around the Island champion swimmers James Haney and Patrick Armstrong, his dad Patrick Armstrong, and Commissioners Jim Leeds and Dan Lawler.

The Longport Board of Commissioners proclaimed Aug. 17 as Team Thunderdome Day in Longport to honor the four high school students who swam as a relay team and wound up winning the entire event. The relay team was open to high school athletes who are also lifeguards. Team Thunderdome included swimmers Patrick Armstrong, James Haney, Gavin Neal and John Sahl. Two of the teenagers are students at Atlantic City High School and two attend Ocean City High School. Haney and Neal are members of the Brigantine Beach Patrol, Armstrong is on the Longport Beach Patrol and Sahl guards Atlantic City beaches. Their coach is Joe Haney, James' father, who is a former member of the Atlantic City Beach Patrol. During the presentation, Joseph Haney said the team swam neck-and-neck with their competitors – master swimmers Rob Montgomery, Bobby Pugh, Daniel Killinger and Frank Geraci of the Totuga Golden Striders. Two individual athletes – John Zeigler and Robert Gatto – failed to finish the race.

"They started out with the water at 79 degrees and flat, but by the time we got to the (Absecon) Inlet, young Patrick headed out with 8-foot swells and the water temperature dropped to 55 degrees," Joe Haney said. "The water stayed 55 degrees until we hit the Longport inlet and fortunately it went up to 79 degrees." Haney said the team swam "shoulder-to-shoulder" with their older competitors entering Longport and wound up winning by 6 minutes. Touted as one of the toughest swims in the world, Haney called their effort "a remarkable feat." Mayor Nicholas Russo said each swimmer swam 5.5 miles in grueling conditions, winning the race in 8:02:51.

According to the Green Whales, the Around the Island Swim started as a \$100 bet between two beach patrol members and became one of the premier open water events in the world. After a hiatus, the Whales resurrected the race in 2019 as part of the Jim Whelan Open Water Festival, which raises money for youth swimming education.

August 13th 2022 and the 38th Annual Mid-Summer Lavallette Ocean Swim was held at 8 a.m. with 84 swimmers participating. See results at: <http://lavallette.org/beach/mileswim.html>

August 20th 2022 and the informal 28th Annual Donny Fund Day (3 Mile Swim, Kayak, or Paddle Surf across Lakes Bay or 5K Run or Walk along the shore of Lakes Bay) and it is held at the Yacht Club of Pleasantville in Pleasantville, New Jersey. This fundraiser event costs \$40 to pre-register and \$50 onsite during the day of the event. For more information, visit their website: <https://www.thedonnyfund.org/events/donny-johnny-day>



Steelman Swimmers: (left to right) Hannah Plimpton (a very pregnant 1-Mile Swimmer), Rick Heimann, Barbara Burke, and Dan Allen

August 21st 2022 and the Steelman Racing Open Water Classic at Nockamixon State Park, in Quakertown, Pennsylvania, with 1-Mile, 2-Mile, and 3-Mile Swims. According to Barbara Burke, the water and air temperatures were 78° and lake conditions were calm. Barbara Burke won 1st place in the 3-Mile (no wetsuit) for women age 60-69 years. Dan Allen won 1st place in the 3-Mile (no wetsuit) for men age 60-69 years. Rick Heimann won 1st place in the 2-Mile (no wetsuit) for men age 60-69 years. More results found at: <https://runsignup.com/Race/Results/111830/#resultSetId-334210;perpage:100>

August 21st 2022 and the Captain Turner Ocean Swim was held at 4:30 p.m. in Longport, NJ, with only 25 or 30 swimmers participating in the half-mile ocean swim. The 75° ocean water with moderate surf conditions offered the swimmers a pleasant swim. There was no entry fee this year and no timers, and no results either. It seems the Longport Beach Patrol didn't feel like organizing a swim event this year – maybe next year. The 2021 results are posted at: <https://runsignup.com/Race/Results/78683/#resultSetId-267605;perpage:5000>

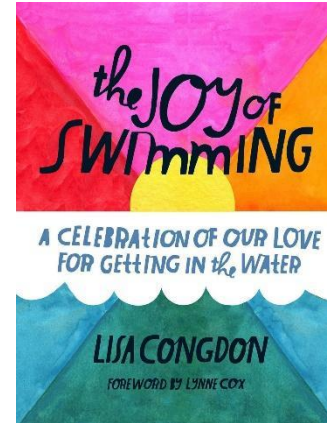
August 28th 2022 and the Elks Club in Brigantine, NJ, cancelled it's 8 a.m. Bayfest Swim for reasons unknown to the usual swim participants.

August 28th 2022 and the 12th Annual 5K Cedar Island Swim in Avalon, New Jersey, treated 237 swimmers to another interesting adventure swim around Cedar Island in 80-degree water. The Cedar Island 5K Swim remains my personal favorite these days especially with the loss of the Yates Swim – a wonderful navigational swim starting in the inlet between Atlantic City and Brigantine and swimming west into the back bay with an incoming tide to finish the race in Gardner's Basin. It was a very warm and muggy morning, and smart swimmers were in the water to cool off before the 9:10 a.m. start of the swim.

The World Open Water Swimming Association named the Cedar Island 5K Swim as One of America's Top Open Water Swims. This is a list of the most unique, most popular, most historic, most beautiful, most interesting, and most challenging open water swims across the 50 states of the United States of America. Typically, the Cedar Island 5K Swim helps to raise funds for favorite Tim Kerr Charities.



Race Director, Midge Kerr (right) with Delaware Valley USMS Open Water Rep, Delia Perez



Finish area for the Cedar Island Swim



CEDAR ISLAND 5K SWIM

The 5K Cedar Island Swim returned to its usual “flailing arms and legs” in-water start with 250 swimmers heading into the back bay of Avalon at the same time. There was the usual “bunching” up of swimmers at the beginning of the race with the inexperienced stopping and blocking experienced swimmers trying to swim around them along the course. The traditional champagne sip was located at a dock area about $\frac{3}{4}$ along the swim course and a swimmer really had to want to find it for a sip of bubbly. During the first leg of the course, we swam with a slack tide. The second leg headed us into the slightly outgoing tide and the third leg offered a little push with the slightly outgoing tide. As we turned into the final fourth leg of the course, we finally found the added outgoing tide for a little extra push to the finish back at the Avalon Yacht Club.

Historically, the informal inception of the Cedar Island Swim was created as a challenge among friends in 2010, race director, Midge Kerr, offers a “champagne toast” as a very inventive way to celebrate the swim while refreshing the palate from all the salty water. The after-swim refreshments included egg sandwiches and the amazing and locally-made cream puff pastries were available after the swim. Chip timing was used for the swimmers and the results were eventually posted on the Kerr Charities website at <http://www.sjtiming.com/Cedarswim16.html>.

Lucky for us, Kerr Charities hosts its fundraising swim for various charities (specially selected by Tim & Midge Kerr) and the swim is more like an informal training event with prizes usually awarded to just the top five overall male and female swimmers and grand

masters. Thankfully, Midge returned to her original concept for the 5K Cedar Island Swim with awards for top 5 male and female overall, masters, and grandmasters only. Midge said, "We are going back to no age group awards after trying it last year for the first time. It just changed the dynamics and vibe of our swim. We embrace being with like-minded people for the **joy of swimming** and making a difference in our community."

Awards were given to top finishers individually with the benefit of a crowd of cheering on the swimmers. Luke Brennen (age 16 – Trenton, NJ) finished 1st overall and 1st male in 45:48 minutes (almost 6 minutes faster than his time last year). And Tiffany Brennen (age 45 – Trenton, NJ) finished 6th overall and 1st female in 50:15 minutes.



Race Director, Midge Kerr (on the left), her son, Turner, and Delia Perez

September 18th 2022 – Point to Point Swim is the third swim in a series hosted by Tim Kerr Charities in the back bay of Avalon, New Jersey. The 1.2 Mile Swim starts at 23rd Street and finishes at the Avalon Yacht Club. Race Director, Midge Kerr, caps the number of swimmers at 120 and today there were 110 swimmers in the field. Water conditions were very pleasant with a 78-degree water temperature and SW 15 mph winds at our back until we turned into the west into the wind and choppy water for the final leg to the finish. It was a delightful afternoon swim (3:30 pm start) and a well-deserved end to open water swimming at the shore after a miserable open water season after cold water temperatures throughout June, July and mid-August.



Barbara Burke (right) at the Steelman Endless Summer Swim

September 18th 2022 and the Steelman Racing Endless Summer Swim was held at Lake Nockamixon in Pennsylvania. According to Barbara Burke, they swam in 72° water with 72° degree air temperatures in calm lake conditions. Barbara Burke was the 1st place winner in the 3-Mile Swim (no wetsuit) for women age 60-69 years. Rick Heimann was the 2nd place winner overall for male swimmers. More results may eventually be found at runsignup.com for the 1-Mile, 2-Mile, and 3-Mile Swims but currently, the website is not accessible.

September 24th 2022 and the September Splash Swims (1-Mile and 2-Miles) were held in Sunset Lake at 9 a.m. in the back-bay waters of Wildwood Crest, New Jersey. The swim was not promoted and participation was limited to local swimmers and youth swim teams only.

May through September 2022 and French Creek Racing hosted a series of six (6) river swims, each one ½ mile in length, swum in the Schuylkill River. Many Delaware Valley Masters swimmers participated in these swims. If a swimmer missed one or more swims, their overall aggregate swim score correspondingly reduces their ability to score well in the swim series. Some of the reported results do not fully represent the swimmer's proficiency in the water. Results may be found at ... <https://frenchcreekracing.com/wp-content/uploads/2022-Open-Water-Series-ALL-RESULTS.pdf>

We cannot change challenging conditions or ensure the things we love will last forever. Here is a teachable moment for us all to consider. Kelly Annie, a jewelry designer who created her own "perfectly imperfect collection" of handcrafted jewelry with soul and her "keep on swimming" bracelet inspires us to remember – "Life can be as hard to live as swimming against the tide. But at the worst of times, if you will just remember to keep swimming, sooner or later you will develop the ability to swim through life like a fish through the ocean."

"To me the sea is like a person – like a child I've known a long time. It sounds crazy, I know, but when I swim in the sea, I talk to it. I never feel alone when I'm out there."

~ Gertrude Ederle ~

Delia G. Perez
Delaware Valley United States Masters Swimming
Open Water Representative

28th October 2022

"Nothing in the world is as soft and yielding as water. Yet for dissolving the hard and inflexible, nothing can surpass it. The soft overcomes the hard; the gentle overcomes the rigid." ~ Tao Te Ching ~



Wading into the ocean, the water bears our weight as it slides through our fingers and between our toes. We become keenly aware of the abundance of life as well as every one of our fellow swimmers. We realize why we swim and why the pull is relentless. We immerse ourselves in the water and feel so relaxed and connected to the good in the world. We are rinsed of time as past and future dissolve, and there is only this moment.