

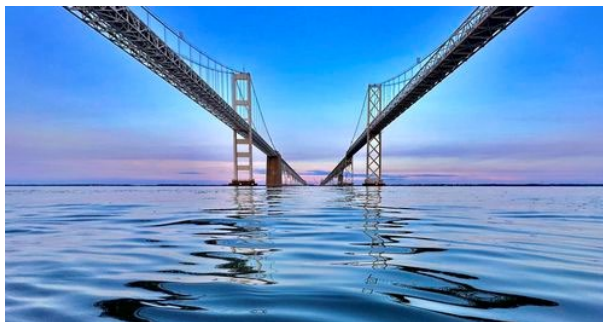
**2024 Open Water Swim Season Summary**  
**Delia G. Perez – Open Water Representative**  
**Delaware Valley Local Masters Swim Committee**

The 2024 Open Water Swim Season did not offer its usual fun swim events this summer and swim enthusiasts braced themselves for the chilly ocean water temperatures or rough seas resulting in a number of canceled and/or rescheduled swims this season. Given the cold ocean temperatures and rough seas, swimming in the back bays and river swim events are becoming more popular these days.

May 26<sup>th</sup> 2024 and these season-opener swims also begin with the 67<sup>th</sup> Annual Navesink Swims (.8 or 1.6 or 2.4 miles) in the Navesink River attracted 244 participants as compared to 276 swimmers in 2023. This early season swim is a favorite among local swimmers and worth the drive to participate and prepare for the summer open water swim season. Results can be found at: <https://my.raceresult.com/291927/>

May 26<sup>th</sup> 2024 and the 36<sup>th</sup> Annual Jim McDonnell Lake Swims included 215 swimmers in the One-Mile Swim and 159 swimmers in the Two-Mile Swim held in Lake Audubon, Reston, Virginia. Additional race information and results found at <https://www.restonmasters.com/jmls-lake-swim/event-results/> or <https://runsignup.com/Race/Results/112884#resultSetId-459596>

June 1<sup>st</sup> & 2<sup>nd</sup> 2024 and the 11<sup>th</sup> Annual DeSatnick Real Estate Escape the Cape Triathlon includes a One-Mile Swim in Cape May with a jump off the Cape May/Lewes ferry with 603 participants this year. Ever since its inception in 2013, the race director, Steve Delmonte, schedules his event either during the same weekend or just before or after the annual Great Chesapeake Bay Swim. They no longer offered the option to just enter for the swim portion of the triathlon. Results can be found at: [www.DelMoSports.com](http://www.DelMoSports.com) or <https://track.rtrt.me/e/DELMO-ETC-2024#/leaderboard/olympic-triathlon-division>



**View from the water for the 4.4 Mile Great Chesapeake Bay Swim**



**One Mile Bay Challenge Swim Course at the Base of the Bridge**

June 9<sup>th</sup> 2024 and the annual Great Chesapeake Bay Swim held nearby Annapolis, Maryland, and typically officiating the 4.4 Mile Swim and One Mile Bay Challenge Swim was **CANCELLED** this year. With 1000 individuals signed-up to participate in both swims, the swim organizers and swimmers were disappointed with the less than favorable swim conditions that morning. The 25 mph westerly winds gusting up to 40 miles another churned up the bay water and the required safety crew such as volunteers with kayakers and jet skis, were capsizing in the water. The One Mile Bay Challenge was scheduled to begin at 8 a.m. and as swimmers waited from the shore to enter the water, the winds were swamping the kayakers and moving the markers for the One-Mile course. After waiting an hour to enter the water, the swimmers were informed both swims were cancelled. Two U.S. Coast Guard boats near the One-Mile course had difficulty maintaining position in the water as the strong winds battered the boats. It was a good call to cancel the swims because the event would have simply transitioned into a rescue operation.

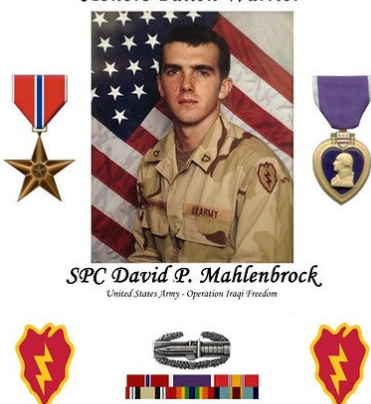
Refunds are not offered but those who registered for the swims will receive a slight discount for next year. Race Director, Jason Chance, and the current race organizers still have much to learn about managing a good swim experience – such as sufficient portable toilets, overcrowded finishing area, late day award ceremony, spectators with dogs getting in the way of swimmers, better parking logistics, etc. Hopefully, the 2025 Great Chesapeake Bay Swims will enjoy better weather and a more swimmer-friendly experience.



July 7<sup>th</sup> 2024 and the **Poverty to Cove 2.4-Mile Swim** was held in Cape May, NJ. This swim began as a "fun" swim among friends in this invitation-only gathering previously held early in the morning (6:30 a.m. before the lifeguards reported for duty) and it was 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. Soon swimmers had to "pay to play," while DelMoSports sets its sights on charging swimmers big fees after years of knowing just how much triathletes are willing to pay for their "sport of choice." In 2022, 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. In 2023, DelMoSports transferred "ownership" of the Poverty to Cove 2.4 Mile Open Water Swim to the Cape May Beach Patrol. The Cape May Lifeguard Association receives 100% of the proceeds from this event. This "pay to play" swim started early before 8 a.m. on the Sunday morning following the 4<sup>th</sup> of July holiday and **everyone swam in the fog!** The 2.4-Mile Swim attracted 206 swimmers as compared to 128 swimmers in 2023 and 230 swimmers in 2022. Results can be found at: <https://runsignup.com/Race/Results/113143#resultSetId-471217;perpage:100>

July 13<sup>th</sup> 2024 and the 23<sup>rd</sup> Annual Ocean City Iron Soldiers Swim & Run Biathlon fundraiser was held in Ocean City, NJ, starting at 6 pm at 28<sup>th</sup> Street and the Beach for a ¾ Mile Ocean Swim. Due to the cold 57° ocean temperature, fog and choppy waves, the swim was shortened to a half mile. This is an invitation only swim open to the first 100 entrants. Please email **Freddie Klevan** ([Fred.klevan@comcast.net](mailto:Fred.klevan@comcast.net)) to confirm your entry.

2024 IRON SOLDIERS SWIMRUN  
Honors Fallen Warrior

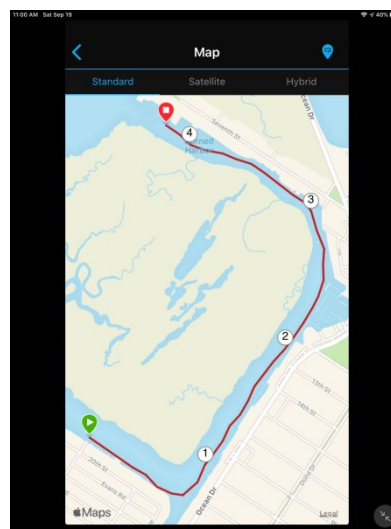


HONORING A LOCAL FALLEN WARRIOR

ARMY SPC David P. Mahlenbrock of Maple Shade, NJ. SPC Mahlenbrock was killed in action December 3, 2004 when an improvised explosive device detonated as he was clearing a route in Kikuk, Iraq. He was assigned to the 65th Engineer Battalion, 25th Infantry Division. David graduated from Maple Shade High School, where he was a member of the football team and Captain of the wrestling team. 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 for the family of SPC Mahlenbrock.



**Delia Perez (left) with 1.2-Mile Race Director, Midge Kerr**



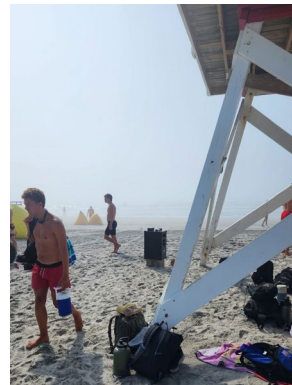
**Swim Course – 5<sup>th</sup> Avenue Bay Swim Public Dock to the Avalon Yacht Club**

July 13<sup>th</sup> 2023 – The 1.2 Mile Bay Swim is the first swim in a series of three hosted by Tim Kerr Charities in the back bay of Avalon, New Jersey. The 1.2 Mile Swim started at 3 p.m. at 20th Street and finished at the Avalon Yacht Club. Race Director, Midge Kerr, attempts to cap the number of swimmers at 120 but today, there were 141 swimmers in the field. Water conditions were less than pleasant with an average 65° (and colder) degree bay water temperature with SW 15 mph winds at our back until we turned west into the wind and some choppy water for the final leg to the finish. And at the finish line, small towels, drinks, pizza, Kohlers cream donuts and Sundae Best water ice greeted tired swimmers. Finishing times ranged from 20.52 to 47.52 minutes. It was a training swim complete with avoiding inexperienced swimmers but a pleasant afternoon well spent with friends! Results can be found at: 1.2 Mile Bay Swim Results at (runsignup.com) ... <https://runsignup.com/Race/Results/58463#resultSetId-471953>.

July 14<sup>th</sup> 2024 and the 9<sup>th</sup> Annual Pier to Pier Challenge was held in Wildwood, New Jersey. There is a preregistration fee of \$30.00 and no parking on the beach in Wildwood, so add a parking fee to the cost of the swim. Unfortunately, this year the swim was moved to 9 a.m. on Sunday morning vs. its usual pleasant venue. The swim usually offers a family-friendly swim in the ocean and this year was no exception. The ocean conditions were challenging with a chilly 60° ocean temperature, dense fog, and choppy water stirred up by 10 mph winds from the south. Given the unique course design, swimmers need to navigate in-and-out through the waves twice to finish the swim. This morning, 83 swimmers participated and the swim course was shortened due to the dense fog and cold water. Race Director, Bill Auty, with the Wildwood Beach Patrol always hosts a family-friendly Pier to Pier Swim and results can be found at: <https://my.raceresult.com/255410/>



**Dave Hirsch (left) local Cape May Court House swimmer with race director, Bill Auty**



**Wildwood Beach with dense fog due to cold ocean temperatures along the warm beach area.**



**The “Victory at Sea” crew with their Pier-to-Pier Swim Challenge Champion Swim Team on the beach. Standing (left to right) are Joe Ragni, Dan Watkins, David Hirsch, and Dan McConnell.**

July 20<sup>th</sup> 2024 – The Murry Mile Ocean Classic starts at 6:30 pm at 35<sup>th</sup> Steet in Avalon, NJ, and this swim is another Tim Kerr Charities event. The evening swim offered an ocean temperature in the low 60s with heavy fog conditions along the beach. A total of 65 participants braved the traditional “life guard” out-and-back swim course. Swimmers can dive into the thrill of the open ocean with the Mile Swim. For those new to open water challenges, they've added a” bite-sized” Half Mile Swim option, ensuring everyone can join the fun. Swimmers charge into the waves in a beach start alongside seasoned lifeguards and swimmers while commemorating the legendary Avalon Beach Patrol Captain, Murray Wolf. The swim supports the Avalon Beach Patrol Alumni Association and the first 100 swimmers to register receive exclusive “swag” to enjoy.



**Finishing area for the Murry Mile Ocean Classic**



**Starting area for the Sea Isle City 1 Mile Ocean Swim**

July 20<sup>th</sup> 2024 and the 11<sup>th</sup> Annual Sea Isle City Beach Patrol 1 Mile Ocean Swim was held in Sea Isle City, NJ. Swimmers preregister with a fee of \$30.00 and that is a bargain price these days. Swimmers are bused to the start of the 11 a.m. swim and the ocean conditions were very tolerable this year with fast finishing times. The swim went off in two heats – the first heat for male swimmers and the second heat for female swimmers. There were 207 swimmers 223 swimmers who finished this year as compared to 223 in 2023 and 205 in 2022. The overall swim results found at:

<https://runsignup.com/Race/Results/72032/#resultSetId-472984>



**Sea Isle City Beach Patrol**



**Finishing area for the SICBP 1 Mile Ocean Swim**



### **2024 Ocean City Masters Swim**

July 27<sup>th</sup> 2024 – Originally set for a July 6<sup>th</sup> swim date, the rescheduled 44<sup>th</sup> Annual Ocean City Masters Swim was held in Ocean City, New Jersey, with a preregistration fee of \$35.00 for entrants. More than 100 swimmers participated in this Ocean City tradition on Saturday, July 27<sup>th</sup> 2024, after the swim was rescheduled from July 6<sup>th</sup> 2024, due to cold ocean water temperatures. Instead, swimmers enjoyed swimming in more comfortable 70°degree ocean temperatures that evening. Patrick Casey (20 years of age) of Bryn Mawr, PA, won the Ocean City Masters Swim, and finished the 1-Mile Ocean Swim in 19:26 minutes. Lydia Palmer (20 years of age) of Marlton, NJ, was the women’s winner in 19:39 minutes. Among the next female swimmers finishing the race were Nina Wysocki (age 15) of Brambleton, VA, in 21:46 minutes and Samantha Gatesman (age 13) of Medford, NJ, finished third in 21:55 minutes.

Rhett Cosgrove (age 20) of Bryn Mawr, PA, finished second among the men in 19:28 minutes and Logan Manning (age 15) of Egg Harbor Township, NJ, took third place in 20:02 minutes.

The Ocean City Masters Swim has been an annual event since 1979 and this summer, the swim reverted to its traditional evening venue at a new downtown location. The 6 p.m. swim was a “point-to-point” race parallel to the beach, starting from Sixth Street and finishing at 14th Street in Ocean City. Traditionally, the Masters Swim was always held in the evening at 6 p.m. with as many as 250 swimmers participating. But during recent years, it was moved to 10 a.m. in the morning and it was no longer a well attend even. While current race organizers are still learning how to best manage this open-water swim event, they decided to return to the traditional 6 p.m. evening venue and this year, there were 102 swimmers who finished the swim as compared with 88 swimmers who swam during last year’s morning swim. Final results can be found at:

[https://my.raceresult.com/297757/results#1\\_61E9DE](https://my.raceresult.com/297757/results#1_61E9DE)

A trio of 20-year-olds set the pace for the “T. John Carey Masters Swim” in Ocean City, covering the one-mile ocean course in less than 20 minutes, but the race wasn’t just a race and it wasn’t just for the young. Of the 102 people who officially entered, running into the surf at the Sixth Street beach and swimming to the finish on the beach at 14th Street, there were people of all ages with one singular ability — being able to swim for a mile. There were plenty of teenagers as young as 13 (and a few as young as 11 and 12) and others in their 30s, 40s, 50s, 60s, 70s and even 80s who completed the course.



**(left to right) Mamora, NJ, residents Ron Marks (65 years) and Doug Frohock (73 years), along with Egg Harbor Twp, NJ, resident George Thieler (80 years) prepare to swim!**

A trio of veteran T. John Carey swimmers, with a cumulative age of 218 years, were kidding around before the race. Doug Frohock has completed the swim 30 times and at 73 years of age, he keeps coming back for the camaraderie and to swim against Ron Marks, the fresh-faced kid of the bunch at 65, and George Thieler, one of the oldest competitors at 80. The three of them noted they’re all in the same age group — 65 to 99. Thieler joked that he didn’t know if the mile ocean swim was keeping him alive or is killing him at his age. He does

like to do this because he wants to let other people see they can do this at 80 or older. Thieler remembers when he was 20 years younger and saw some older guys doing it — he didn't know how old they were, but thought that's great. He hoped he could do that when he's that age, and now he's there ... somewhere around there. His friend, Frohock, says Thieler is still fast, while he is half fast. Marks has done this swim at least 40 times. He was on the Ocean City Beach Patrol and had to do it, but he enjoys it. Marks noted the race aspect wasn't really fair since he was younger than his swim friends and performance curves downward as the age curve rises upward. Thieler and Frohock both agree — Marks had the advantage. Even though they say age is only in your mind Thieler and Frohock also agree that's "crap," because age is in the calendar and it shows!! Marks finished in 22:39 minutes. Thieler clocked in at 32:25 minutes and Frohock at 33:47 minutes. The oldest competitor, Charles Butler, 82, finished in 51 minutes and 54 seconds, but there were plenty of swimmers younger than Marks who finished after the three men.



**After the swim, Twin sisters Julie Marzano (left) and Emily McCarthy flank their cousin, Lauren Lasher.**

Twin sisters Julie Marzano and Emily McCarthy, who have summered in Ocean City for 12 years, were convinced to participate by their cousin, Lauren Lasher, who pressured them into it. They felt it didn't take much pressure and since Lauren was going to do this race, then they were in it too. This was the first time for all three of them and they might do it again if the conditions are just as nice — warm water, flat seas. The three of them noted they didn't rush in, instead opting to just walk into the surf at the start casually, with a lot of other people because once all those fast people went, it was easy to get in. They made a pact that it wasn't a race, it was a challenge, and they challenged themselves. Lasher was the fastest of the three and quickly lost them, after passing someone and turned to find her cousins, but they were gone and she kept going. McCarthy said before the race, she felt terrified but once we all got in the ocean, it was fine.



**Shown (left to right) Lynne Dunn (Seaside Park, NJ), George Theiler (Egg Harbor, NJ), Doug Frohock (Mamora, NJ) and Polly Theiler (Egg Harbor, NJ) pose after the Ocean City Masters Swim in Ocean City, NJ.**



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

July 28<sup>th</sup> 2024 would have been the date for the 5<sup>th</sup> Annual Jim Whelan Around the Island Marathon Swim in Atlantic City, New Jersey. This reconstituted version now held as the 4<sup>th</sup> Annual Jim Whelan Around the Island Marathon Swim in Atlantic City, New Jersey, was held in the Atlantic City waters.

It seems this reconstituted version of the annual marathon swim may no longer exist. If so, most likely the organizing committee for the 5<sup>th</sup> annual Jim Whelan Open Water Festival needed strong sponsors to host the 58<sup>th</sup> Around the Island Swim's 22.75 Mile open water swim 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 last 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 would start and end at the Atlantic City High School boathouse on Fairmount Avenue.



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 Green Whales resurrected the race in 2019 as part of the Jim Whelan Open Water Festival to raise money for youth swimming education.



**Kelley Grimaldi (40 to 49 years) (1<sup>st</sup> female)**

August 11<sup>th</sup> 2024 – **2024 Pageant Swim** was finally held in Atlantic City, New Jersey. Brian Falk (age 16) won first overall in 19:04.2 and Lydia Palmer (age 20) won second overall in 19:04.06 minutes in the 95<sup>th</sup> Annual Atlantic City Pageant Swim on Saturday at the Albany Avenue beach in Atlantic City. The Atlantic City Pageant Swim is the oldest continuous open water swim race in the United States and for many years, it was directly connected the Miss America Pageant also held in Atlantic City. The Egg Harbor Township Seahawks Swim Club in conjunction with USA Swimming host the event, and the Atlantic City Beach Patrol is there to ensure safety for the swimmers.

The 2024 Pageant Swim was rescheduled from its initial August 4<sup>th</sup> date and again on August 10<sup>th</sup> 2024, due to cold ocean temperature and dangerous swimming conditions. There were 41 swimmers (preregistered fee of \$40.00) who participated in the 9 a.m. Sunday morning 1.2 Mile Ocean Swim when they faced challenging waves while attempting to swim through the rough surf out to the box course in the 65°degree ocean water. Brian Elko, the race director and the coach of the Seahawks, asked the swimmers for feedback about the swim to make it a more enjoyable experience for future swims. Due to the multiple

rescheduled dates for the swim from its original August 4<sup>th</sup> 2024 date, there were less swimmers participating due to the changing dates for the Pageant Swim.

The Pageant Swim starts at 9 a.m. and the 1.2 Mile Swim can actually be a longer swim due to currents and waves affecting the course marker buoys. The traditional Pageant Swim was set along a 1.5 Mile course parallel to the beach from north to south. The "box course" lends itself to tougher swims because swimmers will be swimming into the current at some point along the course. Many seasoned swimmers prefer the traditional course and hope city officials will allow the race organizers to return to the historic Pageant Swim course – if so, swimmer participation would most likely increase again. Results can be found at: [https://my.raceresult.com/297761/#0\\_8EACE6](https://my.raceresult.com/297761/#0_8EACE6)



**Lynne Dunn (2<sup>nd</sup>) and Liz Casey (1<sup>st</sup>)(left) for 50 to 59 females in the 2024 Pageant Swim.**



**Six of the nine male swimmers competing in the 60-year & older swim group in the 2024 Pageant Swim.**



August 17<sup>th</sup> 2024 and the 41<sup>st</sup> Annual Mid-Summer Lavallette Ocean Swim was held at 8 a.m. and the swim was changed from an ocean swim to a bay swim due to lingering unsafe surf conditions in the ocean. The swim was postponed from Sunday, August 11<sup>th</sup> 2024, due to very rough surf and ocean conditions. This year 40 swimmers finished the swim as compared to 77 swimmers in 2023 and 84 swimmers in 2022. See results at: <http://lavallette.org/beach/mileswim.html>



August 17<sup>th</sup> 2024 and the informal 30<sup>th</sup> Annual Donny Fund Day held its annual navigate a three-mile course on Lakes Bay (3 Mile Swim, Kayak, or Paddle Surf across Lakes Bay or 5K Run or Walk along the shore of Lakes Bay). 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>

August 25<sup>th</sup> 2024 and the 14<sup>th</sup> Annual 5K Cedar Island Swim in Avalon, New Jersey, treated 251 swimmers (229 swimmers in 2023 and 237 swimmers in 2022) to another interesting adventure swim around Cedar Island in 70-degree water. The Cedar Island 5K Swim remains my personal favorite these days especially with the loss of the original 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.

The World Open Water Swimming Association named the Cedar Island 5K Swim as One of America's Top Open Water Swims. This list includes 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.

Rowdy Gaines was on deck to support Tim Kerr Charities and today's 5K Cedar Island Swimmers. Ambrose "Rowdy" Gaines IV is a former competitive swimmer, U.S. Olympic Hall of Fame member, three-time Olympic gold medalist, and member of the International Swimming Hall of Fame. He is referred to as "The Voice of Swimming", has covered swimming at the Olympic Games since 1992 in Barcelona, Spain, and is currently a swimming analyst for the NBC television network.

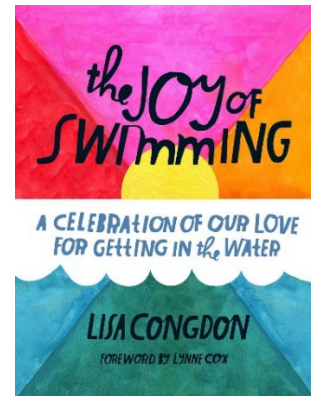
According to race director, Midge Kerr, "I know that we are all excited to swim around Cedar Island, but it just got even better! Rowdy Gaines will be on the ramp greeting you and pumping you up for this epic charity swim. Rowdy will give the race start countdown commentary and the race start, just like he does at the Summer Olympics. Rowdy will also announce the awards ceremony! Bring those phones for photos as I heard he travels with his gold medal and the Olympic flame torch. And why is he coming to our event? Well, we are partnering with his non-profit "Step into Swim" at the Point-to-Point Swim in September. This is an organization that provides free swim lessons in underserved communities to prevent drowning. I cannot think of a more worthy cause to support."



**The 3-Ladder Finish for the Cedar Island Swim**



**CEDAR ISLAND 5K SWIM**



**Masters Swimmers, Delia Perez (National Park, NJ) and Richard Wallace (Englishtown, NJ) enjoy the pre-swim shade.**



**John McShane (Newtown Square, PA), a Masters Swimmer and Ocean City Beach Patrol Hall of Fame Member, and Delia Perez enjoy catching up again.**



**Rowdy Gaines, Olympic Swimming gold medalist, happily poses with Delia Perez nearby the 5K Cedar Island Swim registration area.**

It was a warm and sunny afternoon, and smart swimmers stayed in the shade before the 1 p.m. start of the swim. "Miss Avalon," the local touring boat, turned into the channel by the Avalon Yacht Club as we entered the water for the massive start of the swim and thus delayed the start by a few minutes as it motored past everyone. The 14<sup>th</sup> Annual 5K Cedar Island Swim hosted its usual "flailing arms and legs" in-water start with 251 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 by the first turn buoy with the inexperienced stopping and blocking experienced swimmers trying to swim around them. As usual, the first leg was the toughest as we swim into choppy water churned up by the 9 mph winds from the South. This made the first leg extra bouncy along with the waves caused by passing boaters in the channel parallel to the first leg of the course. After the first leg of the course, we rounded the second buoy for the second leg, we headed into slack tide conditions. By the third leg, we finally found a little push with the slightly outgoing tide and the traditional "champagne sip" is usually located at a dock area about  $\frac{3}{4}$  along the swim course, where a swimmer really

had to find it for a sip of bubbly As we turned into the final fourth leg of the course, we found the outgoing tide for a faster push to the finish back at the Avalon Yacht Club where it is somewhat difficult to actually sight on the finish due to too much traffic on the water.

Historically, 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 usually include pizza and the locally-made amazing cream puff pastries along with Athletic non-alcoholic beer! Chip timing was used for the swimmers and the results were eventually posted on the Kerr Charities website at

<https://runsignup.com/Race/Results/31081#resultSetId=482579;perpage:2000>

Lucky for us, Kerr Charities hosts this fundraising swim for various charities (specially selected by Tim & Midge Kerr) and the swim is more like an informal training event with prizes awarded to just the top five overall male and female swimmers and grand masters. Thankfully, Midge maintains her original concept for the 5K Cedar Island Swim with awards limited to top 5 male and female overall, masters, and grandmasters only. After a trial run to include age group awards in 2021, Midge saw the combativeness as a disaster for this much beloved swim!!! Midge said, "We are staying with no age group awards after trying it in 2021 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. The Brennen Family swept top finishing times. **Luke Brennen** (age 18 – Trenton, NJ) finished 1<sup>st</sup> overall and 1<sup>st</sup> male in 45:11 minutes (almost 1:30 minute faster than his time last year). **Maddy Brennen** (age 15 – Trenton, NJ) finished 7<sup>th</sup> overall and 1<sup>st</sup> female in 48:17 minutes and **Tiffany Brennen** (age 47 – Trenton, NJ) finished 11<sup>th</sup> overall and 2<sup>nd</sup> female in 49:23 (49 seconds faster than her time last year).

The 5K Cedar Island Swim also attracts some of open water swimming "royalty" like **John Kenny** (age 43 – Bridgeport, PA) who heads of French Creek Swimming and finished 3<sup>rd</sup> overall in 47:51 minutes. **Bobby Pugh** (age 61 – Wyndmoor, PA) finished 15<sup>th</sup> overall in 50:25 minutes and earned the title of Male Grandmaster Swimmer. **Susan Reich** (age 66 – Ocean City, NJ) finished 26<sup>th</sup> overall in 53:20 and earned the title of Female Grandmaster Swimmer. And **Kari Andreasen** (age 48 – Media, PA) finished 63<sup>rd</sup> overall in 59:33 minutes, was the first Female Master Swimmer to finish, and her husband, Jerry, joined the volunteer kayakers to watch over the swimmers. Kari is enjoying her quest to "Swim Around the World" that she began in 2019.

Tim and Midge Kerr presented a **\$25,000 check** to the Challenged Athletes Foundation Operation Rebound. Two CAF members, including **Kelly Worrell** (age 47 – Cherry Hill, NJ – finished in 1hr. 27:18 minutes) swam with us today.



**Lynne Dunne (Seaside Park, NJ) poses with her hero, Tim Kerr, (right) who supports many good causes for the right reasons.**



**At the end of a long day, Delia Perez (center) poses with Midge & Tim Kerr, who graciously host the 5K Cedar Island Swim as part of their summer swim series and other events.**

September 21<sup>st</sup> 2024 – 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 23<sup>rd</sup> Street and finishes at the Avalon Yacht Club. Race Director, Midge Kerr, who is personally promoting the “**joy of swimming**,” and not racing, usually caps the number of swimmers at 120 and today there were 134 swimmers in the field. Water conditions were comfortable with a pleasant 72-degree water temperature and the houses along the swim course blocked the onshore winds. The extra high tide and good conditions resulted in fast finishing times for today’s swim, especially with the outgoing tide giving the swimmers a welcome push to the finish at the Avalon Yacht Club. It was a pleasant late morning swim (11:30 a.m. start) marking the end of the open water swimming season at the South Jersey Shore. [POINT TO POINT BAY SWIM Results \(runsignup.com\)](#)

May through September 2024 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/2024-Open-Water-Series-ALL-RESULTS.pdf>



**Doug Farrell**  
**June 7<sup>th</sup> 1951 – Sept. 29<sup>th</sup> 2023**



**Doug by the sea doing what he loved best  
 and hanging out with grandkids**

The 2024 Open Water Swim Season Summary is dedicated to the memory of swim friend, **Doug Farrell**, who loved to swim in the ocean nearby Longport, New Jersey. He heroically managed his inspiring challenge with multiple myeloma, for many, many years. He left behind his devoted wife, Kate, three children, four grandchildren, his brother and a sister, and numerous nieces and nephews. He arrived in Philadelphia in 1977 at St. Mary Hospital in Fishtown, where he met his future bride, Kate. He went on to establish his podiatric practice in Delaware County— offering his healing hands and positive personality to so many. Doug was rooted in multiple communities, raising his family in Overbrook Farms and Longport, NJ, and participating in his children's lives at Waldron Mercy Academy and St. Joe's Prep. His unexpected early retirement in 2006 allowed Doug a second act. He perfected his Irish tenor voice, singing at many Irish parties and performing the national anthem on Hawk Hill.

He honed his underwater photography by traveling often to St. John, USVI, and practiced his pottery skills, creating beautiful works of art. Further, he was a dedicated friend to the Longport lifeguards and was faithful to his love of daily ocean swimming. Inspired by his passions, Doug also published two children's books. He raised over one hundred thousand dollars for blood cancer research and, in 2019, was honored with the Resilience Award by the International Myeloma Foundation.

Doug loved to perform and, with the help of dear friends, introduced the Crosswalk Musical to Longport, NJ, performing as Mary Poppins, Maria Von Trapp, and the Beast. The most important thing Doug knew was that relationships matter. And no relationship mattered more to Doug than what he built with his four precious grandchildren. Whether supporting them in their sports and activities or accompanying them on Disney trips, he shared his incredible childlike wonder with them and always led with his heart.

We missed seeing him on the beach this summer and sharing his big hugs and hearty laugh with so many of his swim friends.

We cannot change challenging conditions or ensure the things we love will last forever. But as 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, her “keep on swimming” bracelet inspires us to remember – “Life can be as hard to live as swimming against the tide. Even in 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

11<sup>th</sup> October 2024

“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.