



The Daily News of Open Water Swimming

To educate, entertain, and enthuse those who venture beyond the shore. Over 10,900 articles on solo swims, pro races, relays, charity events, eco-swims, stage swims, marathon swims, trends, products, services, personalities, coaches, governing bodies, rules, demographics, books, films, blogs, conferences, camps, clinics, exploits and happenings in oceans, seas, lakes, rivers, dams, canals, channels, fjords, estuaries, lochs, coves, firths, straits, bays, and harbors. Sponsored by WOWSA.org.

MONDAY, AUGUST 25, 2014

MS - Magnificent Swimming By Susan Simmons



Courtesy of [WOWSA](#), [Huntington Beach](#), California.

This past Saturday in British Columbia, Canada, 49-year-old [Susan Simmons](#) completed the longest marathon swim in history by an individual diagnosed with Multiple Sclerosis.

It was a long journey to their destination, but both Simmons with MS and her swimming buddy [Alex Cape](#) successfully finished their two-way crossing of [Cowichan Lake](#) in British Columbia, Canada this weekend.

The Canadian women received strong local community support as Simmons took close to 33 hours to complete her 70 km swim and Cape took over 30 hours. Official distances and times are being confirmed via the Observer's Report this week.

"The swim made me sleepy," said Simmons afterwards. "I had to reset my stomach in the middle of the night with ginger ale. I couldn't eat or drink anything and could barely swim. Did 10 strokes at a time and then sipped the ginger ale for about an hour and a half. It soon went away and I picked my pace back up. I still don't know if that was a food thing, dizziness from the lights or a combination. Either way it gave me time to look at an incredible night sky filled with stars."

It was a difficult swim where she experienced and overcame a lot. "I fell asleep on the way twice for a brief moment the next morning, had hallucinations for the last 3 hours, and moderate hypothermia. I've also got some chafe gone wild on the left side of my neck and a sprained ankle from kicking - never saw that one coming."

Cape also experienced hypothermia and was similarly exhausted by the end when she finished about 30 minutes in front of Simmons.



FINIS PRESENTS GLIDE



2014 GLOBAL CONFERENCE ON ISLE OF BUTE



September 19-21 in Scotland

WORLD OPEN WATER SWIMMING SERIES



Italian Leg: 1.8, 3.5, 6.0 km








SWIM THE ISLAND


"Alex and I have not yet had a chance to chat as our medical team had her sent to the hospital that night. She was released a few hours later. It was an incredible journey and I am so happy I did it. I had a fantastic crew and could never have done it without them."

For more information and updates, their website is [here](#) and their Twitter account is [here](#).

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Posted by Steve Munatones



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The Staff of the World Open Water Swimming Association

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2014 GLOBAL OPEN WATER SWIMMING CONFERENCE



Courtesy of [WOWSA](#), [Huntington Beach](#), California.

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Custom swimwear by [Swim The Island](#)

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WHERE: Fairfield Beach, Fairfield

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FINIS PRESENTS GLIDE

2014 Global Open Water Swimming Conference Agenda

Friday, 19 September

5:30PM Welcome Reception at Mount Stuart House, Isle of Bute, Scotland

Documentary films shown throughout the reception:

Blue Journey-Amerika Samoa – Stronger Together: The Waterman's Way
(film by Bruckner Chase)

Dancing With The Water, Crossing of Lake Pontchartrain
(film by Wayne Ewing about Matthew Moseley's Lake Pontchartrain crossing)

Bering Strait Swim Chukotka - Alaska
(film by Admiral Konstantin Sidenko about the relay between Russia and Alaska)

The Clean Swim – Hong Kong to Macau
(film about Simon Holiday's Pearl River Delta crossing)

Saturday, 20 September

9:00AM **Registration and Coffee** at Mount Stuart House, Isle of Bute, Scotland

10:00AM **Keynote Speech:**
Colleen Blair (Scotland) on *The History of Scottish Swimming*

10:20AM **Christopher Guesdon** (Australia) on *Multidimensional Roles In The Sport*

10:30AM **Colin Hill** (England) on *Recent Explosion in UK Open Water*

10:50AM **Shelley Taylor-Smith** (Australia) on *The Feminine Code of Achievement - How a Lady from Down Under Revolutionized Professional Marathon Swimming*

11:10AM **Simon Murie** (England) on *Open Water Swimming Holidays: How A New Sector Was Created Within The Travel Industry*

11:30AM **Swimming The Oceans Seven**
A round table discussion moderated by:
Kevin Murphy (England), with **Stephen Redmond** (Ireland), **Anna-Carin Nordin** (Sweden),
Darren Miller (USA), **Adam Walker** (England), **Kimberley Chambers** (New Zealand)

12:30PM Coffee and Break

1:00PM World Open Water Swimming Awards Luncheon:
with co-hosts Shelley Taylor-Smith (Australia) and Steven Munatones (USA)

Pádraig Mallon (Ireland), *2013 World Open Water Swimming Man of the Year*

Olga Kozydub (Russia), *2013 World Open Water Swimming Woman of the Year*

Bering Strait Swim, *2013 World Open Water Swimming Performance of the Year*

Honoring: Vladimir Chegorin, Maria Chizhova, Elena Guseva, Ram Barkai, Jack Bright, Oksana Veklich, Aleksandr Jakovlevs, Matias Ola, Henri Kaarma, Toomas Haggi, Nuala Moore, Anne Marie Ward, Toks Viviers, Melissa O'Reilly, Ryan Stramrood, Cristian Vergara, Craig Lenning, Rafal Ziobro, Andrew Chin, Jackie Cobell, James Pittar, Paolo Chiarino, Mariia Yrjö-Koskinen, Ivan Papulshenko, Zdenek Tlamicha, Zhou Hanming, Oleg Adamov, Andrei Agarkov, Alekseev Semen, Tatiana Alexandrova, Roman Belan, Elena Semenova, Alexander Brylin, Afanasii Diackovskii, Vladimir Nefatov, Evgenii Dokuchaev, Oleg Docuckaev, Roman Efimov, Dmitrii Filitovich, Olga Filitovich, Victor Godlevskiy, Olga Golubeva, Alexei Golubkin, Alexander Golubkin, Alexandr Iurkov, Oleg Ivanov, Pavel Kabakov, Eduard Khodakovskiy, Aleksandr Komarov, Aleksandr Kuliapin, Andrey Kuzmin, Irina Lamkina, Vladimir Litvinov, Andrey Mikhalev, Victor Moskvina, Nikolay Petshak, Sergey Popov, Vladimir Poshivailov, Grigori Prokopchuk, Dmitrii Zalka, Natalia Seraya, Viacheslav Shaposhnikov, Olga Sokolova, Andrei Sychev, Alexei Tabakov, and Natalia Usachava [represented by **Admiral Konstantin Sidenko** and **Nuala Moore**]

2:30PM **Alexey Salmin Pavlovich** (Russia) and **Dmitry Dragozhilov** (Russia)
on the *2016 Winter Swimming World Championships* [film]

2:50PM **Sally Minty-Gravett** (Jersey) on *Motivating Swimmers*

3:10PM **Dmitry Blokhin** (Russia) and **Aleksei Veller** (Russia)
on the *First World Ice Swimming Championships* [film]

3:30PM **Matthew Moseley** (USA)'s *Dancing With The Water, Crossing of Lake Pontchartrain* [film]



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by Raise the Bar

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In Wildwood, New Jersey this July

LAKESIDE Lighthouse LOOP

3:50PM **Simon Holliday** (England) and **Doug Woodring** (Hong Kong)'s *The Clean Swim – Hong Kong to Macau 2014* [film]

5:00PM **International Swimming Hall of Fame (ISHOF)**
and International Marathon Swimming Hall of Fame (IMSHOF)

IMSHOF Induction Ceremonies and Dinner
with co-hosts Shelley Taylor-Smith (Australia) and Steven Munatones (USA).

Recognition of International Swimming Hall of Fame honorees:

- **Elizabeth Fry** (USA), *IMSHOF Honour Swimmer*
- **Vojislav Mijić** (Serbia), *IMSHOF Honour Swimmer*
- **James Anderson** (USA), *IMSHOF Honour Administrator*
- **Dr. Jane Katz** (USA), *IMSHOF Honour Administrator*
- **Indonesian Swimming Federation Open Water Committee** (Indonesia), *IMSHOF Honour Organisation*
- **Melissa Cunningham** (Australia), *Irving Davids – Captain Roger Wheeler Award by the International Swimming Hall of Fame and IMSHOF Honour Swimmer*
- **Sandra Bucha** (USA), *ISHOF Honor Open Water Swimmer and IMSHOF Honour Swimmer*
- **Jon Erikson** (USA), *ISHOF Honor Open Water Swimmer and IMSHOF Honour Swimmer* [represented by Sandra Bucha]

6:30PM International Swimming Hall of Fame (ISHOF) Introduction Video.
Welcome speech by host Shelley Taylor-Smith (Australia)

6:45PM Dinner

7:30PM International Swimming Hall of Fame (ISHOF)
Induction Ceremonies and Dinner with host Shelley Taylor-Smith (Australia)

Recognition of International Swimming Hall of Fame honorees:

- **Mercedes Gleitze** (England)
ISHOF Honor Pioneer Swimmer and IMSHOF Honour Swimmer
[represented by daughter Doloranda Pember]
- **Dale Petranec** (USA)
ISHOF Honor Contributor and IMSHOF Honour Administrator
- **Claudio Plit** (Argentina)
ISHOF Honor Open Water Swimmer and IMSHOF Honour Swimmer
[represented by Shelley Taylor-Smith]
- **Judith van Berkel-de Nijs** (Netherlands)
ISHOF Honor Open Water Swimmer and IMSHOF Honour Swimmer
[represented by Niek Kloots]
- **George Young** (Canada)
ISHOF Honor Pioneer Swimmer and IMSHOF Honour Swimmer
[represented by the Catalina Channel Swimming Federation]
- **David Yudovin** (USA)
ISHOF Honor Open Water Swimmer and IMSHOF Honour Swimmer

Sunday, 21 September

9:00AM Registration and coffee at Mount Stuart House, Isle of Bute, Scotland



— **FLATHEAD BEACON** —
LAKESIDE RUN
5K+10K 9AM

LIGHTHOUSE LOOP
SWIM
1.4M+2.4M 10AM

Hosted by the Lake Monsters

WATER DAZE IN POLSON BAY



Sister Swim of Lakeside Lighthouse Loop

**2014 GLOBAL OPEN WATER SWIMMING
CONFERENCE ON 19-21 SEPTEMBER**



- 10:00AM **Nuala Moore** (Ireland) on *The Mindset of 1000m at 0°C*
- 10:20AM **Admiral Konstantin Sidenko** (Russia)'s *Bering Strait Swim Chukotka - Alaska in 2013* [film]
- 10:40AM **Ned Denison** (Ireland) on *Swimming The World*
- 11:00AM **Bruckner Chase** (USA)'s *Blue Journey-Amerika Samoa Stronger Together: The Waterman's Way* [film]
- 11:20AM **Rok Kerin** (Slovenia) on *Lifestyle Benefits From Open Water Swimming*
- 12:00PM Survey distribution and group photo-taking
- 2:00PM Swim at Stravvana Bay, Isle of Bute

CLICK HERE TO REGISTER FOR THE CONFERENCE

The [Global Open Water Swimming Conference](#) is a conference on the sport of [open water swimming](#), marathon swimming and swimming during triathlons and multi-sport endurance events.

The conference which has been attended by enthusiasts and luminaries from 6 continents, is devoted to providing information about the latest trends, race tactics, training techniques, equipment, psychological preparation, race organization and safety practices used in the sports of open water swimming, marathon swimming and triathlons.

The conference's mission is to provide opportunities to listen and meet many of the world's most foremost experts in open water swimming, and to meet and discuss the sport among swimmers, coaches, administrators, event organizers, sponsors, vendors, officials, escort pilots, and volunteers from kayakers to safety personnel.

Dozens of presentations at the 2014 Conference at the [Mount Stuart House](#) cover numerous aspects of the vast and growing world of open water swimming where attendees can learn and share the latest trends, race tactics, training modalities, swimming techniques, equipment, race organization, logistics, operations, and safety practices for open water swimming as a solo swimmer, competitive athlete, fitness swimmer, masters swimmer, triathlete, multi-sport athlete, administrator, race promoter, sponsor or referee.

The conference was first held in Long Beach, California as part of the 2010 USA Swimming National Open Water Swimming Championships. It has since been held on the Queen Mary in California, at Columbia University and the United Nations in New York City, and in Cork, Ireland. This year in September, it comes to another iconic location, the [Mount Stuart House](#) on the [Isle of Bute](#) in Scotland.

"The Global Open Water Swimming Conference was started due to the desire and need for athletes, coaches, referees, administrators, race directors, promoters and sponsors from around the world to share, collect and learn information about the growing sports of open water swimming, marathon swimming and triathlons," said founder [Steven Munatones](#). "Other swimming conferences usually offering nothing on open water swimming or perhaps a speech or two, but we thought open water swimming deserves its own global conference. It is great that the community shares its information via the online social network, but there is nothing like meeting other open water swimming enthusiasts face-to-face and talking about the sport from morning to night."

Speakers at the conference include English Channel swimmers, ice swimmers, record holders, renowned coaches, world champions, professional marathon swimmers, renowned race directors, officials and administrators from the Africa, Americas, Asia, Europe and Oceania.

"Because the audience is passionate and educated about the sport and its finest practitioners, the Global Open Water Swimming Conference is also the location of the induction ceremonies for the [International Marathon Swimming Hall of Fame](#) and the annual WOWSA Awards that recognize the [World Open Water Swimming Man of the Year](#), the [World Open Water Swimming Woman of the Year](#), the [World Open Water Swimming Performance of the Year](#), and the [World Open Water Swimming Offering of the Year](#). Special Lifetime Achievement Awards are also occasionally presented to individuals who have made significant contributions to the sport over their career."

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6-time
English Channel
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Chloë McCardel Inspires and Instructs

TABLE OF CONTENTS

Chloë McCardel Inspires and Instructs

Chloë McCardel is joining the World Open Water Swimming Association as its English Channel Operator.

Chloë McCardel is a relay swimmer

Chloë McCardel is a relay swimmer and an international speaker and ambassador for Open Water Swimming.

2014 SOLD OUT Positions

2014 SOLD OUT Positions

Open Water Swimming

Open Water Swimming is a growing sport and Chloë McCardel is a leading figure in the world of open water swimming.

[illegible]

Chloë in this month's issue of the [Open Water Swimming Magazine](#). Published monthly by WOWSA, the [Open Water Swimming Magazine](#) is a digital, interactive publication made available exclusively to WOWSA members. See what you've been missing! [Become a WOWSA member today!](#)

OPEN WATER SWIMMING MAGAZINE



Attention WOWSA Members:
We are timing the release of this month's issue to include some very special events that are taking place in the world of open water swimming.
While we are finishing up this month's issue, be sure to enjoy recent issues and the new 2014 Open Water Swimming Almanac.

Not a member yet?
Join today and access the member benefits.

Open Water Swimming Magazine
The [Open Water Swimming Magazine](#) is the monthly magazine entirely focused on open water swimming heroes and heroines of every age, ability, and background. Published by the [World Open Water Swimming Association](#), the Open Water Swimming Magazine is a free benefit to WOWSA members.

WOWSA Member Benefits include 12 issues of the [Open Water Swimming Magazine](#), the annual 276-page Open Water Swimming Almanac, a free listing in Sponsor My Swim, outstanding product discounts from FINIS, an entry in Openwaterpedia and more...
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THE OTHER SHORE



[The Other Shore](#) follows world record holder and legendary swimmer Diana Nyad as she comes out of a thirty-year retirement to re-attempt an elusive dream: swimming 103 miles non-stop from Cuba to Florida without the use of a shark cage. Her past and present collide in her obsession with a feat that nobody has ever accomplished. At the edge of The Devil's Triangle, tropical storms, sharks, venomous jellyfish, and one of the strongest ocean currents in the world, all prove to be life-threatening realities. Timothy Wheeler's documentary brings Diana Nyad's extraordinary adventure to life as Diana sets out to prove that will and determination are all you need to make the unimaginable possible.
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2014 OPEN WATER SWIMMING ALMANAC

1 - 3 - 9 mile ocean swims on July 19th

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An almanac is essentially a body of knowledge which is so complete that it enables people in different fields to make predictions about the future of their respective industries.

This, for example, was the purpose of the traditional farmers almanacs. It enabled farmers to determine as accurately as possible which crops to plant for the greatest harvests in a given year.

But the farmers almanac was just one example among many. There are, of course, many different kinds of almanacs.

In fact, there is even one for open water swimming...

Preview the Open Water Swimming Almanac:
<https://www.worldopenwaterswimmingassociation.com/preview-open-water-swimming-almanac>

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[Déjà Vu, Training Of Misty Hyman Redux](#)
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Huntington Beach , California
. In Arizona during the 1990s, two-time High School Swimmer of the Year Misty Hy...



[Triumphant Test, Trio Tries 30 In Three Rivers](#)
Courtesy of WOWSA ,
Huntington Beach , California
. Melodee Nugent , Anthony McCarley and Janet Manning entered the realm of the unknown...



[Swim Through The Night To Become A Knight](#)
Courtesy of WOWSA ,
Huntington Beach , California
. The Order of the Knights Memphre is a fraternity of open water swimmers who includes ...



[Extreme Swimming...To Be Young Or To Be Old?](#)
Courtesy of WOWSA ,
Huntington Beach , California
. When Rob Kent looks back on the endurance sports accomplishments of his fellow athlet...

[Ram Barkai To Launch New Ice Swimming Website](#)
Courtesy of WOWSA ,



Huntington Beach , California
. Few people have influenced
the contemporary ice
swimming world like Ram Barkai . Th...



[Why Are The Rewards
Greater Than The Risks?](#)
Courtesy of WOWSA ,
Huntington Beach , California
. For years, experienced open
water swimmers have told,
recommended, warned and advised ...



[It Is Safer To Swim](#)
Courtesy of Jim Alabiso at the
Hyatt Regency along St Johns
River on the Jacksonville
Riverfront in Florida . Standing
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[Charlotte Samuels On
Achieving The Triple Crown](#)
WOWSA interview with
Charlotte Samuels is courtesy
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Correspondent from Newport Beach ,
California...



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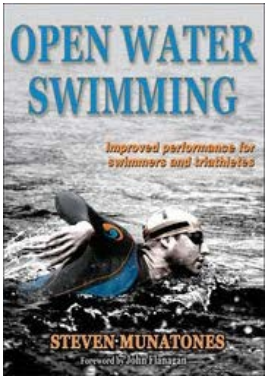
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Contact Steven Munatones at headcoach@openwatersource.com

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