

NYC SWIM

TAKING BACK THE RIVERS



2012 Presenting Sponsor >>



“ The greatest mistake a man can ever make is to be afraid of making one. — Elbert Hubbard ”

2012 Swim Series >>

(Dates Tentative)

- 05/26/2012
[Great Hudson River Swim](#) (1.6 M)
- 06/16/2012
[Stars & Stripes: Aquathlon and Swim](#) (1.5 km swim/ 5 km run)
- 06/29/2012
[Statue of Liberty Swim](#) (1.2 km)
- 07/15/2011
[Brooklyn Bridge Swim](#) (1 km)
- 07/28/2012
[Governors Island Swim](#) (2 M)
- 08/04/2012
[Manhattan Island Relays](#) (28.5 M)
- 08/18/2012
[Ederle Swim](#) (17.5 M)

Cross Currents Newsletter

July 4, 2012

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Upcoming Events

- 7/6 - 7/7: [NYC Triathlon Expo](#)
- 7/15: [Brooklyn Bridge Swim](#)
- 7/28: [Governor's Island Swim](#)
- 7/28: Jamaica Bay [Kayak Swim Support Clinic](#)

Links of Interest

09/08/2012
New York Swim Festival (tbc)

09/22/2012
[Little Red Lighthouse Swim](#) (10.2 km)

Volunteer >>

NYC Swim is always looking for [volunteers](#) (paddlers, powerboaters, monitors, etc.) to help with our events.

Ferris wheel [to dominate Staten Island tourist trade?](#)
New York City swimmer [Lia Neal](#) qualifies for London Olympic Games

NYC Swim in the News/Blogosphere

How did you spend [Friday night?](#)
One swimmer captured the action on [video from the water!](#)
Tecumseh students swim around [Liberty Island](#)
Nunn is the [talk of Richmond](#) after dominating MIMS win
Abby Nunn, Steve Faulkner earn kudos in [MIMS wrap-up](#) story
Swimmers [march to the start](#) of MIMS 2012
MIMS 2012 video captures beautiful day and [amazing swims](#)
Pam LeBlanc's [MIMS Relay](#), "one of the greatest experiences of my life"
John Humenik finishes [strong](#) in MIMS

An Evening Loop Around Liberty Island



Photo courtesy of Capri Djiatasmoro

During a perfectly gorgeous, hot summer evening, more than 300 lucky people took the plunge and completed a single, counterclockwise loop around Liberty Island as part of the 1.2-kilometer [Statue of Liberty Swim](#).

Finishing first in just 14:40, more than 20 seconds ahead of the next swimmer, was [Luane Rowe](#), 23, of Sydney, Australia. Following Rowe and from much-closer Mount Laurel, New Jersey,

was 45-year-old Bruce Brockschmidt (15:02), the 2010 and 2011 event winner. Two local New York swimmers followed: [Thayer Thompson](#) (16:15) in third, and [Alex McCarter](#) (16:17) in fourth. [Kylie Fletcher](#) of Brisbane, Australia was the second female, finishing 19th overall in 18:20, followed three seconds later by [Jenny Cook](#) of Los Angeles, CA. This broad distribution of nationalities and hometowns was par for the course around this most American of attractions; we had groups from as far away as Brazil, Taiwan, Maine, and Louisiana.

After the swim, volunteers, swimmers, and their families had a chance to mingle and enjoy a private barbecue on the island before catching a ferry ride back to Manhattan or New Jersey. Thanks to generous cooperation from the National Parks Service and Statue Cruises, we were able to host almost as many guests as swimmers on the otherwise tourist-free Liberty Island.

Congratulations to all the swimmers who got to see one of America's most recognizable symbols from a unique perspective. We'd also like to thank all the volunteers who helped make this year's event a huge success! Mark your calendars for a reprise in August 2013.

NYC Triathlon Expo This Weekend!

Come and join NYC Swim at the [NYC Tri Expo](#). We're looking for [volunteers](#) to help man our booth on Friday, July 6, 12:00 - 8:00 PM and Saturday, July 7, 10:00 AM - 6:00 PM at the Hilton New York, 1335 Avenue of the Americas. In addition to having an opportunity to check out the great vendors and to speak to athletes like yourself, volunteers who help out for a minimum of four hours will earn frequent participant points towards a MIMS 2013 entry.

Enroll to Swim or Volunteer during the Brooklyn Bridge Swim

[Enrollment to swim](#) across the East River in the shadow of one of the greatest engineering feats of all time — the Brooklyn Bridge — is still open. We also still need [volunteers](#) to assist in running this event on Sunday, July 15. At just 1 kilometer long, this unique event allows swimmers a rare opportunity to cross the channel between Manhattan and Brooklyn. All swimmers should have this on a list of the races to do this summer, and if you're more the volunteering type, then come on down and help us run one of the best summer events anywhere in the city.



Photo courtesy of Capri Djabatasmoro

Emma Otto-Moudry Claims Sandy Hook to Manhattan Record

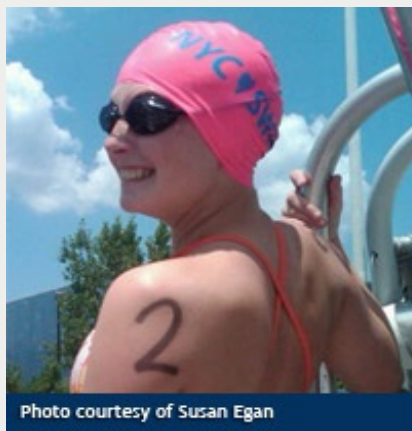


Photo courtesy of Susan Egan

After a stellar second place finish in last October's Ederle Swim, which went from Sandy Hook to Battery Park on October 2, [Emma Otto-Moudry](#), 17, of Ithaca, New York, was invited back to attempt to break the [course record](#) — 5:24:52:08 — for that direction set by [Evan Morrison](#) the same day.

Emma took to the water yesterday, a sunny summer afternoon with the current running strong, and positively flew back to Manhattan. She managed to cross from Sandy Hook, New Jersey to Manhattan in a stunning 4 hours, 38 minutes, and 38 seconds, besting Evan's time by

more than 45 minutes.

Emma's summer is shaping up to be a memorable, albeit busy one. Just 10 days ago, she placed 5th in the [Manhattan Island Marathon Swim](#) and is now heading north to

participate in the Kingdom Swim *this* Saturday.

At just 17 years old, she has a long and promising open water swimming career ahead of her. Congratulations, Emma, on a great Ederle Swim and welcome to the NYC Swim record books! For more information about Emma, read her [recent profile](#) story in *Cross Currents*.

SwimTrek Little Red Lighthouse Trip Filling Fast

UK-based outfitter SwimTrek's three-day Iconic Swim trip to NYC for the [Little Red Lighthouse Swim](#) is filling up fast. Don't miss out on your chance to take part!

This special package deal will make for a memorable visit to the Big Apple, including: entry into NYC Swim's Little Red Lighthouse Swim 10.2-kilometer in the Hudson along with accommodation at lower Manhattan's Conrad Hotel, a two-hour intensive Hudson River coaching clinic hosted by SwimTrek's expert swim guides, and a swim photo op in front of the Statue of Liberty. For more information, visit [SwimTrek's Little Red Lighthouse](#) Trip page. Book your slot today and take advantage of this unique partnership between NYC Swim and SwimTrek!



Photo courtesy of Susan Egan

Happy Independence Day from NYC Swim



New York City fireworks over the East Village, Photo by David Shankbone, Wikimedia Commons

As you head out for barbecues, fireworks, or whatever else you may be doing today in honor of the July 4th holiday (we hope it involves at least a little swimming!), we would like to wish you a fun and safe time. Thank you for helping to make 2012 the best season yet at NYC Swim. We look forward to seeing you in the water soon!

David Uprichard — Swimmer of the Week

Defining David

When you first meet and get to know someone — an adult someone, that is — it's natural to ask about a person's occupation. After all, knowing



what someone does for a living can reveal a lot. So when [David Uprichard](#), 46, explains that he works in sales for the transportation company DHL, it's easy to head down the path of "smooth talking, numbers guy." But before you can get there, David is quick to jump in.



Photo courtesy of David Uprichard

"I'm very much one of those work-to-live versus live-to-work kind of people," David says, setting the record straight. "Don't get me wrong. The job is fine. It's become a career, in fact. But it's one of the many things I do. I just don't feel it defines me."

Born in Dublin, Ireland, but citing Dunblane, Scotland, as the main homestead, David crossed the pond more than 20 years ago to make New York his permanent residence. Despite initially finding the frenetic pace in the Big Apple to be a massive culture shock, he eventually learned to love the city and now calls it home. Growing up, though, "home" was another difficult thing by which to define David.

David's father worked for The British Council, an organization that promotes educational and cultural programs around the world. This meant that David, his parents, and his three younger sisters were constantly moving from place to place as his father was assigned to build program offerings in new locations. In fact, some people's travel resumes would barely hold a candle to where David has lived, with the list including the Congo, Madagascar, Togo, Uganda, and Mozambique. Looking back, David calls Strathallan, the Scottish boarding school he attended for seven years, his "childhood foundation," but it was his primary school years in Zambia that hold some particularly fond memories.

David first took to the water while on a family vacation in Mombasa, Kenya. However, it was in Zambia, at age 7, that he first began training and competing in the pool. David explains: "Most of the kids in my class were a few years older than me, so running was out of the question; swimming was the way to hold my own athletically." Today, swimming is what wakes up David three to four mornings a week to sneak in his early training before work. But all through boarding school and even college, competition didn't have the same sort of motivational pull on David.

"When I went to boarding school, I never really went to practice, but was a casual member of the team," he says. "And frankly, the same was true of college," at the University of St. Andrews in Scotland. "I was sort of on-call for my college team. I didn't go to practice, but if the team was short a man for the occasional relay, I would show up. I wish I could say I was practicing on my own, but I wasn't. I just got in the water and would swim when asked."

Today, David takes his swimming a little more seriously, thanks in large part to getting out of the pool. "I'm at best a mediocre swimmer in the pool," he says, "but I seem to come alive more in the open water. I'm more suited to longer distances than the shorter,

sprint races that typically take place in pools." He was introduced to open water swimming in 2005 when he did his first triathlon, and completed his first standard open water swim in 2008.

Even in open water, David doesn't think of himself as a "dominating competitor," despite his long list of swimming accomplishments, including winning the swim-only event at the [Stars and Stripes: Aquathlon and Swim](#) last month. He also finished 4th in the [Great Hudson River Swim](#) in May, his second time taking 4th overall in that event. Other credits include 12th in the 2011 [Statue of Liberty Swim](#) and 14th in the 2010 [Governor's Island Swim](#), his favorite NYC Swim event thanks to its unique setting and optimal distance.

David has ample basis for comparison, with an extremely impressive list of non-NYC Swim events to his credit, such as an 11th overall finish in a field of more than 600 swimmers in the picturesque two-mile [British Gas Great North Swim](#) last summer. David had learned about the event through his sister, who lives near the event's venue, British open water swimming's gold standard: Lake Windermere. The 2011 Great North Swim weekend had some 10,000 participants, making it the biggest swimming event ever held in Britain. (Dare to dream, New York!) Finishing second in his age group and seventh among the men also added to the prestige of his top placement. Not bad for a self-proclaimed "mediocre" swimmer.

Despite all of these fantastic finishes, swimming sometimes takes a backseat to the other sport he discovered in Zambia: squash. "The real reason I started swimming more as an adult is that I play squash. That's been the main sporting thing in my life. But after many years of playing squash, I was injured and gimpy, so I jumped back in the pool. Despite that, a lot of my social activity and life in New York still include a game of squash and a beer afterward," says David, who tries to play squash at least twice a week.

While David also competes in a couple of triathlons each year, it's his love of the open water that fuels his swimming. "I just love the outdoor aspect to it. It's a chance to commune with nature on a level that most people don't get to experience." He plans to swim the [Governor's Island](#) and [Little Red Lighthouse](#) events this year, too. The latter has become an annual fixture on his calendar and the way he winds down the open water season. "I love the 10k distance, and it offers spectacular views of the Palisades," he explains.

What's more, David will also be swimming in August's [Manhattan Island Relays](#) event as a member of Three Men and a Lady, a relay made up of his Red Tide masters team teammates. "I think we'll do OK competitively, but I'm looking more forward to the outing than the actual competition part of it," says David.

Being the fastest swimmer in the field is yet another way that David dodges definition; just as he never wants his job to describe who he is, living his life to the fullest is perhaps the single best way to define him. All told, David is a dad, a son, a big brother and a friend; he's a squash player, a swimmer, an Ironman, and a runner; he's a Brit, a New Yorker, a Zambian, and from nowhere all at once. He's a simple, straightforward guy

living a wonderfully complex and interesting life.

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