

NYC SWIM

TAKING BACK THE RIVERS



2012 Presenting Sponsor >>



“ You can't cross the sea merely by standing and staring at the water.
- Rabindranath Tagore ”

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)

07/15/2012
[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

August 16, 2012

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Upcoming Events

9/22: [Little Red Lighthouse Swim](#)

Links of Interest

Four-tenths of a second separate gold and silver in [Women's Olympic 10K](#) open water race
American [Haley Anderson](#) takes silver in women's Olympic 10K open water swim

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.

[Oussama Mellouli](#) wins Men's Olympic 10K open water swim event despite illness

Could you have [beaten Alfred Hajos](#)?

[Fun is the key](#) for New York's Olympic swimmer Lia Neal

[Swans take a vacation](#) to clear Olympic venue

NYC Swim in the News/Blogosphere

Governors Island Swim video shows [bright spirits on foggy day](#)

Ederle Swim This Weekend!

It's finally here... the awesome [Ederle Swim](#) from Manhattan to Sandy Hook will take place this weekend! A fabled course, a swim pioneer and icon, and a new swim date come together to make this legendary marathon swim even more spectacular this year. From the southern tip of Manhattan through bustling New York Harbor and under the Verrazano-Narrows Bridge, this 17.5-mile swim ends with a beach finish in Sandy Hook, New Jersey. Along the way, swimmers, paddlers and boat observers will see the Statue of Liberty, Governors Island, the beaches of Staten Island, beautiful lighthouses, the Ambrose Channel shipping lane, and a multitude of other sights.



Come out to [volunteer](#) and you'll get a front-row seat the whole way to watch a strong international field of swimmers from the UK, Sweden, India, Tokyo, and Canada battle alongside several American swimmers to see who will be the first to successfully traverse the Verrazano Narrows and land on a sandy New Jersey beach.

Little Red Lighthouse Registration Still Open



In a little over a month, throngs of open water swimmers will take the Hudson by storm and cruise along 10.2-kilometers of this venerated waterway as part of NYC Swim's annual [Little Red Lighthouse Swim!](#) Want to be part of the action? There's still time to enroll as a swimmer, and we still have lots of opportunities for [volunteers](#) on land and on the water.

Swimmers will enter the water at the 79th Street Boat Basin at a leisurely 10:30 am on Saturday, September 22, and enjoy a significant current assist as they travel to Dyckman Street in

northern Manhattan. It's a sight to behold as the pack cruises along the Hudson's banks past the Little Red Lighthouse, under the George Washington Bridge, and in view of the Palisades. Come out to cheer or better yet, sign up as a [volunteer](#) today and receive frequent participant points for your time and efforts.

SwimTrek's Little Red Lighthouse Tour Also Available

SwimTrek's three-day Iconic Swim trip to NYC provides swimmers the chance to see New York and enjoy some special swim experiences. SwimTrek still has slots available, but participation is limited. Don't miss out on your chance to take part!

In this special package deal, you'll get entry into the [Little Red Lighthouse Swim](#), a 10.2-kilometer swim in the Hudson River. You'll also get accommodation at lower Manhattan's Conrad Hotel, access to a two-hour intensive Hudson River Coaching Clinic hosted by SwimTrek's experts swim guides, and a photographed swim in front of the Statue of Liberty. For more information, visit [SwimTrek's Little Red Lighthouse Trip webpage](#). Book your slot today and take advantage of this unique partnership between NYC Swim and SwimTrek!



FAQ: How Do I Enter Planned Events in My User Profile?

Adding planned events to your profile is easy and helps other swimmers in the community learn about new events they might want to try out. To add a planned, Non-NYC Swim event to your user profile:

- Login to your account
- Click on "My Events"
- Scroll down to "Planned Events (Non-NYC Swim Events)"
- Click on "Add planned event"
- Enter the name of the event that you plan to participate in.

If the event's name is in our database, it will appear in the pop up box for you to select (this may take a few seconds to load).

- Click the "Submit" button if you see the name of your event.
- Next you will be prompted through drop-down windows to select the year, date, and distance of the event

If your event is already in our database, you will be prompted to add your swim time and swim placement.

If you do not see the event's name, date, or distance listed within the appropriate drop-down box, then select the "Add new" box at any stage of the process and complete the required fields to add your event to your profile.

That's it! Profile updated!

For this information and answers to many other frequently asked questions, see our [FAQ page](#).

What's in the Goody Bag?



Returning Sponsor for 2012

California Dried Plums

Looking for a sweet treat after a long swim that's totally healthy and tastes great, too? Take a look in your goodie bag for a sample of California Dried Plums, the sensational super fruit. Packed with goodness, from dietary fiber to antioxidants and more, California Dried Plums are a source of many important compounds. Not only are they healthy, but they are versatile, too. Add them to your morning cereal, an energizing smoothie, that expensive salad from your local NYC salad shop and even put

them on your pizza! Or just take them with you for a snack on the go. There's a ton of ways to eat California Dried Plums. Go to www.californiadriedplums.org for some exciting and creative recipes.

Janet Harris - Swimmer of the Week

Written in the Waves

Growing up, [Janet Harris](#), 46, wouldn't go within miles of open water swimming. "Ocean or lake or pond-it didn't matter-I was so squeamish about stuff," she says. "I was afraid of anything living in the water or mucky bottoms-or anything I couldn't see or anything I could see." Lucky for her [blog](#) readers though, Janet, who writes under the pen name "SwimsuitAddict," discovered a deep love for open water swimming as an adult that has since blossomed into many beautifully written posts.

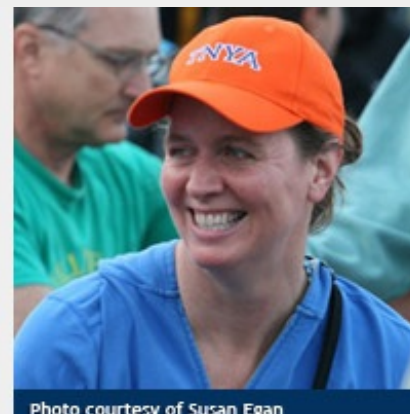


Photo courtesy of Susan Egan

"I swam down to the pier under a mostly cloudy sky, with the sun peeking through every now and again and lighting up the water with green sunbeams. There were a few divers out to my left-I waved at them as I went by. It was sweet to be swimming past the Coney Island rides, and I smiled to see the familiar sights as I stroked along," started a recent post about one of Janet's many morning swims at Brighton Beach.

While the water may be Janet's muse, she naturally gravitates toward writing. As an undergraduate, she studied English Literature at Michigan State University, followed by a Ph.D. in Medieval Studies from Cornell University.

"I'm a lapsed Medievalist," Janet says with a laugh, who intended on taking her Medieval Studies interests into a life in academia but changed course for the freelance lifestyle instead. She's been at this solo gig since 1995, and her current focus involves writing test questions for the company ETS, an educational assessment and research non-profit organization. Her job allows her to pick her own schedule, opening plenty of free time for her favorite activities: cooking, reading, taking ballet classes, traveling with her husband, David, and of course, swimming.

Like many kids, Janet got her start swimming at the local YMCA. She was born and raised in Enterprise, a very small town in southeastern Alabama. Janet describes Enterprise as not being all that enterprising in its offering of sports-especially not swimming. However, she was one of the few, lucky "civilian" kids who was allowed to swim on a year-round team primarily comprised of military dependents at a nearby base. As a member of that small team of only about a dozen children, Janet got her first taste of traveling by going to meets in various parts of Alabama. "Growing up, I didn't have very sophisticated dreams; I just wanted to go out and stay in hotels or ride trains or planes," she says. "My family didn't travel much. At most, we would go visit relatives, but we never went anywhere on vacation."

Today, Janet can credit swimming for her adult travels to places such as Lake Placid, New York; the Gulf of Mexico; Arizona (thanks to dammed rivers, there is open-water swimming in the desert!); and most recently, Iceland. But it's her home in the Big Apple where Janet does most of her swimming. Once a big fish in small-pond Enterprise, Janet takes well to being a small fish in the big city, where she landed thanks to David's job in the publishing industry. "One reason I like living in the city so much is that it's a very big sea!" says Janet. "I've always been cautious and deliberate, and although I tend to like trying new things (eventually), I have to work up to it. I need the trailblazing bigger fish to show me the way."

For open water swimming, the introduction to bigger fish came via Janet's normally pool-based Team New York Aquatics lane mates. Many of her masters team friends also train and race in open water, and they convinced Janet to join them and other swimmers in at local beaches. Once in, Janet found swimming beyond the black line suited her well.

"Pool swimming is all about doing a limited number of events in the fastest time

possible," Janet says. "With open water swimming, sometimes it's about beating others to the finish line, but I tend to shy away from that aspect of it. It's possible to set other goals for myself, or simply enjoy the experience of swimming along and appreciating the things around me. I love the sense of freedom and endlessness of swimming out in the open ocean, and the fact that I'm surrounded by things that are beautiful and fascinating. With no laps to count or pace clock to watch, my mind is free to wander, and to wonder at all the things I'm seeing as I stroke along."

As an open water wanderer, Janet has done a number of NYC Swim events including the [Little Red Lighthouse Swim](#), [Governors Island](#), and the [Brooklyn Bridge Swim](#). But topping her list, she says, is definitely finishing-in fifth place- the [2011 Ederle Swim](#), a 17.5-mile trek between Sandy Hook, New Jersey, and Battery Park in Manhattan that is geared for highly experienced open water swimmers.

"That was my first season of doing longer swims, and in the busy season leading up to Ederle, I had learned so much-how to feed during swims, how to swim while being accompanied by a kayaker and boat, how to swim in choppy conditions, how to pace myself over swims of increasingly longer distances," she says. "In Ederle, I got to use all that knowledge and experience. It felt as though I had spent the last year preparing for exactly the situations I encountered, and so it seemed like the perfect culmination of that swim season. It was also one of those peak experiences where I was able to take in and appreciate all the sensory elements around me, all while swimming strongly and joyfully the whole way. I can honestly say I felt exhilarated during every moment of that swim."

The variety and beauty of the sport has inspired Janet, helping her find friends, fitness, her voice, and a sense of calm. "I like the fact that there are so many ways of being an open-water swimmer, and so many different paths people choose for keeping things challenging and interesting for themselves. You can keep upping the distances you attempt, or the difficulty of the conditions you swim in, or you can find new courses to attempt. So much of the world is water, and there are so many spectacular places to swim-you never run out of challenges!"

Janet's next challenge? Attempting a late August 20-mile swim across Cape Cod Bay-a task that is sure to further her swimming feats, capture her love of nature, and evoke more awe-inspiring words.

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