

NYC SWIM

TAKING BACK THE RIVERS



2012 Presenting Sponsor >>



“ Twenty years from now you will be more disappointed by the things that you didn't do than the ones you did do. So throw off the bowlines. Sail away from safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. ”

— Mark Twain

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

July 26, 2012

Top Items in This Issue

- [Governors Island Swim THIS WEEKEND!](#) >>
- ['Round and 'Round: Manhattan Island Relays Up Next](#) >>
- [Polish Your Kayaking Skills at Jamaica Bay Clinic Saturday](#) >>
- [What's in the Goody Bag? New Sponsor for 2012: KIND](#) >>
- [Manda Read: Watery Adventurer — Swimmer of the Week](#) >>

Upcoming Events

- 7/28: [Governors Island Swim](#)
- 7/28: Jamaica Bay [Kayak Swim Support Clinic](#)
- 8/4: [Manhattan Island Relays](#)

Links of Interest

Where to [cool off in New York](#) this summer
Deep waters are [fast waters](#)

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.

NYC Parks Department's [free swim lessons](#) continue
[Alex Meyer](#) ready to rumble in London open water 10K

NYC Swim in the News/Blogosphere

Joni Young [eyeing English Channel attempt](#) in 2013
[Video footage](#) from the Brooklyn Bridge Swim
Wall Street Journal captures [Brooklyn Bridge Swim](#)

Governors Island Swim THIS WEEKEND

We hope you're ready to jump! Off a water taxi, that is. That's how we're going to start this weekend's [Governors Island Swim](#), one of our signature events back for its seventh edition this season. Swimmer enrollment closes today, but we still need [volunteers](#) to help. Come out to cheer on the swimmers, help us run the event, and enjoy a summer morning on Governors Island. The island offers lots of [fun things to do](#) in addition to the swim, so come check it out!



Photo courtesy of Amy Bolger

'Round and 'Round: Manhattan Island Relays Up Next



Photo courtesy of Dongho Choi

As increasing numbers of swimmers jump into the waters around Manhattan each year, interest in the [Manhattan Island Marathon Swim](#) continues to rise. A perennial favorite of solo swimmers chasing the coveted Triple Crown of Marathon Swimming (MIMS, English Channel, Catalina Channel), the event has also become a huge draw for relay teams seeking a chance to swim one of the most memorable marathon courses in the world. To meet this rise in demand, we've

added a second MIMS to the schedule in 2012: the [Manhattan Island Relays](#) on August 4.

A field limited exclusively to four- and six-person relays will allow teams to know exactly who (and where) their competition is, and August's warmer water temperatures will be much friendlier to team members who may not have the cold-water training experience of many of the June solo swimmers.

The race filled up in the fall, but you can still get involved in this fun event by

volunteering as a kayaker, boat observer, or start/finish volunteer. It takes a lot of volunteers to run a round-the-island event like this, and we need your help! [Enroll online](#) to support these great relay teams and enjoy a fun day on the water mingling with some of the best swimmers around ... Manhattan island!

Polish Your Kayaking Skills at Jamaica Bay Clinic Saturday

Join us for an informal gathering of paddlers from 10:00AM to 4:00PM on Saturday, July 28 to share skills and experiences to support a safe and successful swim race. Come prepared to get wet and have fun--we will practice assisted rescues.

This clinic helps new and returning paddlers practice and learn swim-support skills. We highly recommend that all paddlers or potential paddlers thinking about volunteering participate in this clinic, and we can even provide loaner kayaks. We're also looking for a few swimmers to help out in the water. It's free; just enroll [online](#) in advance and come ready to learn, paddle, get splashed, and have fun on the water.



What's in the Goody Bag? - New Sponsor for 2012: Kind



KIND is a brand of delicious, all natural foods made from ingredients you can see & pronounce.® Its lines of snack bars, KIND Fruit & Nut®, KIND PLUS*, and KIND Nuts & Spices, as well as its line of 100% Whole Grain granola, KIND Healthy Grains*, deliver the perfect

combination of protein, carbs and heart healthy fats that keep you feeling fuller longer.

Beyond crafting award-winning foods, KIND aims to make the world a little kinder through its KIND Movement, which has inspired hundreds of thousands of unexpected acts of kindness around the world.

As part of the KIND Movement, KIND launched [Do the KIND Thing](#) through which it challenges its community to carry out a specific act of kindness each month. If-and-only-if enough people sign up to carry out that act of kindness on [KINDmovement.com](#), KIND will partner with a nonprofit organization to carry out a BIG KIND Act for a group of people that really needs it.

This month, KIND is challenging its community to donate a new or used item of clothing to a local shelter or someone in need. If enough people sign up to do so, KIND will partner with the Kyle Korver Foundation to provide new school uniforms for hundreds of

children in need who are gearing up for a new school year.

Learn more at KINDmovement.com.

Manda Read — Swimmer of the Week

Watery Adventure

The Summer Olympics begin this week, and London is all abuzz. With daily countdowns to the big event, even the unpredictable weather doesn't seem capable of dampening Londoners' spirits. Many are just giddy to have this opportunity to witness such a monumental moment in their lifetimes and hometown. But the Games are more about being part of something bigger for [Amanda "Manda" Read](#), 30, who trains and competes in locations that are now part of the 2012 London Games lineup.



Photo courtesy of Manda Read

"I can tell my parents when they see the Olympic swimming on TV, that's where I train every day. And when they see the Olympic rowing on TV, that's where I've done several swimming races. I really enjoy that aspect. It's very much a sense of pride to say I swim in these Olympic venues," says Manda.

Manda's parents, along with her younger sister Katie, live in Guernsey, a British Crown dependency off the coast of Normandy in the English Channel. That's also where Manda grew up. Never being more than ten minutes away from a beach in Guernsey meant Manda spent much of her youth in the sea surfing, windsurfing, fishing, rock and pier diving, and of course swimming. She swam as a kid competitively — as competitively as an island of fewer than 60,000 people will allow— but she took a 10-year hiatus when she traded her aquatic life for collegiate life.

Before she could get there though, Manda knew her parents would be unable to fund her education, so she turned to the island's resources to help overcome that financial obstacle. Guernsey is a tax haven, which has led to the establishment of many offshore banks, fund managers, and insurance companies. She took a "gap year" after high school to work at a local bank. During that time she began applying for various scholarships and received one through Barings Bank, where she also worked when home on holiday and breaks from Oxford Brookes University in Oxford, UK. Despite studying German and Spanish at university, Manda realized that her experience in finance could lead her to a career that would allow her to stay on the UK mainland and live the life she wanted in London—a place she's happy to now call home. She currently works as a financial analyst for the London investment company AHL (Man Group).

In London, Manda found her way back to the water when some friends asked her to do the swim leg of the 2009 London Triathlon. "After 10 years, I was at a good point in my

life to get back in the water and [I] needed to get fit," says Manda. "I swam a lot better on the London Triathlon team than I thought I would. After that, I got a little bug for it."

It's no surprise that she's hooked given where she's located. She works next to Hyde Park, where the Olympic 10K open water races will be held in Serpentine Lake in August. She has also competed in races at Dorney Lake, where the Olympic Rowing event will be held, and she lives near Tooting Bec Lido, the largest freshwater, open-air pool in England. "The fact that I'm surrounded by so many great swimming locations just sort of happened, but I think it's how I became so interested in open water swimming," says Manda. Her central location makes it easy to fit in her training on lunch breaks and after work.

In the three years that Manda has been swimming consistently as an adult, she's covered a lot of ground, er, water. After the 2009 tri, Manda took on her first individual race. "It was a one-kilometer race and I came third out of the water and was the second female. Since then, I started going to outdoor and indoor training sessions, and it just started escalating."

The escalation led Manda to the [British Gas Great Swim Series](#) of events put on by Nova International. She completed the 2009 and 2011 [Great London Swims](#) and the 2010 [Great East Swim](#). She admits that she first became interested because she wanted to get her money's worth on the wetsuit she bought for the triathlon, but after racing in the Great London Swim, she was sold on open water and how it caters to a broad range of abilities and goals. "Because it was in London, I could get loads of friends to do it. Everyone was excited and nervous for different reasons. I wanted to get a good time, but my friend just wanted to finish it. Whereas my other friend hadn't done any open water swimming since she was a child."

Being surrounded by friends seems like a normal occurrence for Manda, who is either busy recruiting others to try new things with her or jumping at the chance to do anything related to adventure—even if she doesn't always know what she's getting herself into. In fact, that's how she ended up on a 2010 [SwimTrek](#) trip to the Greek Isles. She booked the excursion with a friend and two women she'd never met. "I had no expectations going in, and I think even the three girls—all of whom had been on previous Swim Treks—were completely blown away by how beautiful it was. Every swim was completely different and so enchanting. It was just such a lovely experience."

The foursome became fast friends, and wanting to carry forth the adventure, they decided to head to the Big Apple to take part in the [Manhattan Island Relays](#) event this coming August on the Mermaids in Manhattan team. The Mermaids consist of Manda, [Katherine Barker](#), [Suzanne Gibson](#), [Catherine Kenny](#), and alternate [Alex Davis](#). Training with fellow Mermaid Katie by her side so much so that others at the lido know them as the "synchronized swimmers," Manda says they have one training mantra that is helping them to prepare: "Think of the cake!" Yes, cake; Manda and Katie reward themselves to this indulgence after tough training sessions.

The New York trip will keep Manda away from London for the first half of the Olympics,

but she'll get back in time to watch the Olympic 10K open water races at Hyde Park as well as the cycling road race events, which will pass near the flat she and her boyfriend, Dominic, recently purchased and are currently refurbishing. Manda has a lot of swimming destination dreams ahead of her, including Finland and South America, but when asked what she's most proud of about her life, she says she can't lie, "The best is yet to come."

Follow Us On Twitter and Friend Us On Facebook

Stay up-to-the-minute informed: Follow us on [Twitter](#) or friend us on [Facebook](#). It's easy, free, and an instant connection to news, photos, videos, and information concerning NYC Swim, our participants, and our events. Get updates and important information before it goes up on our website or is distributed via this newsletter. Join the conversation!

Copyright © 2012 NYC SWIM, Inc.

