



Hartford HealthCare
St. Vincent's Medical Center

Swim Talk NEWSLETTER



July 2022 Published by the Swim Marathon Committee

A Sound Connection: Boat Captain Rick Belenchia



Rick Belenchia will be participating in this year's Swim Across the Sound for his fifth year. He is Captain of Seduction, a 41-foot Sundancer. As a Boat Captain, Rick's mission is to escort one of this year's swim teams across Long Island Sound, a 15.5-mile challenge that can take the swimmers five or more hours to complete.

"In past years, I've been responsible for escorting high school and college swim teams," said Rick. "Watching these guys and gals swim across the waters I've been fishing all my life - it seems nuts to me - it's quite a feat! The currents are strong, the conditions can be rough, and as a Captain, it's my job to help keep them stay on

course and get there safely."

Rick has a unique view of the event from beginning to end. "The moment the swimmers step off that early-morning ferry for the start in Port Jefferson, they are pumped up, excited and gung-ho. It's fun to watch. As soon as they hit that water, they are all business and give it 110 percent the whole way. The commitment these swimmers have amazes me year after year."

Rick is no stranger to Long Island Sound and participating as a Boat Captain is very personal for him. "I've lost family members to cancer, including my grandfather who got me into boating," Rick explains. "Years ago, when we were out on the water fishing together, we'd see marathon swimmers swim

right past us. Back then, I knew I wanted to help someday if I could. Now, I'm fortunate enough to have this boat, and I'm happy to help."

Rick's passion for Swim Across the Sound runs much deeper than the water itself. Sadly, he's lost several friends and family members to cancer. He knows first-hand what many families go through when faced with a cancer diagnosis, treatment, and often even loss. He understands their need for the support that Swim Across the Sound can provide.

"This helps a lot of families – in ways you'll never know," Rick explains. "The money we raise is not going to research or staff, there is plenty of money elsewhere for that. It goes directly to people dealing with cancer and their families. It might help with a car or house payment, repairs – or even just keeping the lights on. That's why I do it."



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Swim Across the Sound 2022

There is still time to support Swim Across the Sound with a donation or by joining us at Captain's Cove on August 6th to help cheer on the swimmers!

[Click Here to Make a Donation](#)

HOW ELSE CAN I PARTICIPATE?

There are several ways you can help Swim Across the Sound raise money to support cancer patients in our community. Here are just a few:

- Donate toward a swimmer or make a general donation by visiting: <https://charity.pledgeit.org/SwimAcrossTheSound>
- Participate virtually in an activity of your choice. Register and set your own fundraising goals at: <https://runsignup.com/supportswimacrossthesound>.
- Volunteer as a boat captain. We are still seeking boaters to help keep our swimmer safe as they cross Long Island Sound: <https://swimacrossthesound.org/boat-captain-form>

For more information about how you can help, please call 203-576-5451

Sponsor Spotlight Recognizes



Thank you so much to our partners at **Weather Routing Inc.** for all they do to support Swim Across the Sound! To learn more about their **SeaWeather Service** which includes real-time data, forecast charts, and more please [CLICK HERE](#) for their information flyer.

David Cannon, Director of Yacht Operations/Meteorologist Racing/Tournament Specialist at Weather Routing Inc. wants to share a special message with you: *"Weather Routing Inc. (WRI) is excited to be providing support and daily weather forecasts once again for this year's Annual Swim Marathon. We at WRI want to thank the event volunteers for the opportunity and want to send along our best wishes to all of the participating swimmers in the upcoming event."*

*Our sincerest gratitude goes to David and the entire **WRI** Team for all they do to help us plan and stay safe during the Swim Marathon!*

*Let's celebrate the generosity of our Corporate Sponsors.
This message of gratitude brought to you by our
Leading Sponsor, Victorinox Swiss Army.*



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Covid Update

Our top priority continues to be the safety of all and that includes following COVID-19 guidelines by Hartford Healthcare, The States of CT and NY and CDC.

COVID vaccination is required to participate in the Swim in any capacity.

We look forward to seeing you August 6th!

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