



Hartford HealthCare  
St. Vincent's Medical Center

# Swim Talk NEWSLETTER



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## A Physical Challenge and Personal Connection



Brian Crowley, a Southington resident and student at the University of Connecticut, is currently training for his fourth Swim Across the Sound Marathon.

As captain of the 5-person **UConn Swim Club**, Brian says this annual challenge brings special meaning to his swimming career. "Each year, I swim in honor of my grandfather, Jose

Amaro, whose life was cut short because of cancer," Brian explains. "He was an amazing man and I will do everything I can to honor his legacy."

Brian says the 15.5 mile swim across Long Island Sound is daunting, but the feeling at the finish is fantastic. "It never gets old," says Brian. "It tests me physically and mentally. Above all else, I feel a greater connection to the people I swim for throughout the race. Each year I am astounded by how much we raise for families who are affected by cancer."

Each marathon swimmer is provided with a fundraising page where the competition is alive and well with donations from friends, family, colleagues and classmates. All money raised goes directly to cancer patients and their families to help alleviate some of the financial burden that a cancer diagnosis often brings.

"I personally learned about how important the money we raise can be when Swim Across the Sound helped my great uncle, Tim Crowley, before losing his battle with cancer," Brian explains. "The assistance they gave him helped ease the financial burden of his treatment and allowed his family to



focus on their final days with him.”

*While we may not all be up to the task of swimming across Long Island Sound, we can all get in on the competition by supporting a swimmer like Brian or a team like the UConn Swim Club.*

**Check out the fundraising page**

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## **Swim Across the Sound July 29, 2023**

**Register by the deadline of June 15th** to join a dedicated group of swimmers and volunteers as we trek 15.5 miles across the Long Island Sound to raise funds for cancer patients and their families!

**[Click Here to Register your Swim Team](#)**

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## **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://charity.pledgeit.org/VirtualChallenge>**.
- Volunteer as a boat captain, medical support or on-land. Volunteers make the difference in helping us keep our swimmers safe as they cross Long Island Sound: **<https://swimacrossthesound.org/marathon2023>**

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

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Sea Tow is a marine towing and salvage company. It is a professional team who is locally owned and nationally respected.

We are so grateful for the support of **Sea Tow Southern Connecticut** and all they do for boaters and Swim Across the Sound.

An annual membership is \$199. Learn more here:

<https://seatow.com/membership>

**We connected with John Bilski, business owner of Sea Tow, to learn more...**

John is proud to be supporting Swim Across the Sound for the 6<sup>th</sup> season. In his role, he works with the Swim Committee to set up the swimming channels, check on them throughout the day, and confirm the last boat is in at the end of the event. As John said, their only rule at Sea Tow is "safety, safety, safety".



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**We look forward to seeing you July 29th!**

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