



Hartford HealthCare  
St. Vincent's Medical Center

# Swim Talk NEWSLETTER



February 2024 Published by the Swim Marathon Committee

## Attention: Boaters, Swimmers and Volunteers

Registration is NOW OPEN for the  
**37<sup>th</sup> Annual Swim Across the Sound Marathon!**  
**August 3, 2024**

[CLICK HERE TO LEARN MORE OR REGISTER](#)

### Inspiring Hope for Seven Years!

*By Elizabeth Stoelzel, Relay Team Captain*

My name is Elizabeth Stoelzel. I'm from Trumbull, CT and a junior at the University of Maine where I major in chemical engineering and swim on the D1 team. This year will be my seventh year participating in the Swim Across the Sound marathon and my second year as captain of my own relay team.



My Swim Across the Sound story started when I was only 13 years old, swimming with the Trumbull Pisces relay team. This young group of kids were all swimming for those we lost to cancer. I was on the Pisces relays for the next five years, with each new year inspiring the next generation to play a role in raising money for this St. Vincent's cause.

Once in college, I decided to create my own team of girls from the UMaine swim team. I would hype up this event by telling my friends how amazing the Swim Across the Sound is, and several of them fell in love with the idea. Once they started asking to participate, I knew I would have to start my own team. By the end of the school year, my



team was ready to sign up for the 2023 marathon.

Even as a competitive swimmer, Swim Across the Sound means more than just getting some open water distance practice in. It means that I can raise money doing what I love to support those in need. I lost my grandpa several years ago to cancer, and I have family friends who have also battled cancer, so I feel connected to the cause and mission of the Swim.

There is something about finishing this challenging marathon, swimming into the harbor to see all your friends cheering you on, all brought together by the same goal - to inspire

hope within those affected by cancer.

My first ever swim was very emotional for me to complete, as the death of my grandfather was more recent. Since then, every time I cross the finish line at Captain's Cove, I have strangers thanking me for being a part of something so life-changing for some families. In one memorable instance, a woman approached me in tears and said how the money raised for the Swim Across the Sound helped her pay for rent while she was undergoing cancer treatment. She did not know me, yet she was so thankful to see such young people swimming and raising money to support families with stories like hers.

I am beyond excited to swim from Port Jefferson to Bridgeport for the seventh time this August with my amazing crew of girls. No matter how challenging the swim can feel at times, the relay I am with is what helps keep me going strong. Having a group of swimmers all dedicated to the same cause is inspiring. And meeting people like that incredible woman is why I hope to continue participating and inspiring others to do it for many years to come. I always remember the most important belief - that you never swim alone.



**Join Us August 3rd and Make a Difference in the Lives of Others!**

## HOW ELSE CAN I GET INVOLVED?

***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/VirtualChallenge24>

## Thank You to Our Sponsors!



### VISIT OUR WEBSITE



### **Swim Across the Sound 2024**

Registration is NOW OPEN for the 37<sup>th</sup> Annual Swim Across the Sound Marathon.

**[Click Here to Register as a Boater, Swimmer or Volunteer](#)**

**We look forward to seeing you August 3rd!**

St. Vincent's Medical Center | Philanthropy Department  
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