

Marathon Swims Completed

2022

- ♦ Ohio River Bridge to Bridge, Lewis & Clark Bridge to John F. Kennedy Bridge, Louisville, Kentucky, 12.5 kilometers, October 29, 4:29:08.
- ♦ Thames Marathon Swim, Henley-on-Thames to Marlow, 14 kilometers, August 14, 4:52:23.
- ♦ SCAR SERIES: Overall completion time 25:14:50.9, 2nd place in women's 40-49 AG, 15th overall.
 - ★ Saguaro Lake: Mormon Flat Dam to Stewart Mountain Dam, 13.3 kilometers, April 27, 4:57:15.
 - ★ Canyon Lake: Horse Mesa Dam to Mormon Flat Dam, 14.1 kilometers, April 28, 5:42:47.
 - ★ Apache Lake: Roosevelt Dam to Horse Mesa Dam, 22.8 kilometers, April 29, 10:26:23.
 - ★ Roosevelt Lake buoy course, 10 kilometers, April 30, 4:08:27.

2021

- ♦ Knoxville Halloween Swim, Boyd Island to Sequoyah Hills Park, 18.5 kilometers, October 30, 4:34:05
- ♦ Inaugural DC Marathon Swim, 20.5 miles, Fletcher's Cove to Ferry Point (past Mount Vernon), Potomac River, October 8, 12:38:04.
- ♦ Around Nahant, 8.4 miles, August 31, 5:20:36.
- ♦ Around Nahant, 8.4 miles, August 16, 4:58:51.

2019

- ♦ Swim the Suck, 10 miles, October 11, Guest swimmer/speaker, 4:56:03.
- ♦ **RECORD:** First to swim Boston Light Triple, 24 miles, July 19, 14:22:01.
- ♦ Around Absecon Island, 35 kilometers, May 28, 13:37.

2017

- ♦ END-WET, 36 miles, Red River, ND. Guest swimmer/speaker, June 17, 13:19.
- ♦ 12.5-mile Around Mercer Island Marathon Swim, Lake Washington, Seattle, WA, June 2, 7:36.

2016

- ♦ 21.5-mile solo crossing of Lake Tahoe, California/Nevada, July 5-6, 15:27:04. Completed the Triple Crown of Monster Swims (with Loch Ness and Lake Memphremagog). Third person to complete Monster Triple.

2015

- ♦ 22.2-mile solo crossing of Loch Ness, Scotland, August 22, 13:21. 3rd American and 16th swimmer in history to complete a solo crossing.
- ♦ Lake Del Valle 10K, June 6.

2014

- ♦ **RECORD:** First solo, lengthwise crossing of Lake Pend Oreille in northern Idaho, 32.3 miles, July 31, 20:25:55.

2013

- ♦ 10-mile Kingdom Swim, Newport, VT, July.

2012

- ♦ Swim Across America Long Beach 10K, September.

2011

- ♦ 17.5-mile Ederle Swim, October 2.
- ♦ 25-mile Length of Lake Memphremagog, 4th place finish in the inaugural In Search of Memphre, September 11, 17:58.
- ♦ Flat River Reservoir 10K, Coventry RI, September.

2010

- ♦ **RECORD:** Fastest double-crossing of the Boston Harbor completed as a tandem solo swim with Greg O'Connor, 16 miles, August 12, 7:07:48.
- ♦ 10-mile Kingdom Swim, Newport, VT, July 2010.

2009

- ♦ Flat River Reservoir 10K, Coventry, RI, September.
- ♦ 21-mile English Channel, August 3, 13:55. Completed Triple Crown of Marathon Swimming with Catalina Channel and around Manhattan Island.
- ♦ 28.5-mile around Manhattan Island Marathon Swim, June 6, 8:39:50.

2008

- ♦ 20-mile Catalina Channel, September 22, 10:57:44.
- ♦ 8-mile Boston Light Swim, Boston Harbor, August.

2007

- ♦ Flat River Reservoir 10K, Coventry, RI, September.
- ♦ 8-mile Boston Light Swim, Boston Harbor, August.

2006

- ♦ 8-mile Boston Light Swim, Boston Harbor, August.

Other Notable Swim Events

- ♦ Ice Mile, Pleasure Bay, South Boston. Water temp 4.17 C, wind chill 4.10 C, 34:53, February 19, 2023
- ♦ Ice Kilometer, Pleasure Bay, South Boston. Water temp 4.38 C, wind chill 6.40 C, 23:01.34, January 29, 2023.
- ♦ 24 Miles in 24 Hours Endurance Challenge, Founder's Pool, Islamorada, Florida, December 10-11 2022.
- ♦ 5th place finish (40-44 age group), Ice Kilometer, International Ice Swimming Association World Championships, Burghausen, Germany, January 5, 2017 in 18:36.58. Water temp: 35 degrees F (1.6C), Air 22F (-5.5C).
- ♦ 24-hour training swim in Lake Cochituate, Wayland, MA. Covered approximately 38 miles, water temp 68 to 72 degrees F (20-22.2C), June 20-21, 2014.
- ♦ Ice Mile, Boston Harbor (Water temp 41 degrees F (5C), 1.07 miles, December 8, 2012, 29:18.
- ♦ 50-50 Narragansett Bay Swim, RI, a tandem solo 50-mile ocean swim attempt with Ray Gandy. Completed 26.1 miles in 14:48 before terminating swim due to sea lice, July 2011; record for longest solo swim by a female in Narragansett Bay.
- ♦ 21-mile Lake George Professional Marathon Race, June 30, 2007. Swim called at 12 hours for darkness; awarded \$1,000 4th place prize.

Volunteer Experience

- ♦ Project Welcome, Northeast Kingdom Open Water Swimming Association, 2023 to present
- ♦ Massachusetts Open Water Swimming Association (MOWSA) Co-Founder. Served as Vice President, December 2011 to August 2021. Current role: President.
- ♦ Boston Light Swim Race Director, 2009 to present.
- ♦ Jim Doty Memorial Mile Race Director, 2012 to present.
- ♦ Marathon Swimmers Federation, Rules of Marathon Swimming Co-Author (January 2014) and member of the Core Group of advisors. Named officer of MSF, a California nonprofit. (June 2020 to present).
- ♦ Charles River Swim, safety volunteer, 2013 to present.
- ♦ Selection Committee Member for NYC Swim's Manhattan Island Marathon Swim, 2010 to 2013.
- ♦ Swim Across America Events Volunteer, 2008 to 2019.
- ♦ Two-term Board of Directors member, New England Masters Swim Club, October 2008 to October 2012.
- ♦ New England Local Masters Swimming Committee, Hall of Fame Task Force Vice-Chair, 2017 to present.

Official Observer

- ◆ Andrew Leone's 8.4-mile Around Nahant Swim (Lynn boat ramp to Ward Bathhouse, Nahant), July 25, 2023.
- ◆ Craig Lewin/Mike Klonsky's 8.4-mile Around Nahant Swim (Lynn boat ramp to Ward Bathhouse, Nahant), September 19, 2022.
- ◆ Elizabeth Beisel's 10.4-mile Block Island Swim (Matunuck Beach to North Point Light, Block Island), September 25, 2021.
- ◆ Caroline Block's 64-mile double crossing of Lake George, September 16 through 18, 2020.
- ◆ Sarah Thomas's 104-mile Lake Champlain world record swim, August 7 through 10, 2017.
- ◆ Helen Lin's 16-mile Boston Light Double solo swim, August 7, 2015.
- ◆ Courtney Paulk's record-setting 19-mile cross Cape Cod Bay solo swim, September 2, 2014.
- ◆ MOWSA Ice Miles: Helen Lin, Rena Demeo, Paula Yankauskas, and Kellie Joyce, December 2014. Marty McMahon, Jonathan Gladstone, and Scott Dalrymple, December 2013. Greg O'Connor, April 2013.
- ◆ Mo Siegel's 19-mile cross Cape Cod Bay solo swim, August 17, 2013.

Crew

- ◆ Polly Madding's Catalina Channel solo swim, August 2023
- ◆ Laurie Craigen's Catalina Channel solo swim, August 2023
- ◆ Martha Wood's Catalina Channel solo swim, August 2023
- ◆ Jennifer Dutton's Roosevelt Lake (10K), support kayaker at SCAR in Arizona, April 2023
- ◆ Jennifer Dutton's Apache Lake (17 miles), support kayaker at SCAR in Arizona, April 2023.
- ◆ 2023 SCAR safety boat for Saguaro and Canyon Lakes, April 2023.
- ◆ Kellie Latimer's 20 Bridges (around Manhattan Island swim, 28.5 miles) October 2022.
- ◆ Kellie Latimer's In Search of Memphre swim, 25 miles, September 2022.
- ◆ Natalie Lang's solo, one-way English Channel Swim, August 2022.
- ◆ Charlotte Brynn's attempted solo, one-way English Channel Swim, August 2022.
- ◆ Martha Wood's solo, one-way English Channel Swim, August 2022.
- ◆ Laurie Craigen's 10K Kingdom Swim, support kayaker, July 2022.
- ◆ Laurie Craigen's 10-mile Son of a Swim and 5K Kingdom Swim, support kayaker, June and July 2021.
- ◆ Sarah Thomas' record-setting Four-Way English Channel swim, September 2019.
- ◆ Andrew Malinak's attempted 53.3-mile Olympia to Seattle Swim, July 2017.
- ◆ Gabi Redford's 10-mile Kingdom Swim, support kayaker, July 2016.
- ◆ Bill Shipp's Catalina Channel crossing, September 2015.
- ◆ Jen Dutton's 34.3-mile solo ABC crossing of Keuka Lake, NY, August 2015.
- ◆ Emery Dutton's 6-mile Kingdom Swim, support kayaker, July 2015.
- ◆ Andrew Malinak's 20-mile Tacoma to Seattle solo swim, June 2015.
- ◆ Bill Shipp's English Channel crossing, September 2014.
- ◆ In Search of Memphre, safety boat, multiple years.
- ◆ Boston Light Swim, safety boat, 2009 to 2014.
- ◆ Greg O'Connor's Manhattan Island Marathon Swim, June 2011.
- ◆ Greg O'Connor's Catalina Channel swim, September 2010.
- ◆ Karen Gaffney's Boston Light Swim, support swimmer and crew, October 2009.

Coach/Guide

- ◆ SwimVacation trip to BVI, March 2012.
- ◆ Masters coach, Longfellow Sports Club 2007 to 2009. USMS Level 3 Certified Coach.
- ◆ USMS Adult Learn-to-Swim Certified Instructor.

Motivational Speaking Engagements

- ◆ Women's Empowerment Boot Camp, January 2021.
- ◆ SHINE at Microfocus, joint presentation with Sarah Thomas, July 2020.

- ◆ Citizens Bank Home Mortgage Team annual sales meeting, December 2019.
- ◆ Swim the Suck, Pre-Race Guest Speaker, October 2019.
- ◆ END-Wet Pre-Race Guest Speaker, June 2017.

Relevant Professional Experience

- ◆ Freelance editor, CG Sports Publishing, January 2022 to present. Worked on Matt Moseley's "Soul is Waterproof," Sarah Thomas' "Afterdrop," and other swimming- and sports-related titles.
- ◆ Contributing Writer, *Outdoor Swimmer* magazine, London, UK, November 2011 to present.
- ◆ Freelance Contributing Writer, USMS, May 2009 to April 2013, and January 2017 to present.
- ◆ Publications Manager, U.S. Masters Swimming, April 2013 to January 2017.
- ◆ Freelance Editor, NYC Swim, November 2011 to December 2012; March 2014 to August 2014.
- ◆ Contributing Writer, espnW, February 2011 to August 2012.
- ◆ Volunteer Editor, New England Masters Swimming, September 2007 to December 2012.

Swimming-Related Publishing Credits

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| ◆ 5280 magazine. | ◆ <i>Outdoor Swimmer</i> magazine. |
| ◆ AARP.org. | ◆ <i>SWIMMER</i> magazine. |
| ◆ CARA magazine (Aer Lingus in-flight). | ◆ <i>Sandpoint Magazine</i> . |
| ◆ espnW. | ◆ <i>U.S. News & World Report</i> . |
| ◆ <i>Lucent</i> magazine. | ◆ <i>UCONN</i> magazine. |
| ◆ <i>Triathlete</i> magazine. | ◆ <i>WellesleyWeston</i> magazine. |

Visit my [online portfolio](#) for a complete listing of all writing credits and links to articles.

Awards & Honors

- ◆ 2023 Buck Dawson Author's Award, presented by the International Swimming Hall of Fame for ghostwriting "[A Life Aloft](#)," Tom Gompf's Olympic diving memoir published by CG Sports Publishing.
- ◆ 2020 Inductee, New England Local Masters Swimming Committee Hall of Fame, open water swimming category.
- ◆ Nominated for 2019 WOWSA Offering of the Year award for swimming journalism.
- ◆ 2019 Frank Wuest Open Water Swimming Award for services to open water swimming from the New England Local Masters Swimming Committee.
- ◆ 2018 Inductee, Vermont Open Water Swimming Hall of Fame.
- ◆ Finalist, 2017 Streeter Award for service to marathon swimming awarded by the Marathon Swimmers Federation.
- ◆ 2016 Jim Doty Award for services to marathon swimming from the New England Marathon Swimming Association.
- ◆ Athlete Ambassador for DRINKmaple (September 2016 to 2018).
- ◆ Athlete Ambassador for Ultima Replenisher electrolyte replacement product (October 2015 to 2018).
- ◆ Finalist for the Marathon Swimmers Federation 2014 Barra Award for the most impressive body of work in marathon swimming in a single year.
- ◆ Nominated for World Open Water Swimming Association (WOWSA)'s 2014 World Open Water Swimming Woman of the Year Award.
- ◆ Athleta Sponsored Athlete 2013, contributing articles to the clothing company's Chi blog.

Swimming-Related Writing Awards

- ◆ 3rd place, 91st Annual Writer's Digest Writing Competition, Print/Online Article Category (2022) for "[Swimming for Ukraine](#)," first published by *Outdoor Swimmer* magazine in the May 2022 issue.
- ◆ 6th place, 91st Annual Writer's Digest Writing Competition, Print/Online Article Category (2022) for "[Witch's Brew](#)," first published by *Outdoor Swimmer* magazine in the October 2021 issue.
- ◆ 8th place, 91st Annual Writer's Digest Writing Competition, Print/Online Article Category (2022) for "[The Utilitarian Revolution](#)," first published by *Outdoor Swimmer* magazine in the July 2021 issue.

- ◆ 1st place, 90th Annual Writer's Digest Writing Competition, Print/Online Article Category (2021) for "Surfacing an Aquatic Diaspora," first published by *Outdoor Swimmer* magazine under the title "[Power and Water](#)" in the February 2021 issue.
- ◆ 8th place, 90th Annual Writer's Digest Writing Competition, Print/Online Article Category (2021) for "[The Loneliness of the Black Long-Distance Swimmer](#)" published by *Outdoor Swimmer* magazine in the August 2020 issue.
- ◆ 9th place, 90th Annual Writer's Digest Writing Competition, Print/Online Article Category (2021) for "[The Native Origins of Freestyle](#)" published by *Outdoor Swimmer* magazine in the March 2021 issue.
- ◆ 1st place, 89th Annual Writer's Digest Writing Competition, Print/Online Article Category (2020) for [The Other Side](#).
- ◆ 4th place, 89th Annual Writer's Digest Writing Competition, Print/Online Article Category (2020) for [Torture Swim](#).
- ◆ 8th place, 87th Annual Writer's Digest Writing Competition, Magazine Feature Article Category (2018) for [Bewitching Belief](#).
- ◆ 6th place, 86th Annual Writer's Digest Writing Competition, Magazine Feature Article Category (2017) for [Supernova Sarah Thomas](#).
- ◆ 2nd place, 84th Annual Writer's Digest Writing Competition, Magazine Feature Article Category (2015) for [Bearing Witness](#).
- ◆ 10th place, 83rd Annual Writer's Digest Writing Competition, Magazine Feature Article Category (2014) for [Ageless Wonder](#).
- ◆ 1st place, 82nd Annual Writer's Digest Writing Competition, Magazine Feature Article Category (2013) for [Tiny Titan](#).
- ◆ 8th place, 82nd Annual Writer's Digest Writing Competition, Magazine Feature Article Category (2013) for [Mighty Underdog](#).
- ◆ 1st place, 81st Annual Writer's Digest Writing Competition, Magazine Feature Article Category (2012) for [Greek Goddess of Kitchen and Block](#).

Selected Media Mentions

- ◆ "[There's cold plunges. Then there's the 'ice mile.'](#)" Photographs by Jessica Rinaldi and interview by Billy Baker for the Boston Globe, February 27, 2023.
- ◆ "[Not your average polar plunge: 1-mile 'ice swim' in Boston Harbor](#)" by Ted Wayman for WCBV5, February 19, 2023.
- ◆ "[How dipping into the cold has become a hot trend](#)," by Billy Baker for *The Boston Globe*, November 24, 2022
- ◆ "[Is Swimming in Ice Water Good for You?](#)" by Laura Baisas for Popular Science, September 22, 2022.
- ◆ "[Swimmer raises thousands for Greater Boston Food Bank with Record Swim](#)," by David Bienick for WCVB Channel 5 ABC, September 22, 2022.
- ◆ "[Massachusetts woman swims across English Channel](#)," WCVB Channel 5 ABC, September 16, 2022.
- ◆ «[How Her Father's Fight with Pancreatic Cancer Inspired This Olympian's Historic Swim](#),» KCM, katiecouric.com, September 9, 2021.
- ◆ Featured guest on Pam Moore's Real Fit Podcast, «[Episode 15: Elaine Howley, Marathon Swimmer, Writer and Artist: Finding Her Limits at the Intersection of Hard Work and Joy](#),» August 31, 2021.
- ◆ Featured in «[It's an 8-mile swim in Boston Harbor, and no one goes it alone](#),» by Stan Grossfeld for the Boston Globe, August 18, 2021.
- ◆ Featured on WCVB's Chronicle program, «[Main Streets and Back Roads: Concord](#),» aired March 1, 2021, producer Clint Conley. L Street Ice Swimmers took a road trip to the 'burbs.
- ◆ «[Adventures, Challenges, and Learning From Failures: Journeying with Marathon Swimmer Elaine K. Howley](#)» by Emma Chuck for the Georgetown University Campus Recreation blog, February 4, 2021.
- ◆ «[Everything You Need for Open-Water Swimming, According to Swimmers](#)» The Strategist, New York Magazine, August 19, 2020.

- ◆ «[Elaine Howley Making, Documenting History on WOWSA Live](#)» one-on-one interview with Ned Denison, chairman of the International Marathon Swimming Hall of Fame, May 5, 2020. 35-minute video interview.
- ◆ «[Marathon Swim Stories with Elaine Howley](#)» April 28, 2020. 35-minute video interview.
- ◆ «[Polar Plungers: Photos of Ice Swimming in New England](#)» a photo series by Jessica Rinaldi for the Boston Globe, March 5, 2020.
- ◆ «[Write On, Elaine Howley](#)» coverage of 2019 WOWSA Offering of the Year Award nomination.
- ◆ [Good Morning America](#) coverage of Sarah Thomas' English Channel 4-way.
- ◆ [People](#) magazine's coverage of Sarah Thomas' English Channel 4-way.
- ◆ [BBC](#) coverage of Sarah Thomas' English Channel 4-way.
- ◆ «[Solo Swim Lake Pend Oreille](#)» documentary film by Scott Rulander.
- ◆ NPR's All Things Considered, [U.S. Winter Swimming Championships](#).
- ◆ Boston Globe, [2015 U.S. Winter Swimming Championships](#).
- ◆ Boise Weekly, [Lake Pend Oreille Success](#).
- ◆ Waltham Patch, [When the Blizzard Gets Tough, the Tough Go Swimming](#).
- ◆ KPLU, [Wild Swimmers](#).
- ◆ Idaho Spokesman, [Swimmer Strokes Across 34-Miles in Lake Pend Oreille](#)
- ◆ Couer d'Alene Press, [Lake Pend Oreille Success](#).
- ◆ WBUR, [Boston Light Double](#).
- ◆ SwimSwam, [MSF Publishes Rules of Marathon Swimming](#).

Education

EMERSON COLLEGE, Boston, MA, September 2004 to May 2006.

MASTER OF ARTS in Publishing and Writing, Creative Nonfiction concentration.

EMERSON COLLEGE, Boston, MA, September 2003 to May 2004.

GRADUATE CERTIFICATE in publishing.

GEORGETOWN UNIVERSITY, Washington, D.C., September 1996 to May 2000.

BACHELOR OF SCIENCE in Language, Double Major: German and Studio Art.

Women's Varsity Swimming & Diving; Freshman Crew.