



OCEAN CITY BEACH PATROL

WEEKLY BULLETIN

Week of July 23, 2012 to July 29, 2012

MONDAY, JULY 23, 2012

WEEKLY MEETING: CONVENTION CENTER – 41st STREET-Northwest corner behind the indoor Food Court

OFFICERS' MEETING: 0730hrs

CREW CHIEF MEETING: 800hrs

AREA MEETING WITH SERGEANTS: 0815hrs

SEMAPHORE TEST: 0820hrs—Required to pass probationary stage

CREW MEETING: 0830hrs (Turn in individual stats, get schedule and assignments, information from Crew Chief)

GENERAL MEETING: 0845hrs

LIEUTENANTS' MEETING: 0945hrs

OCBPSRA: Jet Drive Certification—HQ —1830hrs—Safe Boaters certificate must be on file—May serve as recertification

Opportunity to Compete: None

Mandatory Daily Workout: Run Day— Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 58th St. / 138th St.

Tides: High: 1113hrs

Low: 1725hrs

Special Events: Beach Safety Seminar—OC Lifesaving Museum—1000hrs

Endless Summer Boogie Board Camp—38th St.—1400hrs to 1600hrs

Movies on the Beach—Cars 2—27th St.—2030hrs

Wear your protective foot covering to the meeting!



SUMMER *of* THANKS
OCEAN CITY, MD

Our way of saying thanks – with sweet beach savings!

| S.R.T. Name: | Monday 7/23/2012 | Tuesday 7/24/2012 | Wednesday 7/25/2012 | Thursday 7/26/2012 | Friday 7/27/2012 | Saturday 7/28/2012 | Sunday 7/29/2012 | CREW |
|----------------------|---------------------|----------------------|------------------------|-----------------------|---------------------|-----------------------|---------------------|--------|
| Daily Assignment | | | | | | | | |
| Rescues | | | | | | | | |
| Preventative actions | | | | | | | | |
| First Aids | | | | | | | | |
| | | | | | | | | Totals |

TUESDAY, JULY 24, 2012

Officer-in Charge: Lt. Mike Stone

JBP Academy III: A.M. Session A—Day 1—0800hr –1130hrs (Instructors report at 0730hrs)

OCBPSRA: None

Opportunity to Compete: OCBP Triathlon Club—27th St.—Bike-0700hrs/Run-0800hrs
OCBP Floor Hockey— Cancelled

Mandatory Daily Workout: Swim Day— Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 56th / 136th St.

Tides: High: 1202hrs

Low: 1820hrs

Special Events: Beach Weddings—61st St—0800hrs

Endless Summer Boogie Board Camp—38th St.—1400hrs to 1600hrs

Family Beach Olympics—27th St.—1830hrs

Beach Fireworks—N. Division St.—2230hrs

OCBP Floor Hockey



Floor Hockey has been cancelled this week

WEDNESDAY, JULY 25, 2012

JBP Academy III: A.M. Session A—Day 2—0800hr –1130hrs (Instructors report at 0730hrs)

OCBPSRA: None

Scamper Camp: N. Division St.—0945hrs—1145hrs (Instructors report to HQ at 0900hrs)

Camp Horizon: N. Division St.—1145hrs—1515hrs

Little Lambs Beach Day: Dorchester St—1000hrs to 1630hrs

Opportunity to Compete: All Women's Competition—Sandy Hook, NJ

Mandatory Daily Workout: Run Day— Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 54th / 134th St.

Tides: High: 1255hrs

Low: 0640hrs

Special Events: Endless Summer Boogie Board Camp—38th St.—1400hrs to 1600hrs

Concerts on the Beach—21 Horses Band—N. Division St.—2000hrs to 2130hrs

Movies on the Beach—*The Muppets*—Carousel Hotel—2030hrs

OCBP Triathlon Club

This week's workouts

Tuesday, July 24 will be a bike ride at 0700hrs from 27th St., followed by a run at 0800hrs.

Thursday, July 26 will be a bike ride from 27th St. at 0600hrs.

Sunday, July 29 at 0600hrs will be a ride from HQ to Assateague and back to HQ



OCBP TRIATHLON

THURSDAY, JULY 26, 2012

JBP Academy III: A.M. Session A—Day 3—0800hr –1130hrs (Instructors report at 0730hrs)

JBP One-Day Clinic: 1300hrs-1700hrs

OCBPSRA: None

Opportunity to Compete: OCBP Triathlon Club—130th St.—Bike-0700hrs/Run-0800hrs

Rehoboth Lifeguard Olympics—Rehoboth Beach—1800hrs---See Sgt. Cawthern for entry/release form and parking pass.

Mandatory Daily Workout: Swim Day— Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 52nd / 132nd St.

Tides: High: 1355hrs

Low: 0733hrs

Special Events: Sunset Park Party Night—*Lauren Glick Band*—S. Division St.—1900hrs to 2100hrs

Movies on the Beach—*Cars 2*—Princess Royale—92nd St.—2030hrs

Special Duty Assignment

We are looking for several SRT's who are not going to the banquet for a special duty on Saturday, August 18th from 6:00 PM – Midnight. We need only SRTs or ACCs.

Please give your name to Secretary Tyler.

JBP One Day Clinic

Thursday afternoons

July 26

August 2, 9, 16

1300hrs to 1700hrs

Spread the word to kids aged 10-17 who hang around the stand. This weekly one-day activity is perfect for kids who are interested in lifeguarding.



FRIDAY, JULY 27, 2012

JBP Academy III: A.M. Session A—Day 4—0800hr –1130hrs (Instructors report at 0730hrs)

OCBPSRA: None

Opportunity to Compete: None

Mandatory Daily Workout: Run Day— Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 50th / 130th St.

Tides: High: 1459hrs

Low: 0830hrs

Special Events: Greek Festival—Convention Center—1200hrs to 2300hrs

Movies on the Beach—*Tangled*—27th St.—2030hrs

Beach Weddings—19th St—1800hrs



SATURDAY, JULY 28, 2012

OCBPSRA: None

Opportunity to Compete: Crew Comps—N. Division—1830hrs

Mandatory Daily Workout: Swim Day— Crew Chief determines specific workouts.

Surfing Beaches: 48th / 128th St.

Tides: High: 1604hrs

Low: 0929hrs

Special Events: AHA Basic Life Support Instructor Course—HQ—0900hrs

ESA Surf Competition—30th St.—0700hrs

Greek Festival—Convention Center—1200hrs to 2300hrs

AHA BLS Instructor Course

The American Heart Association Basic Life Support Instructor course will take place on Saturday, July 28 and Sunday, July 29

Meet at Fire Headquarters at 0900hrs



American Heart Association | **American Stroke Association**

Learn and Live.

SUNDAY, JULY 29, 2012—End of Pay Period

OCBPSRA: None

Opportunity to Compete: None

Mandatory Daily Workout: Run Day— Crew Chief determines specific workouts.

Competition Workout: None

Surfing Beaches: 46th / 126th St.

Tides: High: 1706hrs

Low: 1031hrs

Special Events: AHA Basic Life Support Instructor Course—HQ—0900hrs

ESA Surf Competition—30th St.—0700hrs

Greek Festival—Convention Center—1200hrs to 2100hrs

Sundaes in the Park—OH BOY! (Buddy Holy Tribute Band)— Northside Park—1900hrs to 2100hrs

Beach Lights Spectacular—N. Division St.—2130hrs, 2200hrs, & 2230hrs



OCBP TRIATHLON

The OCBP Triathlon is August 4!

Time to push the training into overdrive!

Registration begins in 2 weeks, so keep watch for the notification. For a mere \$25.00 registration, you will participate in a rigorous yet fun competition with fellow athletes, achieve a complete sense of personal accomplishment, and receive a fantastic commemorative T-shirt specially designed for this event.

MONDAY, JULY 30, 2012

WEEKLY MEETING: CONVENTION CENTER – 41st STREET-Northwest corner behind the indoor Food Court

OFFICERS' MEETING: 0730hrs

CREW CHIEF MEETING: 800hrs

AREA MEETING WITH SERGEANTS: 0815hrs

SEMAPHORE TEST: 0820hrs—REQUIRED TO PASS PROBATIONARY STAGE

CREW MEETING: 0830hrs (Turn in individual stats, get schedule and assignments, information from Crew Chief)

GENERAL MEETING: 0845hrs

LIEUTENANTS' MEETING: 0945hrs

OCBPSRA: None

Opportunity to Compete: Bethany Beach Ocean Series—Bethany Beach, DE

Mandatory Daily Workout: Run Day— Crew Chief determines specific workouts.

Surfing Beaches: Inlet / 44th /124th St.

Tides: High: 1804hrs

Low: 1133hrs

Special Events: Beach Safety Seminar—OC Lifesaving Museum—1000hrs

Movies on the Beach—*The Smurfs*—27th St.— 2030hrs



UPCOMING 2012 BEACH PATROL EVENTS

| | |
|----------------|--|
| July 24-27 | JBP Academy III |
| July 28-29 | American Heart Association BLS Instructor Course |
| July 28 | OCBP 2012 Crew Comps |
| July 31-Aug. 3 | JBP Academy IV—AM & PM Sessions |
| Aug. 4 | OCBP Triathlon |
| Aug. 7-10 | JBP Academy V—AM & PM Sessions |
| Aug. 8 | OCBPSRA One Mile Swim—Dorchster St.—0830hrs |
| Aug. 11 | OCBPSRA 2013 Pre-Employment Ocean Test |
| Aug. 14-17 | JBP Academy VI |
| Aug. 16-19 | Dew Tour-Pier—N. Division-OC, MD |
| Aug. 18 | OCBP Annual Awards Dinner |
| Sept. 1 | OCBPSRA 2013 Pre-Employment Ocean Test |

Upcoming Town of Ocean City Special Events

| | | | |
|--------------------------------------|------------|--------------------------|---|
| Concerts on the Beach | July 25 | 2000hrs | N. Division St.— <i>21Horses Band</i> |
| Sunset Park Party Night | July 26 | 1900hrs | S. DivisionSt. — <i>Lauren Glick Band</i> |
| ESA Surfing Competition | July 28-29 | 0700hrs | 30 th St. |
| Sundaes in the Park | July 29 | 1900hrs | Northside Park— <i>Oh Boy</i> |
| White Marlin Open | Aug. 6-10 | Daily | Weigh-ins at Bahia Marina |
| Sunset Park Party Night | Aug 2 | 1900hrs | S. DivisionSt. — <i>Semibind</i> |
| Sundaes in the Park | Aug. 5 | 1900hrs | Northside Park— <i>Jesse Garron</i> |
| Dew Tour-Pier-N.Division-OC, MD | Aug. 16-19 | Various Times and Places | |
| ESA Surfing Competition | Aug. 18- | 0700hrs | 40 th St. |
| Movies on the Beach | June-Aug . | 2030hrs | 27 th St. & The Carousel |
| Family Beach Olympics | June-Aug. | 1830hrs | 27 th St. |
| OC Lifesaving Museum Summer Programs | July-Aug. | 1000hrs | OC Lifesaving Museum |
| Beach Lights Spectacular | Sundays | 2130, 2200, & 2230hrs | N. Division St |
| Beach Fireworks | Tuesdays | 2230hrs | N. Division St |

| <u>Stats.</u> | <u>Week 8</u> 7/9/12 to 7/15/12 | <u>Week 8</u> Year- To-Date 2012 | <u>Week 8</u> 7/11/11 to 7/17/11 | <u>Week 8</u> Year- To-Date 2011 | <u>Week 8</u> 7/12/10 to 7/18/10 | <u>Week 8</u> Year- To-Date 2010 |
|-----------------------------|---------------------------------------|---|--|---|--|---|
| Action | | | | | | |
| Preventions | 5577 | 27265 | 7119 | 45617 | 6703 | 29626 |
| Rescues | 303 | 1213 | 171 | 857 | 180 | 1235 |
| Minor First Aid | 118 | 598 | 193 | 958 | 171 | 833 |
| Ambulance Calls | 13 | 78 | 21 | 134 | 19 | 99 |
| Police Calls | 5 | 54 | 3 | 34 | 6 | 38 |
| USCG/MDNRP | 0 | 4 | 0 | 2 | 3 | 6 |
| Lost/Found Persons | 34 | 247 | 44 | 303 | 64 | 270 |
| N. Surf Beach Population | 138 | 280 | 0 | 318 | 589 | 589 |
| S. Surf Beach Population | 217 | 1793 | 392 | 1654 | 1863 | 1863 |
| Inlet Surf Beach Population | 63 | 427 | 14 | 533 | 299 | 1202 |
| Beach Wheelchair Usage | 32 | 195 | 29 | 159 | 44 | 165 |

OCBP Question-of-the-Week for The Worcester County Times

This Week's Question: Does the beach patrol provide any activities for children vacationing at the beach?

Yes, we have our **Junior Beach Patrol Program**. This program offers children ages 10-17 the opportunity to experience the training and daily routine of real lifeguards or, as we call them, surf rescue technicians (SRTs). The program models itself after the duties and responsibilities of the SRT and focuses on the development of skills associated with the enjoyable and safe use of the beach. It is designed to instruct boys and girls in the skills and techniques of beach safety, water safety, surf rescue and physical fitness as well as respect for the ocean and each other while instilling the values of teamwork and cooperation. Registration for these programs begins in early March and is ongoing until all slots are filled. Registration questions may be directed to the Ocean City Recreation and Parks Department at 410-250-0125. Many SRTs made their start in lifesaving in the junior beach patrol.

This program is offered in two types of sessions. We offer a four-day academy from Tuesday through Friday from 8 until 11:30 a.m. as well as a one-day introduction session, which takes place on Thursdays from 1 to 5 pm. The four-day academy consists of four levels that children can advance through, having new skills introduced at each level. After successfully completing all four levels and at least 15 years old, a participant can apply for one of limited paid positions as a Junior Instructor. Due to the popularity of the program, we have now added an afternoon four-day session during several weeks from 1 to 4 p.m. Programs are repeated each week for six weeks so there should be a JBP academy that will work during your stay in Ocean City.

In addition to the junior beach patrol program, the beach patrol also provides special activities, programs, speakers and seminars to various groups such as scouts, church groups, camps, schools and civic organizations. They conduct these water safety seminars both in Ocean City and throughout the region. Safety training focuses primarily on drowning prevention and safety around the water. They also provide many helpful tips on how to keep children safe at the beach. These presentations and hands-on activities are critical in allowing the beach patrol to fulfill their three-part mission of education, prevention and intervention. If you have a group interested in a beach safety program or speaker, contact the beach patrol at 410-289-7556 or email ocbp@ococean.com. We also provide a safety presentation in a reserved section of the beach for your group and will also have SRTs in that area while the members of the group are getting oriented to the beach and water. You must contact us two weeks before your visit for this service. There is no charge to organizations for these presentations.

To get current information about the beach patrol as well as daily stats and current beach conditions, you can follow the beach patrol on Twitter or "like us" on the Official OCBP Facebook page. We can't wait to be a part of your wonderful experiences in Ocean City, because we are glad you are here, and always remember to "Keep your feet in the sand until the lifeguard's in the stand!"

SRT of the Week

Sergeant Ryan Cowder has been with the Beach Patrol for 14 years. As an OCBP officer, one of Sgt. Cowder's various duties is to supervise the lifeguards and crew chiefs on the beaches in the North area, spanning from 100th St. to 145th St. Ryan is a United States Lifesaving Association (USLA) member and has planned and participated in various competitions. He is also a Maryland State Police (MSP) Rescue Swimmer, an American Red Cross First Aid coordinator and instructor, and a Marine Animal Rescue Program (MARP) volunteer. In his free time he likes surfing, golfing, and participating in triathlons. Ryan was recently promoted to an assistant principal position at Stephen Decatur High School, where he has taught chemistry for the past 12 years.



OCBP Surf Rescue Association – Price List

- Whistles \$5.00
- Lanyards \$6.00
- Buoy Key Chains \$4.00
- Car window sticker Ocean City Beach Patrol \$2.00
- Beach Patrol Logo Tattoos \$.25
- Grey or White Ringer T-Shirts \$10.00
- Sweatshirts Adult \$30.00
- Child \$25.00
- Captain Craig T-Shirts \$10.00
- Long-sleeved T-shirts \$15.00
- Tye-Dyed T-shirts \$15.00
- Hats – 1 for \$6.00 or 2 for \$10.00
- Swim Caps \$5.00
- OCBP Big White Towels \$15.00
- BP Bumper Stickers 3:00 / \$2 for 5.00
- New OCBP Oval Sticker \$2.00 / 3 for \$5.00



John Dunnigan has posted some of the Group Picture Day shots to his website. If you want to place an order online, you have the opportunity to crop the photo(s) how you like during the checkout process. The photos are under the Ocean City Beach Patrol section of his SmugMug site:

Johnpd.smugmug.com

The orders that were placed that day with the order form have been sent to the printer. As long as they look okay when he receives them, he will bring them down when he comes for Crew Comps.



**Keep your feet in the sand,
until the lifeguard's in the stand!**



ALL-WOMEN LIFEGUARD TOURNAMENT

**July 25, 2011
Sandy Hook, NJ**

LIST OF EVENTS

- 1. Surfboat Challenge** — Limited to one entry per team. Requires two competitors, two surfboat tenders, and has land start. Both competitors and tenders must wear protective headgear (e.g., cycling helmets).
- 2. Distance Run** — Unlimited entries per team.
- 3. Ocean-Kayak Challenge** — Limited to one entry per team. Requires one competitor, one kayak tender, and has water start.
- 4. Run-Swim-Run** — Unlimited entries per team
- 5. Run-Paddle-Run** — Limited to two entries per team. Requires one competitor, one rescue-board tender, and has land start.
- 6. Beach Flags** — Limited to one entry per team.
- 7. Ironwoman** — Limited to two entries per team. Requires one competitor, one rescue-board tender, and has land start.
- 8. Surf Rescue** — Limited to one entry per team. Requires one competitor, one victim, and has land start.
- 9. Swim-Run Relay** — Limited to one entry per team. Requires three competitors and has land start.
- 10. Run Relay** — Limited to one entry per team. Requires four competitors.

BETHANY BEACH PATROL / MANGOS

Surf Rescue Challenge 2012

Monday, July 30, 2012

Registration 5:45 – 6:15 / Start 6:30

*Registration will take place on the bandstand on Garfield Parkway, and the competition will be on the beach right out in front.
ENTRY FEE: \$10.00 per competitor: Includes entry, t-shirt (limited supply – first come, first serve), and after party at Mangos

EVENT 1—Main Beach Melee Relay: Team of 5 guards (any gender) competing in a series of sprint running, swimming, and paddling legs. **BIG RED PADDLE BOARDS**

EVENT 2—Run-Swim-Run Relay (5 competitors, 1 female)

EVENT 3—Rescue Dash with can (5 competitors)

EVENT 4—Swim / Run Suicide (4 competitors, 1 female)

EVENT 5—Water Flags: Team (team of 2 competitors) beach flag concept (alternating runs). Upon the command, competitors will execute a beach flag start, turn, and sprint/swim a short distance to the flags out in the water.

EVENT 6—6 x 200 soft sand sprint relay (1 female)

Parking: Wellington Parkway from 5:30 – 8:30, which is 3 blocks south of Garfield Parkway (main street). Put something from your patrol in the dashboard. Guards may park at the meters and in permit parking along that street. Parking will also be available on **Atlantic Ave** should space run out on Wellington Pkwy. Do not park at any BLUE colored meter.

After Party: Mango's will be hosting a party afterwards with a light appetizer buffet and drink specials. The championship belt will be awarded to the winning team during the after party.

Again this year, Alex and Mangos will be hosting an after party with appetizers, pizza, drink specials, and their wing eating contest. For the wing eating contest, it is helpful to have an idea of how many patrols will be participating. If you could let me know if your patrol plans on entering a "wing team" I would greatly appreciate it.

The 35th Annual Rehoboth Beach Lifeguard Olympics—July 26, 2012—1815hrs

\$75.00 entry fee per team—Make checks to the "Rehoboth Beach Patrol Donation Fund"

Registration is from 1715hrs to 1815hrs

First event starts at 1815hrs

All competitors must sign a participant release entry form

Big red boards for all events (Must have white cross)

No full body race suits (only leg skins or jammers)

Park on Baltimore, Maryland, Virginia, & Olive Ave. Parking passes for competitors only.

See Sgt. Cawthern for entry/release forms and parking passes

EVENTS

- | | |
|---|---------------------------------|
| 1. Mile Run | 7. Surf Dash Relay (1 female) |
| 2. Half Mile Paddle | 8. Iron Man Medley Relay |
| 3. Half Mile Swim | 9. 4x200 Soft Sand Sprint Relay |
| 4. Landline Rescue Race | 10. Beach Flags |
| 5. Run-Swim-Run Relay (4 swimmers-1 female) | 11. Tug-of-War (6 Person Team) |
| 6. Paddle Board Rescue Race | |

2012 Competition Schedule

July

25—All Women's (Sandy Hook, NJ)

26—Rehoboth Lifeguard Olympics

28—OCBP Crew Comps

30—Bethany Beach (Ocean Series)

August

3—N. Bethany Beach Iron Man Relays

4—OCBP Triathlon

6—Rehoboth Junior Lifeguard

9, 10, 11—USLA Nationals—Cape May, NJ

15—Middlesex BP Invitational

The Free Car Wash has been postponed!
Tentative Date: Sunday, Aug. 5th at Station 3

All donations go to the OCBP Women's Competition Team.

They will be representing Ocean City in an International All-Women's lifeguard competition; they receive no funding from the Town of Ocean City. Come support the team!

Let Ocean City's finest wash your car for you!
Bayside—74th St. and Coastal Hwy



**The Iron Guard Results—Presented by Sgt. Brabitz &
Sponsored by Pizza Tugos on 7/13/12**

**OCBPSRA—Beach Safety Seminar
July 16, 2012**

Individual Participants

| Name | Time |
|--------------------|-------|
| Marie Beliveau | 41:25 |
| Travis Sevier | 44:17 |
| Chris Kim | 45:26 |
| Evan Peck | 45:11 |
| Mike Brockmeyer | 46:33 |
| Juan Cepeda | 43:20 |
| Emmanuelle Ouellet | 44:47 |
| Pat Kearns | 44:58 |
| Pat Hagar | 39:20 |
| John Miller | 44:12 |
| Ed Fisher | 41:41 |
| Robert Leszczynski | 39:19 |
| Zack Goodman | 36:16 |
| Kevin Johnson | 42:41 |
| Chris Barton | 40:45 |
| Joe Keefe | 36:47 |
| Jonathan Willemain | 42:48 |
| Gre Evanoff | 34:44 |
| Nick Sakell | 37:38 |

Top Places--Men

| Name | Time |
|--------------|-------|
| Greg Evanoff | 34:14 |
| Zack Goodman | 36:16 |
| Joe Keefe | 36:47 |

Top Places--Women

| Name | Time |
|--------------------|-------|
| Marie Beliveau | 41:25 |
| Emmanuelle Ouellet | 44:47 |

Teams

| Name | Time |
|----------------------------|-------|
| Tom M., Joel, & Matt | 29:50 |
| Brent, Craig, & Mike | 31:20 |
| Marcella, Jordan, & Maude | 31:40 |
| Colin S., Karlee, & Andrew | 34:10 |
| Phil, Kelly, & Jake | 35:05 |
| Bobby, Zach, & Alex | 35:10 |
| Juan, Robert, & Ben | |

| Name | Crew |
|--------------------|------|
| Paul Rudell | 5 |
| Billy Eckert | 13 |
| Andrew Douglas | 9 |
| Pat Hagar | 12 |
| Chris Kim | 15 |
| Vincent Martirano | 5 |
| Maude T. Desroches | 7 |
| Juan Luis Cepeda | 7 |
| Michael Brockmeyer | 15 |
| Steven Yarzinsky | 4 |
| Devin Paquette | 4 |
| Jordan Acton | 2 |
| Evan Peck | 15 |
| Craig Hunkele | 4 |
| Seth Bergman | 4 |

**OCBPSRA—1 Mile Run
July 18, 2012**

| Name | Crew | Time |
|--------------------|------|------|
| Liz Vander Clute | 2 | 6:22 |
| Michael Brockmeyer | 15 | 6:38 |
| Juan Luis Cepeda | 7 | 6:38 |
| Chris Gilmore | 2 | 6:41 |
| Rob Fox | 2 | 6:43 |
| Sean Nugent | 2 | 6:47 |
| Marcela Rojas | 2 | 6:50 |
| Dave Krabbe | 15 | 7:07 |

**OCBPSRA—Run-Swim-Run
July 19, 2012**

| Name | Crew | Time |
|--------------------|------|-------|
| Juan Luis Cepeda | 7 | 10:05 |
| Dave Krabbe | 15 | 10:44 |
| Kevin Johnson | 1 | 10:49 |
| Emmanuelle Ouellet | 1 | 11:07 |
| Evan Peck | 15 | 11:12 |
| Dustin Whittles | 1 | 11:42 |
| Michael Brockmeyer | 15 | 12:17 |
| Maude T. Desroches | 7 | 12:29 |

**OCBPSRA—Landline
July 18, 2012**

| Name | Crew | Time |
|--------------------|------|------|
| Taiten Valiquette | 11 | 4:37 |
| Chris Gilmore | 2 | 4:37 |
| Juan Luis Cepeda | 7 | 4:37 |
| Michael Brockmeyer | 15 | 4:37 |
| Joel Harrison | 6 | 4:37 |

**The Captain Craig Mile Swim
July 14, 2012**

| Place | Name | Time | Place | Name | Time | Place | Name | Time |
|-------|-------------------|-------|-------|------------------|-------|-------|----------------------|-------|
| 1 | Brian Benda | 21:15 | 27 | Andrew Douglas | 27:43 | 53 | Josh Wilder | 31:29 |
| 2 | Shane Custodio | 21:53 | 28 | Paul Bales | 27:53 | 54 | Sarah Marzolf | 31:37 |
| 3 | Kevin Stang | 22:07 | 29 | John Lorman | 27:57 | 55 | Jake Foy | 32:28 |
| 4 | Ruslan Kopunet | 22:12 | 30 | Taren Wagner | 27:58 | 56 | Leslie Bartoshesky | 32:30 |
| 5 | Colin Stang | 23:21 | 31 | Mike Legath | 28:07 | 57 | Craig Hunkele | 32:34 |
| 6 | Juan Cepeda | 23:22 | 32 | Bobby Robinson | 28:09 | 58 | Larry Merrifield | 32:58 |
| 7 | Cody Quiq | 23:34 | 33 | Paul Turner | 28:10 | 59 | Karlee Zywusko | 33:36 |
| 8 | Steve Everett | 23:45 | 34 | Jenelle Irwin | 28:11 | 60 | Pat O'Malley | 34:02 |
| 9 | Charles Potterton | 24:00 | 35 | Bill Snyder | 28:16 | 61 | Mat Postell | 34:09 |
| 10 | Tom Everett | 24:18 | 36 | Jeff Benner | 28:21 | 62 | James Grube | 35:04 |
| 11 | Ken Stickevers | 23:23 | 37 | Jay DeBerardinis | 28:27 | 63 | Julianne Granzow | 35:10 |
| 12 | Julia Wisler | 24:26 | 38 | Kline Cineva | 28:29 | 64 | Peggy Holt | 35:32 |
| 13 | David Speir | 24:44 | 39 | Tricia Walsh | 29:01 | 65 | James Slezak | 35:36 |
| 14 | Marcelas Rojas | 24:45 | 40 | James McVey | 29:15 | 66 | Melissa Williams | 35:50 |
| 15 | Liz Butterly | 25:22 | 41 | Stacey Kindl | 29:29 | 67 | Patricia Everett | 36:35 |
| 16 | Rebecca Slezak | 25:23 | 42 | Pat McElvaney | 29:42 | 68 | Rusty Barnes | 36:54 |
| 17 | Kendal Williams | 25:28 | 43 | Devin Paquette | 30:03 | 69 | Harley Swan | 37:02 |
| 18 | Melissa McCamley | 25:29 | 44 | Sean Williams | 30:20 | 70 | Karen Good | 37:02 |
| 19 | Andy Jones | 25:31 | 45 | Evan Peck | 30:33 | 71 | Wayne Shepherd | 37:08 |
| 20 | Nicklas Miller | 26:23 | 46 | Patrick Martinez | 30:35 | 72 | Bernadette Antonioli | 37:09 |
| 21 | Amy Weiss | 26:44 | 47 | Courtney Loftus | 30:39 | 73 | Tim Gosnell | 38:10 |
| 22 | Meghan Donovan | 27:09 | 48 | Travis Sevier | 30:43 | 74 | Frank Krach | 38:27 |
| 23 | Denise Sanders | 27:13 | 49 | Andrew McDonald | 30:51 | 75 | Steve Yarzinsky | 38:38 |
| 24 | Logan Linden | 27:32 | 50 | Jeffrey Kotz | 30:51 | 76 | Frances Kendall | 38:45 |
| 25 | Al Via | 27:37 | 51 | Paul Botzler | 31:05 | 77 | Page Fisher | 40:42 |
| 26 | Finn Christensen | 27:41 | 52 | Joel Harrison | 31:16 | 78 | Skip Collins | 49:25 |



The NEW ENGLAND JOURNAL of MEDICINE

Sudden Death from Collapsing Sand Holes

To the Editor: During the summer-recreation and beach season, we believe it is timely to underscore a potential but underrecognized safety risk associated with leisure activities in open-sand environments.^{1,2} We assembled a series of 52 documented fatal and nonfatal cases, occurring primarily in the past 10 years, in which persons were submerged after the collapse of a dry-sand hole excavated for recreational purposes. These cases were assembled prospectively and retrospectively and were identified from news-media accounts, personal communications, Internet searches, and the LexisNexis database. Detailed information was obtained by interviewing rescuers and witnesses, when possible. The victims ranged in age from 3 to 21 years (mean, 12 years), with 15 persons (29%) 10 years of age or younger; 45 (87%) were male. Twelve U.S. states are represented, including those in the New England area, where nine events (17%) occurred. The most common setting was a public beach in a coastal area, near the shoreline (in 41 cases), with the remaining cases (11 cases) occurring near the home. Dry-sand holes were excavated by the victim, friends, or relatives. The holes were generally 2 to 15 ft (0.6 to 4.6 m) in diameter and 2 to 12 ft (0.6 to 3.7 m) deep. Typically, victims became completely submerged in the sand when the walls of the hole unexpectedly collapsed, leaving virtually no evidence of the hole or the location of the victim. Collapse was inadvertently triggered by a variety of circumstances, including digging, tunneling, jumping, or falling into the hole. These collapses resulted in the death of 31 persons (60%). The other 21 persons (40%) survived by virtue of timely rescue involving extrication from the sand; many of them required cardiopulmonary resuscitation, performed by a bystander. The collapse of a dry-sand hole, as reported here (and previously, for a small number of cases^{1,2}) is uncommon, but it nevertheless constitutes an important risk of common leisure activities. The risk of this event is enormously deceptive because of its association with relaxed recreational settings not generally regarded as hazardous. However, we believe these personal and family tragedies probably are more common than this report suggests. Raising awareness on the part of the general public regarding the risk associated with creating tenuous excavations in dry sand should have a preventive effect, substantially reducing the frequency of these often-lethal events.

Bradley A. Maron, M.D.
Harvard Medical School Boston, MA 02115

Tammy S. Haas, R.N.
Barry J. Maron, M.D.
Minneapolis Heart Institute Foundation Minneapolis, MN 55407

1. Maron BA, Maron BJ. Sudden death and other risks associated with dry-sand beach holes. *JAMA* 2001;285:1964.
2. Zarroug AE, Stavlo PL, Kays GA, Rodeberg DA, Moir CR. Accidental burials in sand: a potentially fatal summertime hazard. *Mayo Clin Proc* 2004;79:774-6. *Correspondence Copyright © 2007 Massachusetts Medical Society.*

The New England Journal of Medicine
Downloaded from nejm.org on July 21, 2012.
For personal use only. No other uses without permission. Copyright ©

This season there have been two widely reported cases in our area:

1. **Rehoboth beach 24 YO Male a few feet from guard stand tunneling.**
2. **New Jersey, Wed July 18th, 12 YO male died, hole just a few feet from stand.**

ATTABOYS!



From: Mariellen Synan
Sent: Tuesday, July 10, 2012 10:43 AM
To: Butch Arbin
Subject: Wonderful Lifeguard on 142 nd St!

I just returned home after 10 days at OC ...just wanted to let you know that Joe was amazing!! We were there on the 4th of July and all of my many 30+ years vacationing at OC have I ever had a lifeguard pull everyone over to do a safety chat, he was great!! My family felt very safe and what was even more nice was how approachable he was and answered many questions with a smile! He seems to love his job and it shows.

Great job OCBP!! We just bought a beach home on the Fenwick line and will continue to beach-it at 142 nd St! Joe's replacement was great too....Jake??

Anyway, thanks for keeping us safe...will be back to the beach on the 27th!!

Mariellen Synan
Finksburg, MD

From: Kristin Yoviene [mailto:kayst4@mail.rmu.edu]
Sent: Tuesday, July 10, 2012 6:47 PM
To: Butch Arbin
Subject: lifeguard on 145th street

Greetings,

My family and I have owned a house on 145th street for 6 years now and have been vacationing here our entire lives. We have known our lifeguard, Phil, for 3 years and his excellent reputation continues to develop. He has built relationships with locals and vacationers alike and has set the bar high for anyone else that has to sit his chair when he is not there. He shows up to work before the other lifeguards and moves his chair up without getting out of breath. He greets people by their names and asks them how their evenings were and often plays with the children before work. He treats every circumstance he deals with a smile and sense of humor but when his skills are needed he leaps into action with out hesitation. Phil also continues to fly his flags proudly everyday, even bringing them out when his hands are already very filled. Phil is a role model for the children on this beach and helps to make our beach experience the best it can be. He continues to be enthusiastic, proud, determined and happy every day he comes to work. I hope you know how special Phil is.

Sincerely,
Kristin Yoviene

From: Caitlyn Stuart
Sent: Wednesday, July 11, 2012 10:06 PM
To: Butch Arbin
Subject: Quick Note

Dear Captain Arbin,

Far too often, we are eager to point out the mistakes of others, rather than their achievements. I just had to write in regards to the amazing work of one of your guards. Phil on 145th street has gone above and beyond the normal duties required of a lifeguard.

Phil has all of the qualities of a great guard; he is watchful, focused, informative and a literal life-saver. But, as an avid beach-goer for most of my life, I have seen many guards but none have made the effort to create a community with their patrons until I met Phil. I have met many of my friends from simply going to this street where everyone seems to know one another and this amazing sense of unity is held together by the man in the stand, watching over each of us.

My friends with children have told me that heading to 145 with the family feels like an actual vacation as their children are safe under the unrelenting watch of Phil. Not only does safety blanket this beach community thanks to Phil, but fun is absolutely unavoidable. I have never seen so many children cling to a guard before and the sight is heart warming. Phil is an amazing teacher and leader for these children.

While this letter may seem a bit over the over done, I feel passionately that this young mans success on the stand must not go unnoticed-it certainly does not for his beach patrons.

All the best,
A patron of 145

From: Liz Angeli
Sent: Friday, July 13, 2012 9:08 PM
To: Butch Arbin
Subject: Kudos to Mike, the 33rd Street Lifeguard

Hi Butch,

We just spent a week at the beach in Ocean City-- 33rd street, to be exact. We wanted to let you know our beach's lifeguard, Mike, did a great job. He performed his job diligently and took his role seriously. He was never standoffish and always took time to answer beach-goers' questions, all while keeping an eye on swimmers. Mike was friendly and even took time to come over to us to say goodbye at the end of his shift during our last day. He made our stay wonderful, and we felt safe at all times.

Thanks for helping make our trip--my first to OC--truly memorable.

Best,
Liz Angeli and Allen Brizee



From: Tammy Misterka
Sent: Friday, July 13, 2012 9:55 PM
To: Butch Arbin
Subject: Week of 7/7 - 7/14

Hello! I recently vacationed in Ocean City at the Atlantis condos at 10300 coastal highway. I wanted to commend the lifeguards that were on our beaches that week. I don't know all of their names but the names I know are Lucy, Andy and AJ. The ocean conditions were really rough for a couple of days and they were on top if everything. They held beach meetings to inform of us of the ocean conditions and explained To us how to stay safe. Over a 3-day period, we witnessed 4 rescues! These lifeguards are incredible. As a mother of 3 children, I felt much safer knowing they were our lifeguards. Thank you!
Sent from my iPhone

From: diwans22@comcast.net
[mailto:diwans22@comcast.net]
Sent: Saturday, July 14, 2012 7:12 PM
To: Butch Arbin
Subject: Job Well Done and Thank You

Dear Butch,

I want to take this moment to tell you what wonderful life guards you have in Ocean City, and to thank the young men who saved our lives.

On Friday, 7/13 my husband and I got caught in a rip tide and were unable to swim out of it. We waved once and I could see the guards running into the ocean. I knew at that moment we would be alright.

This occurred at 101st Street in front of the Clarion Resort where we were staying. The gentleman who rescued me introduced himself as AJ. The second guardian angel's name who saved my husband is unknown. We did venture out into the water a second time, only up to our knees this time. The life guards recognized us and waved. Toward the end of his shift AJ even came over to us to ask how we were doing. I could not even believe he knew where we were sitting!

We were in Ocean City celebrating our 9th anniversary. We both have a more than healthy respect for the ocean and we were shocked that the rip tide took us out so suddenly, and so quickly. We both are strong swimmers but obviously not strong enough.

Without them I am sure we would not have survived. Thank you both so much.

Please research who the second life guard was with AJ. They both deserve our thanks, we will never forget either of them.

Sincerely,
Denise and Ken Iwans

From: Joseph Heming
Sent: Saturday, July 14, 2012 12:37 AM
To: Butch Arbin
Subject: Thanks to the lifeguards

Captain Arbin,

If you could forward this to the appropriate lifeguard that saved me on July 11th I would greatly appreciate it. The beginning and end happened very quickly.

To the lifeguard that was at the 76th street stand on July 11th at apx. 4 pm. I wanted to make sure that I said thanks for coming out to get me since I am not sure I told you so that day.

I was playing in the surf with my son when I was hit by a wave and swallowed some water. I tried to stand up and realized that I was now over my head. After trying to get in and being unsuccessful I needed to head further out so that I could float on my back and catch my breath. I was trying to catch my breath and trying to get back in, but not being very successful. I had my hand in the air hoping someone would see me struggling. A lifeguard came out and handed me the orange can. It all happened very quickly as a wave hit us and we were thrown into shallow water again. The lifeguard asked if I was ok, and I was. He then very quickly headed back to his stand. I am not sure if he thought he saved someone that didn't need help or wanted to make sure others were ok, but I don't think I got the chance to say Thank you for coming to get me. I really did need help as I was not sure I would be able to get in to the beach on my own, and I was really glad I didn't have to find out. So if I didn't say it then, I wanted to make sure I did now. Thanks for being there and Thanks for saving me.

Sincerely,
Joe Heming
Ellicott City, Md.

From: Frances Kendall
Sent: Sunday, July 15, 2012 8:34 AM
To: Butch Arbin
Subject: Thanks for the Captain Craig Race!

Thanks to you and all the volunteers for a great swim yesterday evening. It was a fantastic event! Everyone was so friendly. The water conditions couldn't have been better. I'm looking forward to next year's already.

Best wishes that the rest of your summer season continues in the same vein - - safe and fun.

Frances L. Kendall, Ph.D.
Professor
Salisbury University
Department of Communication Arts

