



Hartford HealthCare
St. Vincent's Medical Center

Swim Talk NEWSLETTER



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Bill Dragan: Scouting the Perimeter



Bill Dragan, a resident of Orange, Connecticut, has participated in the Swim Across the Sound Marathon for more than 17 years. Bill will not be in the water, but on the water, with his boat named Scout. This year, the annual 15.5-mile race from Port Jefferson, New York, to Captains Cove Seaport in Bridgeport will take place on Saturday, August 3.

Last year, 80 boat owners volunteered to escort swimmers and protect the course perimeter. These volunteers are critical to the race as every swimmer is required to have an escort.

Bill says his first marathon was on a 28-foot sailboat. This year, he and Scout, a 21-foot center console boat, will be assigned to the perimeter and will likely have some helping hands on board. "All of my family have been crew members over the years," he says. "Even now, with my kids all living out of state, I can always count on one or two of them coming home for the Swim."

There is no denying that volunteering as a boat captain is a big commitment, but one that pays off year after year for Bill. "I found a way to combine my passion for being on the water with the opportunity to improve the lives of cancer patients and their families," he explains. "It's a great day on the water, with great people for a great cause."



While the point of view for the swimmers is



primarily a watery one, Bill describes what marathon day looks and feels like from his perspective as a boat captain:

"It's the arrival of the ferry early in the morning and the procession of swimmers excited for a long and fulfilling day. It's seeing the swimmers again that I first escorted - still swimming after all these years. It's the moment 2A, the final marker, comes into view at the end of the day. It's that first cold, exhausted beer on the deck of Captains cove. But most important, it's honoring and remembering those that have swam - and those who have left us too soon."

[Click here to make a donation](#)



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Swim Across the Sound August 3, 2024

Register by the deadline of July 13th 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](#)

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/VirtualChallenge24>
- 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/marathon2024>

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

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Exploring Long Island's Waters



We are so grateful to Paumanok Tours and all they do for Swim Across the Sound! We connected with founder and owner, Kevin Stieglemaier, to learn more ...



Tell us about your company and the service it offers:

I started Paumanok Tours 10 years ago after my kayaking guidebook to Long Island was published. I was receiving so many calls and emails asking for advice and help planning paddling trips that a tour company just seemed like a logical next step to take.

We have since grown and now have a decent-sized fleet of a few different size and style kayaks. We rent these out all summer long, but also run guided tours across a good portion of Long Island. We run programs for local libraries as well as Boy Scout and Girl Scout troops. We organize kayaking birthday parties, family outings, and have even done a few bachelor and bachelorette parties. Basically, if you get a group together, we will get you on the water!

How long have you been supporting Swim Across the Sound?

This will be the fifth year we have supplied kayaks to help at the start of the Swim Across the Sound.

[READ COMPLETE ARTICLE HERE](#)

Thank you to the generosity of our Corporate Sponsors.



We look forward to seeing you August 3rd!

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