

The Glen Lake Swim

www.glenlakeswim.com



Granite State Health & Fitness Foundation
PO Box 933
Manchester, NH 03105

Tel: (603) 494-8774
Email: info@glenlakeswim.com

For Immediate Release
Contact: Gary Girolimon, Race Director
Date: August 16, 2021

GOFFSTOWN, NH: The Glen Lake Swim, Episode 3: Glennie Strikes Back. An out-of-this-world experience.

By Gary Girolimon

The **Glen Lake Swim, Episode 3: Glennie Strikes Back** was held in Goffstown, NH on August 15th. It was a beautiful sunny day, and with water temperatures in the 77 degree range, was perfect for swimming. The Glen Lake Swim comes with a subtitle each year. The first year was "The Search For Glennie," and episode 2 was called "Glennie Rises." Glennie is the friendly plesiosaur-like creature that has been trapped in the lake since the Gregg's Falls Dam was constructed in 1918. A full description and history of the mysterious creature, along with photos and several videos, is posted at the event website: glenlakeswim.com.

The 2021 "Glennie Strikes Back" event was inspired by Star Wars, and tells the tale of Glennie being kidnapped and frozen in carbonite. Luckily, the **501st New England Garrison** of Star Wars Troopers were able to retrieve Glennie. With the help of the Glen Lake swimmers, the carbonite slab was flash thawed at the Eversource substation that overlooks the lake, and Glennie was released back into the waters. This story can be affirmed by any of this year's swim participants who climbed out of the water, were handed a light saber, and got to pose with storm troopers, Mando, Grogu, Luke and other characters in front of the now-empty slab of carbonite.

"At any race, running, cycling, or swimming, there are a group of competitors that are trying to win," says race director **Gary Girolimon**. "The rest of the participants are there to challenge themselves and have to fun. By creating a theme we are enhancing the fun by making them part of an adventure." And if the comments received after the race from many participants are any indication, this goal was achieved.

****MORE****

Those who were there to race were not disappointed either. The course was a mile-long narrow triangular loop lined with 10 course marker buoys. Large orange buoys marked the turns and yellow buoys lined the straightaways.

Safety was, and always is, a priority at the Glen Lake Swim. Race support was provided by more than a dozen kayakers and paddle boarders that took up assigned positions on the course. Half of these kayakers were certified life guards. New Hampshire Marine Patrol was on the lake to keep recreational boat traffic away from the course, and the Goffstown Fire Department was on the waters to provide assistance if any was needed. The event also had two volunteer boats on the course, one of which transported **Bob Ouellette**, the event Safety Director. Ouellette, the lifeguards in Kayaks, the Fire Department, and Goffstown CERT, all possessed walkie talkies for rapid communication.

Swimming to victory in the one mile race was **Stacy Sweetser** (skins), finishing in 25:47. Winning the male skins division in a photo finish was **Michael Giraldi** in 27:20, besting **Jesse Stevens** by mere seconds. Giraldi is a frequent flyer at the Glen Lake swim, earning a top finishing position at each of his three appearances. In the wetsuit division "**Big Al**" **Prescott** came in first at 29:55, and **Jocelyn Nokes** won the women's wetsuit contest in 30:38.

In the two mile race **Eric Nilsson** (skins) was first out of the water after swimming a blistering 44:17 - finishing eight minutes ahead of his nearest competitor, **Travis Harker**. First overall female was **Carlyn Soares** (skins), who received her light saber in 51:19. First male wetsuit swimmer was **Matteo Caputo** finishing at 52:41 and first female wetsuit swimmer was **Brooke O'Connor** at 54:54. Full results are posted at <https://www.glenlakeswim.com>.

After the swim the festivities continued at the "Mini Glennie Expo" with raffles, dancing, exhibits, face painting, and Glennie coloring for the kids. There was a "roar like a wookiee" contest (won by **Meghan Bilz**) and In keeping with the theme, the trophies were hand crafted miniature replicas of Glennie in Carbonite. At noon the festivities moved to the Harpoon Brewery-sponsored after-party at the **Village Trestle** in town, where **Molly Zahr** (second place female wetsuit), won the coveted Star Wars Trivia Contest.

Goffstown Television covered the event with a multi-camera shoot that included two drones. The footage is being edited down into a program that they plan to premiere at **Chunky's Cinema Pub** in Manchester, NH followed by online availability. The premier will be free to all swim participants, volunteers and their families.

Top prizes for the event were furnished by SwimOutlet.com, DICK'S Sporting Goods, and Runner's Alley/marathon Sports.

MORE

“Next year we’re exploring Glennie’s darker and scarier roots in **Episode 4 The Beast from Loch Glennie,**” says **Race Director Girolimon.** “We already have themes in mind for several years to come and they are all unique, and fun. And who knows, maybe there’s another Star Wars adventure in our future.”

Event Photos

Photos can be downloaded here: https://glenlakeswim.com/images/GLS_2021_Photos.zip

Photo Captions

- **Eric_Nilsson.jpg** - Winner of the two mile race, Eric Nilsson from Boston, MA. (Mindy Randall Photo)
- **Gary_Characters.jpg** - Race Director Gary Girolimon surrounded by the troopers from the 501st New England Garrison. (Mindy Randall Photo)
- **In-Water.jpg** - Two mile swimmers preparing for the start. (Dave Beliveau Photo)
- **Kayaks.jpg** - Support kayaks being deployed. (Mindy Randall Photo)
- **Mando_Grogu.jpg** - Mando and Grogu from the Mandalorian visited Glen Lake. It is the way. (Mindy Randall Photo)
- **Photo_Finish.jpg** - Bedford, NH's Michael Giraldi edges out Jesse Stevens from Sweden, ME in the One Mile race. (Mindy Randall Photo)
- **Race_Start.jpg** - The Two Mile competition begins. (Dave Beliveau Photo)
- **Stacy_Sweetser.jpg** - First out of the water in the one mile race, Stacy Sweetser from Amherst, NH. (Mindy Randall Photo)

END