

Elaine K. Howley

Marathon Swims Completed

- 3rd person to complete the Triple Crown of Monster Swims:
 - » 21.5-mile solo crossing of Lake Tahoe, California/Nevada (July 5-6, 2016, 15:27:04)
 - » 22.2-mile solo crossing of Loch Ness, Scotland (August 22, 2015, 13:21) 3rd American, ~13th swimmer in history
 - » 25-mile Length of Lake Memphrémagog, 4th place finish in the inaugural In Search of Memphré (September 11, 2011, 17:58)
- 32nd person to complete the Triple Crown of Open Water Swimming:
 - » 21-mile English Channel (August 3, 2009, 13:55)
 - » 28.5-mile around Manhattan Island Marathon Swim (June 6, 2009, 8:39:50)
 - » 20-mile Catalina Channel (September 22, 2008, 10:57:44)
- 17.5-mile Ederle Swim (October 2, 2011)
- 8-mile Boston Light Swim, Boston Harbor (August 2006, 2007, 2008)
- 10-mile Kingdom Swim, Newport, VT (July 2010 and July 2013)
- Swim Across America Long Beach 10K (September 2012)
- Flat River Reservoir 10K (September 2007, 2009, 2011)
- Lake Del Valle 10K (June 2015)
- 7-mile Around Lido Key Swim, Sarasota, Florida (April 2016)

Record Swims

- First solo, lengthwise crossing of Lake Pend Oreille in northern Idaho (32.3 miles, July 31, 2014, 20:25:55)
- Fastest double-crossing of the Boston Harbor completed as a tandem solo swim with Greg O'Connor (16 miles, August 12, 2010 7:07:48)

Other Notable Swim Events

- 24-hour training swim in Lake Cochituate, Wayland, MA (Covered approximately 38 miles, water temp 68 to 72 degrees, June 20-21, 2014)
- 10 miles in the North Channel, (between Northern Ireland and Scotland) July 30, 2013 (Swim terminated after 5 hours 15 minutes due to excessive jellyfish stings, water temp 51-52 degrees)
- Ice Mile, Boston Harbor (Water temp 41 degrees, 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)
- 12.5-mile around Key West Swim (June 2007, about 5 hours; race cancelled by Coast Guard while in progress, finished anyway after a short break—and half a beer!—on a support boat)
- 21-mile Lake George Professional Marathon Swim (June 30, 2007; swim called at 12 hours for darkness; awarded \$1,000 4th place prize)

Volunteer Experience

- Boston Light Swim Race Co-Director (2009 to present; lead director in 2015 and 2016)
- Massachusetts Open Water Swimming Association (MOWSA) Co-Founder/Vice President (December 2011 to present)
- Marathon Swimmers Federation Leadership Committee (January 2014 to present)
- Marathon Swimmers Federation Rules of Marathon Swimming Co-Author (January 2014)
- Selection Committee Member, NEKOWSA's In Search of Memphré (2011 to 2015)
- Selection Committee Member for NYC Swim's Manhattan Island Marathon Swim (2010 to 2013)
- Swim Across America Events Volunteer
 - » Swim Angel: Boston Harbor Swim (2008 to present)

- » Swim Angel: Nantasket Beach Swim (2008 to 2015)
- » Volunteer/Swimmer: April Pool Relays at Harvard (2012 to present)
- » Boston events steering committee member (2008 to present)
- » Boston events social media coordinator (2015)
- Two-term Board of Directors member, New England Masters Swim Club (October 2008 to October 2012)

Official Observer

- 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 Seigel's 19-mile cross Cape Cod Bay solo swim, (August 17, 2013)

Crew

- Bill Shipp's Catalina Channel crossing (September 2015)
- Jen Dutton's unprecedented 34.3-mile solo A-B-C crossing of Keuka Lake, NY (August 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, 2013 & 2014)
- Boston Light Swim (safety boat, 2009- present)
- 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

Relevant Professional Experience

- Publications Manager, U.S. Masters Swimming (April 2013 to present)
- Freelance Editor, NYC Swim (November 2011 to December 2012; March 2014 to August 2014)
- Freelance Contributing Writer, U.S. Masters Swimming (May 2009 to April 2013)
- Contributing Writer, *H2Open* magazine, London, UK (November 2011 to present)
- 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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| • AARP.org | • <i>SWIMMER</i> magazine |
| • <i>espnW</i> | • <i>Sandpoint Magazine</i> |
| • <i>Triathlete</i> magazine | • <i>Athleta's Chi Blog</i> |
| • <i>H2Open</i> magazine | • <i>Tales of the Beer Baby</i> |

Awards & Honors

- Ambassador for Ultima Replenisher electrolyte replacement product (October 2015 to present)
- 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

Selected Media Mentions

- [«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](#)
- Swim Vortex, [Jim Doty Memorial Clocks Dedication](#)
- Bonner County Daily Bee, [Lake Pend Oreille Success](#)
- WBUR, [Boston Light Double](#)
- SwimSwam, [MSF Publishes Rules of Marathon Swimming](#)
- Boston Globe, [Waltham Woman Conquers Mt. Everest of Swimming](#)
- Boston Globe, [Waltham Coach Swims English Channel](#)
- TriDigest, [Q&A with Channel Swimmer Elaine Howley](#)
- Daily News of Open Water Swimming, [Globe Video of BLS Double](#)
- Warwick University, [Channel Swimming Mementos](#)
- [Emerson Alumna](#) Breaks 41-Year-Old Record for Fastest Double Crossing Swim of Boston Harbor
- Peace Corps Connects [Community News](#)
- Newport Dispatch News, [In Search of Memphre 2014](#)

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