

Sara Morgan

Duluth, MN



Hello, my name is Sara (Dickenson) Morgan. I was born January 10, 1983 and raised in Superior, Wisconsin the city where the Edmund Fitzgerald began its fateful journey from. I grew up spending many hot summer days diving into Lake Superior's icy cold water at both Park Point and Wisconsin Point. For a few years I left the area to get my Masters degrees but the big lake kept calling me back. Currently I work in Duluth as a Nurse Anesthetist and live just outside of the city on the Sucker River which flows into the north shore of the Gitche Gumee.

Where do I begin with my love, addiction and passion for swimming. I have been swimming in some competitive fashion since I was 4, where the YMCA helped encourage my love for this sport. My high school coach Mike Paulin inspired me to always try harder, he saw characteristics in me that I had a hard time seeing. I'm grateful for his belief in me as a swimmer and leader because he was the reason I was invited to swim on a high school USA team in Sydney, Australia. It was a trip of a lifetime and a huge honor to participate in such an event. While in nursing school I spent time coaching youth swimming for a few different club teams and even as a nurse I helped coached for the YMCA.

Over the years I've continued my relationship with the water in the form of triathlons, open water and lap swimming. It wasn't until I swam the Point to La Point race that I realized I enjoyed longer distance swims. In this vast and majestic world, there are a few things that can make you know your place and one is being encompassed by the strength of a big lake like the Gitche Gumee. Through the growing pains of life, swimming has always been a release for me, a rather space to clear my mind and strengthen my soul, a moving meditation when nothing else seemed to calm nor heal me. For a little over 5 years my husband and I struggled to have a family, there were times when both the physical and emotional pain of infertility treatments seemed overbearing and it was during those times that swimming helped me the most. By the grace of God we ended up conceiving our daughter Lyra ironically the same week the pandemic hit the US shores, we were so thrilled and scared at the same time. That summer I open water swam for exercise because it was outdoors and considered a safe space with my small group of open water swimmers. I kept at it until my friend said my baby bump was too big for my wetsuit to zip so I took to lap swimming instead. Lyra was born in November of 2020 happy and healthy. Roughly 2 ½ years later we were blessed for a second time with identical twin boys, Leo and Nash, who are now 1 year old and growing bigger everyday. Let just say I floated, rather than swam, after a few months of being pregnant with my twins.

When I learned about the Edmund Fitzgerald Memorial Swim I was immediately intrigued. I felt that being able to honor those lives that were lost to the big lake was an opportunity not to be missed. I have many relatives both alive and deceased that worked up and down the shorelines of the Gitche Gumee both on and off freighters. One relative in particular, Great Uncle Sterling Malone, was a lighthouse keeper's first assistant for Split Rock Lighthouse on the northshore of Lake Superior in the 1930's and this lighthouse was known to have guided The Edmund Fitzgerald through the waters of Lake Superior. This swim will not only honor those lost but also honor my past family members that found importance in our freighters and lighthouses too. This swim for me personally will be a reminder of my strength and perseverance, it will be a fun challenge after having twins and a story to pass along to my kids.

I'm thankful to my loving and amazing husband, who's always taking the early mornings with the kids while I hit the lake. Also, thank you to my parents who have always believed in me. And last but not least, a shout out to my swim buddies for keeping me motivated and cheerful every morning out in the water!