

Tammy Lenarz Carruth

Montevideo, MN



Hello! My name is Tammy Lenarz Carruth and I am from Douglas County, Minnesota. I developed a love for swimming as a child and would ride my bike to the lake from our farm whenever possible. When my four children were young, my husband and I took them to Bayfield, WI to see Lake Superior. I learned of the long distance, Point to LaPointe swim and my competitive swimming journey began the following summer when I swam the 2 mile race from Bayfield, WI to Madeline Island.

I have since used my proximity to Lake Superior to cold water train and acclimate for other open water swims such as the Alcatraz Swim, Lake Ontario Toronto Island Swim, the 99th Liffey Swim, Dublin, Ireland, Swim Across the Arctic Circle-Finland to Sweden, Missouri River crossing at the

Buryanek Recreation Area, SD, Puget Sound at Alki Beach, Seattle, WA, PurePactola in the Black Hills of South Dakota, a Lake Michigan swim near Milwaukee and the 12 mile, width of Lake Tahoe swim as a 2 person relay.

I recently returned from Scotland where I participated in a 1.5K swim race in beautiful Loch Morlich in the Cairngorm National Park. The wavy, windy and cold conditions proved to be my most challenging swim ever and I was grateful to just *finish* the race.

My enjoyment of open water swimming is driven by my love for exploring this beautiful big Earth and the sense of freedom that swimming brings. I have a desire to “just keep swimming” to financially support worthy causes such as cleaner lake water, affordable swimming lessons for kids and the restoration of Whitefish Point Light Station. I believe that regular lap swimming and cold water dipping has been greatly beneficial to my mental health as well.

I am now a grandma to five little boys and enjoy sharing the lake with them. I am honored to swim and raise money for the Edmund Fitzgerald Memorial Swim that honors the 29 mariners who perished.