

Lamorinda Sunrise Rotary



CONNECT, ENGAGE, MAKE AN IMPACT

The Lamorindan

The Newsletter of the Lamorinda Sunrise Rotary Club

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SPEAKER

Today's speaker was the anti-couch potato **David Miller** (pictured). To say he lives an active lifestyle would be an understatement. In 2011 to celebrate his 50th birthday he embarked on a 15,000-mile bicycle trip to visit all 50 states. As if that wasn't tough enough he towed a trailer with his bike so that his 75 pound Weimaraner dog Max could go along, which he described as his best and worst decision.

But that was just a warm up for his next goal. For the year 2020 he set a goal of swimming 1,000,000 yards. That the equivalent of 568 miles, or roughly the distance from San Francisco to Las Vegas. There was also a purpose to his madness as he set a goal of raising money for the Cancer Research Institute (CRI) ([check out their website here](#)). The CRI was important to him because his father died of cancer and his mother and sister are cancer survivors. He was also impressed with CRI's focus on immunotherapy and the evaluation by third parties of its high rate of fund raising (97%) that supports research with only 3% going to cover overhead costs.

Since David has daily access to the Soda Swim Center at Campolindo High School he figured all he had to do was average 3,500 yards a day for 6 days a week and what could possibly go wrong? Everything was going smoothly for the first two months but then the COVID lockdown hit. With the pool shutdown to the public there was no need to

heat the water but David was undeterred and continued his swimming but now had to use a wetsuit.

June brought better weather and with restrictions relaxed and the public allowed back to the pool the water temperature returned to normal, which allowed him to ditch the wetsuit and he was back on schedule. But another roadblock was just ahead in the form of some of the worst wildfires in California history. The August wildfires created the worst air quality conditions and strenuous outdoor exercise was discouraged. After his swim workouts he could definitely feel the effects of the smoke. As a result, David fell behind his goal pace in August.

Fortunately, the smoky conditions improved in September and he got his swimming yards back on schedule. David also renewed his focus on his fundraising and launched his website. Both were successful as he raised over \$50,000 for the CRI and by December 27th he was ready to put the finishing touches on his last day of swimming. Needing only 2,000 yards on this final day he was accompanied by Campolindo alum and Olympic swimmer **Kim Vandenberg**. As we watched a video of him finishing that last lap it appeared that he had a lot of energy left as he exited the pool and executed a perfect hand stand, which was witnessed by **Pat Flaharty**.

If you would like to donate to this great cause donations are still being accepted [here at swimamillion.org](http://swimamillion.org).



Please Donate
swimamillion.org