

ocean  **fever** *presents*
South Bay Series Speakers



CARLY MILLER is a marathon swimmer and swim coach living in Los Angeles. Her high school swim coach was a big positive influence on her and one of the reasons why she would eventually transition into swim coaching. Carly is the head coach of the open water program for West Hollywood Aquatics (masters). She is the Head Varsity & JV Swim Coach at Notre Dame Academy in Culver City. She started to swim again in 2015 after about 20 years of staying mostly on dry land. In 2020, she completed the California Triple Crown. In 2021, Carly became the 6th person to ever swim the 27-mile width of Santa Monica Bay from Point Dume in Malibu to Rocky Point in Palos Verdes. Carly used her swims to raise money for non profits. Carly hopes to inspiring another generation of young swimmers.



KEVIN SHINNICK was intensely scared of the deep end of the pool until he was 5 years old. But since then there's a rarely been a day he hasn't been in the water. After graduating from LMU, Kevin raced in a number of triathlons, and, after completing his second Ironman distance race, he started focusing on marathon ocean swims. He's one of only 140 American swimmers who have completed the Triple Crown of Ocean Swimming (English Channel, Catalina Channel, and the circumnavigation around Manhattan in New York). Kevin also found a new passion recently as a kayak supporter on the Catalina Channel swims and has escorted several successful solo and relay swims over the past two summers. The ocean is his passion and it's safe to say he's no longer scared of the deep end!



JOANNA BURGA is a first generation American with South American heritage who was born and raised in Los Angeles. She earned her Master of Social Work Degree from the University of Southern California. She is passionate about providing therapy to individuals who are motivated to explore themselves and willing to make changes to improve their life, relationships and well-being. The first 5 years of her work consisted of working in hospitals, mostly in the Los Angeles area and she has also worked in Sydney, Australia. Joanna has lived in 3 countries, the US, Wales, and Australia — never being able to live far from the beach since her adulthood.



DANIEL LODER is a 47 year old husband and father of 3 children. He is a medical doctor, double board certified in anesthesiology and pain management for orthopedics and spine. Dan is an avid surfer, diver, lobster diver, and spear fisherman. He started triathlons at 16 and marathons at 19 in New Jersey. Since then he has completed over 100 marathons, including Boston 2021; 7 Ironman full distance races, including 4 in 2022 (Kona, Nice, Texas, Cozumel); 3 ultramarathon races, including the Leadville 100 and UTMB Val D' Aran 100. The racing has allowed him to raise over \$80,000 for the Navy Seal Foundation, National Hemophilia Foundation, the French Hemophilia Foundation, and the Ironman Foundation. He is scheduled for several more Ultramarathons this year including UTMB Chamonix, Canyons 100, Vermont 100, Moab 240. In 2024 he will attempt to swim the English Channel. The longer the better!



JOY MIYATAKE is an ocean-loving spearfisher, yoga therapist, and photographer. She combines her passions for the water and yoga to create a healing experience that she shares leading retreats all over the world. She is also an underwater photographer. Joy began spearfishing only 3 years ago. Her spearfishing and freediving adventures have taken her to many places around the world including Cambodia - where she hosted a retreat healing ancestral trauma. She loves helping others find balance and healing. Through her work, she hopes to inspire others to find peace and connection in our natural world. She continues to push herself to explore new depths and show that we can all find balance in the ocean.

FREE EVENT - GIVEAWAYS - FOOD

RSVP by 3/22/23 at rominacaristo@gmail.com

Due to weather, we will be upstairs, inside.

504 N. Broadway, RB, CA 90277



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#2: Saturday 03.25 @ 3pm

