

Sam Lent

Evanston, IL



Sam grew up in the suburbs of Chicago and spent many years swimming on her neighborhood and high school swim teams. After moving back to the Chicago area in her late 20s, she rediscovered her love for swimming in Lake Michigan. While she's not planning on getting back into a pool with a countdown clock anytime soon, she loves her open water swim groups in Chicago and Evanston and enjoys the occasional open water race.