

# Swim F.A.S.T. 2010

## Escape Your Limitations April 10-11, 2010



**Join us** as we escape our personal limitations and help others to overcome their own in the process. Judging from the feedback of past participants, it's not a stretch to call these barrier-breaking, San Francisco Bay swims "life-changing" for participants and their families. And here's the bonus: Swim F.A.S.T. fundraising efforts transform the lives of Valley children – particularly refugees and young school children – as together we promote water safety and the work of F.A.S.T., the Foundation for Aquatic Safety and Training.

### The Dates

Saturday April 10, 2010: Alcatraz to San Francisco Crossing

Sunday April 11, 2010: Golden Gate Bridge Crossing

### The Swims

The Alcatraz and Golden Gate swims are two separate events connected to one great cause. Swimmers may choose to participate in either the Alcatraz swim or the Golden Gate Bridge crossing, *or* choose to do both swims – a unique accomplishment unto itself.

Each swim provides the exhilarating experience of traversing about 1.5 miles in open water. Attention desert-dwellers: water temps are expected to be in the low 50's (yes, that's Fahrenheit). Wetsuits are required! (As if you'd want to do it any other way.) In more detail:

- The Alcatraz swim starts with the legend that is "The Rock." The route takes swimmers from just within reach of its rocky shore, past the beams of its searchlight toward the skyline of San Francisco. From there, the escape is on, as children (and their parents, of course\*) accomplish what no hardened Alcatraz convict *ever* did – escape and arrive successfully on shore. The party really gets started when swimmers climb out at San Francisco's Aquatic Park. It continues with an afternoon recap, awards and t-shirts for each finisher.
- The Golden Gate Bridge swim is a point-to-point crossing providing a breathtaking, once-in-a-lifetime perspective of the world-famous landmark. Swimmers will exit from their host boat and follow the lines of the architectural and engineering marvel from South to North. They'll be greeted by that same boat for the celebratory return to shore. Throats may be hoarse from whooping it up by this point, but another land-based gathering awaits with event awards and another t-shirt finishers will proudly wear.

\*Adults – parents, uncles, aunts, family friends, grandparents (yes, grandparents have done this) etc. – are *strongly* encouraged to share this amazing experience at their child's side. Many adults have previously expressed that the bond of training and reaching shared goals with a child is like no other. For those who draw the long straws and choose to watch and take pictures, spectator boats will be made available at cost.

### **Your Commitment: Eligibility**

The goals are clear: (1) to escape limitations of what we think is possible, and (2) to raise money to help improve water safety. To meet them requires the right starting point, preparation, training and focus. For these reasons, we must insist on the following:

1. All swimmers are at least 8 years old on event day (no exceptions!).
2. Swimmers ages 8-10 are qualified via more specific procedure to ensure safety/success.
3. All swimmers are adequately trained and prove open-water competence prior to the event.
4. All swimmers, child and adult, must be annual registered members of USA Swimming.
5. All swimmers under age 18 must be members of a competitive swim team and provide documentation of sufficient practice attendance to complete the swim.

### **Your Commitment: Training**

The Swim F.A.S.T. crew provides up to eight supported open-water training opportunities and two classroom sessions to help swimmers prepare for the event. Most open-water training sessions are held at Bartlett Lake on weekend mornings. They are critical opportunities to acclimate to actual event conditions (i.e. murky, cold, open water). Make every effort to attend the sessions starting in November (a full training schedule will be distributed to all registrants).

Open water sessions are supplementary to your own individual training in the pool. It is equally important that each participant develop the strength, stamina and conditioning to complete his/her chosen event(s) via regular pool-based training.

### **Your Commitment: Costs**

In return for organizing, providing training, managing and delivering a safe and successful experience (or two) of a lifetime, there are of course costs for Swim F.A.S.T. One category covers event hard costs (above and beyond the many volunteer hours), the other raises money for the F.A.S.T. Foundation mission of “kids saving kids.” Of course, the money raised for F.A.S.T. – a 501(c)3 nonprofit – is tax-deductible as allowed by law. How the costs breakdown:

Event Fee, Alcatraz:	\$125
Event Fee, Golden Gate:	\$125 (optional)
Equipment Fee:	\$75
Training Fee:	\$100
Fundraising Goal:*	\$200

\*Any funds contributed to F.A.S.T. are tax-deductible. We do recognize the difficult economic environment, and the fundraising goal is not a requirement.

### **Your Commitment: Registration**

Complete the interest form online. Additional waiver and liability releases will be required prior to the first open water swims, and these will be shared with you as we move towards training, along with (1) a deeper introduction to/history of the event, (2) details on training and how we will work as a community to help each other along the way, (3) more detailed timelines and much, much more.

### **Our Commitment: To You**

Swim F.A.S.T. 2010 builds on a rich, colorful and even record-setting three-year history of successful, breakthrough San Francisco Bay swims. The news media aren't the only fans. So are hundreds of families who've participated before that plan on returning again this year. Our commitment to you is that we'll do all within our power to make this year another fantastic journey filled with fun, family, exhilaration, celebration, community and fundraising for a great cause.