



# Inaugural Keller Cove Swim For Kids' Sake

**October 3, 2010**

**Keller Beach, Miller/Knox Regional Shoreline  
Richmond, California**

**Presented by: Richmond Swims/Richmond Friends of Recreation  
Lifeguard Services: East Bay Regional Park District**

## ***The Event***

This open water bay swim is a first-time fundraising event to benefit and celebrate the startup of a new youth USA swim team program in the City of Richmond, based at the recently restored Richmond Municipal Natatorium ("The Plunge"). The proceeds from the event will be used for coaching, equipment, pool fees and swimming scholarships for inner-city youth throughout Richmond. The swim is being organized and presented by Richmond Swims/Richmond Friends of Recreation. The swim will be held at Keller Beach, Miller/Knox Regional Shoreline, in cooperation with the East Bay Regional Park District (EBRPD), who will provide water safety and lifeguard services for the event. The swim will take place in an area of San Francisco Bay known locally as Keller Cove, and will be the inaugural open water swim competition at this venue. The Race Starter will be Ralph Kendrick, who trained at the Plunge and starred at Harry Ells High School and Indiana University in the 1960s. John T. Knox will be in attendance as an honorary guest.

## ***Swim Details***

### **Distances**

### **Divisions**

- ❖ ½-mile, 1-mile, and 2-mile\* .....Male, Female, Skin & Wetsuit
- ❖ 4 x 500-yd relay.....Male, Female, Combined M/F, Skin & Wetsuit
- ❖ 250-yd Kids' Fun Swim.....Non-competitive

\* Note: Swimmers may compete in only one these three swims, which will be run concurrently.

## Schedule of Activities

- ❖ Swimmer Check-in: 7:00 am – 8:15 am
- ❖ Pre-race Instructions: 8:15 am – 8:30 am
- ❖ ½, 1 & 2-mile Swim Events: 8:30 am – 10:30 am
- ❖ Relay & Kids' Fun Swim 10:30 am - 11:30 am
- ❖ Refreshments, Music, Awards 11:30 am – 1:00 pm
- ❖ Tour of the "Plunge" 12:00 pm – 2:00 pm

## Swim Course

All swims will begin and end on Keller Beach and will follow a counter-clockwise course marked by brightly-colored buoys ([swim course map](#)). The ½, 1 and 2-mile swims will be run concurrently, beginning with the 2-mile swim wave, followed a few minutes later by the 1-mile and then by the 1/2-mile swim participants. The 2-mile swim will consist of two loops of the 1-mile course. A 2-hour time limit will be enforced for the swim. The Relay swim and Kids' Fun Swim will be conducted following the individual swim events.



## Eligibility and Registration

The swim is open to all adult swimmers (18 and over) and youth swimmers (under 18) who are registered with USA Swimming (with parental/legal guardian consent). The lower age limit for youth swimmers is 10-years old for the 1/2-mile swim, and 12-years old for the 1-mile, 2-mile and Relay swims. All participants must sign the Release/Waiver of Liability form with their registration.

To download registration forms: [Adult Entry Form](#) [Under 18 Entry Form](#) [Relay Entry Form](#)

### Notes:

- ❖ Exceptions to the USA Swimming registration requirement will be considered only on a case-by-case basis where comparable swimming ability can be demonstrated to the Race Director.
- ❖ The swim is open to handicap swimmers; contact Race Director regarding specific water assistance needs.
- ❖ Contact the Race Director for information regarding participation in the Kids' Fun Swim
- ❖ Contact Race Director, John Schonder, at: [richmondswims@gmail.com](mailto:richmondswims@gmail.com)

## Water Temperature and Wetsuits

Water temperature for the swim is expected to be in the range of 60-64 degrees. Water temperatures near Keller Cove can be checked at: <http://www.nodc.noaa.gov/dsdt/cwtg/cpac.html>.

Swimmers are encouraged to wear wetsuits unless they are accustomed to swimming without wetsuits at the expected water temperature and for the distances offered in this event.

## Awards

- ❖ ½, 1 and 2-mile Swims
  - Overall.....Top 3 finishers each Division
  - Age Group.....1<sup>st</sup> place by 10-yr group, each Division
- ❖ 4 x 500-yd Relay.....1<sup>st</sup> place each Division
- ❖ Kids' Fun Swim:.....Participant awards to all swimmers

## Entry Fees & Donations

(Make all checks payable to "Richmond Swims")

### Individual Events

- ❖ \$50.00 per person, if postmarked by Monday, September 27, 2010 (\$40 for youth, under 18)
- ❖ Late or race-day registration is \$60.00 per person (\$50 for youth, under 18)
- ❖ No entry fee for Kids' Fun Swim
- ❖ Participants will receive an event T-shirt, swim cap for the race, and refreshments after the swims.

### Relay Event (for registered swimmers only; race-day registration OK):

- ❖ Minimum per Team:

- \$25/team member x 4 members	\$100 (\$20 for each youth under 18)
- Tax-deductible donation	<u>\$400</u>
Total	\$500
- ❖ \$1,000 Relay Team Sponsorships (in addition to \$500 minimum) available; contact Race Coordinator for additional details at: [nhantzsche@questaec.com](mailto:nhantzsche@questaec.com).

**Additional tax-deductible donations** of any amount may be made and will be gratefully accepted to support the effort to develop an affordable swim team program for the youth of Richmond.

## Water Safety & Lifeguard Services

- ❖ Water safety services for the event, including lifeguards and boat support, will be provided by the East Bay Regional Park District.
- ❖ All participants will be required to wear a day-glow swim cap (provided), and will receive body-marking for swimmer identification.
- ❖ The use of swim fins or other floatation devices will not be permitted.
- ❖ Personal escorts may be permitted or required only for handicap swimmers as determined by the EBRPD Aquatics Supervisor and Race Director (contact: [richmondswims@gmail.com](mailto:richmondswims@gmail.com))
- ❖ The swim event has been scheduled to coincide with high slack tide conditions. The swim area (Keller Beach/Keller Cove) is not subject to strong bay currents, as it lies off the main tidal channels in a relatively protected cove.

## ***Directions and Parking***

***Driving Directions.*** Keller Beach is located at the intersection of Western Dr. and Dornan Dr. in Point Richmond, adjacent to the south portal of the Dornan Dr. Tunnel. From Highway 580, take the Canal Blvd exit and turn south; turn right at W. Cutting Blvd; turn left at Dornan Dr./S. Garrard and proceed past “The Plunge” through the tunnel. Keller Beach is on the right upon exiting the south side of the tunnel ([map](#)).

***Parking.*** Parking near Keller Beach is limited to curbside parking along the west side of Dornan Dr, which stretches for a distance of approximately one mile to the south (toward San Francisco). Come early for close-in parking. Other parking options include ([map](#)):

- ❖ Street parking in Point Richmond (near the Plunge) and walk through the tunnel (1/4 mile)
- ❖ Main Parking Lot for Miller/Knox Regional Shoreline (1/3 mile)
- ❖ Dirt parking area across from Main Parking Lot (1/3 mile)
- ❖ Overflow and South Parking Lot (1/2 mile)

## ***Event Organizers***

***Richmond Friends of Recreation (RFOR)*** was formed in 1979 as a non-profit organization with the purpose of promoting community recreational programs in the City of Richmond. In past years RFOR spearheaded major equipment and building rehabilitation at the Richmond Plunge, and subsequently established Save the Plunge Trust ([www.richmondplunge.org](http://www.richmondplunge.org)), which was responsible for raising private and public funds for the recently completed restoration of The Plunge. RFOR is a 501.C.3, tax-exempt organization.

***Richmond Swims*** was formed under RFOR following a successful grass-roots community campaign to have The Plunge restoration include the installation of a movable bulkhead that would allow the pool to be used for regulation swimming and swim teams, along with all other aquatic activities. Richmond Swims’ mission is the revitalization of youth and adult swimming in Richmond, and to this end has sponsored the formation of a USA Swimming youth team (Richmond Sailfish) and a US Masters swim team (Richmond Plunge Masters, RPM), with formal workouts and activities beginning following the August reopening of The Plunge.

## ***Sponsorship Opportunities***

For information on donations and event sponsorship opportunities please contact the Race Coordinator, Norm Hantzsche, at [nhantzsche@questaec.com](mailto:nhantzsche@questaec.com).

Richmond Swims/RFOR

P.O. Box 70105

Richmond, CA 94807



Keller Cove Swim Course

**Keller Cove Swim for Kids' Sake – October 3, 2010 - Individual Adult Entry Form**  
**Mail to: Richmond Swims, P.O. Box 70105, Richmond, CA 94807**

Last Name:		First Name:			
Street Address:		City:		State:	Zip:
Phone: (    )	Email Address (optional):			Birth Date:	Age Race Day:
Male ____ Female ____	<b>Race Distance and Division (Circle One Only):</b>				
T-Shirt Size (circle): S   M   L   XL   XXL	Non-Wetsuit (Skin)			Wetsuit	
	½ mile	1 mile	2 mile	½ mile	1 mile      2 mile
Registration Fees for ½, 1 or 2 mi swim: <ul style="list-style-type: none"> <li>• Prior to 9/27/10: \$50/person _____</li> <li>• Late or Race Day: \$60/person _____</li> </ul> Relay Event Reg Fee      \$25/person _____			Total Fees Enclosed:  \$ _____		For Official Use Only

**RELEASE AND WAIVER OF LIABILITY  
AND ASSUMPTION OF RISK AGREEMENT**

**FOR GOOD AND VALUABLE CONSIDERATION**, including permission to participate in **Open Water Swim** and related activities, I, for myself, my successor, heirs, assigns, executors, and administrators;

1. Agree that prior to participating I will inspect the facilities, equipment and areas to be used, and, if I believe any of them are unsafe, I will immediately advise the person supervising the event, activity, facility, or area;
2. Acknowledge that I fully understand that my participation may involve risk of serious injury or death, including economic losses which may result not only from my own actions, inactions, or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, the rules of play, or this type of event or activity;
3. Assume any and all risks of personal injuries to myself, including medical or hospital bills, permanent or partial disability, death, and damage to my property, caused by or arising from my participation in this event or activity;
4. Covenant not to sue or present any claim for personal injury, property damage, or wrongful death against **Richmond Friends of Recreation/Richmond Swims** and **E.B.R.P.D.**, their officers, agents or employees, and agents attributable to my participation in the event or activity;
5. Release, waive, discharge and relinquish **Richmond Friends of Recreation/Richmond Swims** and **E.B.R.P.D.**, their officers, employees, and agents from any liability, loss, damage, claim, demand or cause of action against them arising from or attributable to my participation in the event or activity, whether same shall arise by their negligence or otherwise;
6. Agree that photographs, pictures, slides, movies, or videos of me may be taken in connection with my participation in this event or activity without compensation from **E.B.R.P.D.** or **Richmond Friends of Recreation/Richmond Swims** and consent to the use of these photographs, pictures, slides, movies, or videos for any legal purpose;
7. Warrant that I am in good health and have no physical condition that would prevent me from participating in this event or activity;
8. Acknowledge that **E.B.R.P.D.** and **Richmond Friends of Recreation/Richmond Swims** are not joint sponsors, joint venturers, partners, or otherwise jointly engaged in the above-named event or activity.

THIS DOCUMENT RELIEVES **RICHMOND FRIENDS OF RECREATION/RICHMOND SWIMS** AND **E.B.R.P.D.** AND OTHERS FROM LIABILITY FOR PERSONAL INJURY, WRONGFUL DEATH, AND PROPERTY DAMAGE CAUSED BY NEGLIGENCE. I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN VOLUNTARILY.

PRINTED NAME

SIGNATURE

DATE

\_\_\_\_\_

**Keller Cove Swim for Kids' Sake – October 3, 2010 - Entry Form for Minor (under 18)**  
**Mail to: Richmond Swims, P.O. Box 70105, Richmond, CA 94807**

<b>Last Name:</b>		<b>First Name:</b>			
<b>Street Address:</b>		<b>City:</b>	<b>State:</b>	<b>Zip:</b>	
<b>Phone:</b> (    )	<b>Email Address (optional):</b>		<b>Birth Date:</b>	<b>Age Race Day:</b>	
<b>Male</b> ___ <b>Female</b> ___	<b>Race Distance and Division (Circle One Only):</b>				
<b>T-Shirt Size (circle):</b> S   M   L   XL   XXL	<b>Non-Wetsuit (Skin)</b>			<b>Wetsuit</b>	
	½ mile	1 mile	2 mile	½ mile	1 mile      2 mile
<b>USA Youth Swimmer:</b> Yes ___ No ___	<b>Registration Fees for ½, 1 or 2 mi swim:</b>			<b>Total Fees Enclosed:</b>	
<b>Team Name:</b> _____	<ul style="list-style-type: none"> <li>• <b>Prior to 9/27/10:</b>    \$40/person _____</li> <li>• <b>Late or Race Day:</b>    \$50/person _____</li> </ul>			<ul style="list-style-type: none"> <li><b>Relay Event Reg Fee</b>      \$20/person _____</li> </ul>	
<b>USA Registration No:</b> _____				\$ _____	
<b>For Official Use Only:</b>					

**PARENTAL CONSENT RELEASE AND WAIVER OF LIABILITY  
AND ASSUMPTION OF RISK AGREEMENT**

**FOR GOOD AND VALUABLE CONSIDERATION**, including permission for \_\_\_\_\_ (the .minor.) to participate in \_\_\_\_\_ and related activities, I, the parent/guardian of the minor for myself and on behalf of the minor:

1. Consent to the minor.s participating in the event or activity; and agree that prior to the minor.s participation in the event or activity the minor and I will inspect the facilities, equipment, and areas where the event or activity is being conducted and, if either of us believes any of them are unsafe, I will immediately advise the person supervising the event, activity, facility or area;
2. Acknowledge that the minor and I fully understand that the minor.s participation may involve risk of serious injury or death, including economic losses, which may result not only from the minor.s own actions, in-actions, or negligence, but also from the actions, in-actions, or negligence of others, the condition of the facilities equipment, or areas where the event or activity is being conducted, the rules of play, or this type of event or activity;
3. Release, waive, discharge and relinquish **Richmond Friends of Recreation/Richmond Swims** and **E.B.R.P.D.** and their officers, employees, and agents from any liability, loss, damage, claim, demand or cause of action against them attributable to the minor.s participation in the event or activity, whether same shall arise by their negligence or otherwise;
4. Assume and all risks of personal injuries to the minor and authorize **E.B.R.P.D.** or **Richmond Friends of Recreation/Richmond Swims**, to contact or employ a licensed physician to render any medical treatment that may be deemed necessary for the minor or to take and admit the minor to any hospital. If such medical treatment or hospitalization is required, I agree to pay all medical and hospital bills relating thereto, permanent or partial disability, or death and damages to the minor.s or my property, caused by or arising from the minor.s participation in the event or activity;
5. Covenant not to sue or present any claim for personal injury, property damage, or wrongful death for or on behalf of the minor against **Richmond Friends of Recreation/Richmond Swims**, **E.B.R.P.D.** and their officers, employees, and agents attributable to the minor's participation in the event or activity;
6. Agree that photographs, pictures, slides, movies, or videos of the minor may be taken in connection with the minor's participation in the event or activity without compensation from **Richmond Friends of Recreation/Richmond Swims** or **E.B.R.P.D.** and consent to the use of photographs, pictures, slides, movies, or videos for any legal purpose;
7. Warrant that the minor is in good health and has no physical condition that would prevent the minor from participation in the event or activity;
8. Acknowledge that **E.B.R.P.D.** and **Richmond Friends of Recreation/Richmond Swims** are not joint sponsors, joint venturers, partners, or otherwise jointly engaged in the above named event or activity.

**IMPORTANT:**

THIS DOCUMENT RELIEVES **Richmond Friends of Recreation/Richmond Swims** and **E.B.R.P.D.** AND OTHERS FROM LIABILITY FOR PERSONAL INJURY, WRONGFUL DEATH, AND PROPERTY DAMAGE CAUSED BY NEGLIGENCE. BOTH PARENTS MUST SIGN UNLESS ONLY ONE PARENT IS LIVING OR UNLESS ONLY ONE HAS LEGAL CUSTODY. LEGALLY APPOINTED GUARDIANS MUST SIGN AND FURNISH A CERTIFIED COPY OF LETTERS OF GUARDIANSHIP.

I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I WILL GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN VOLUNTARILY.

PRINTED NAMES (Parent/Guardian)	SIGNATURES	DATE
_____	_____	_____

I HAVE READ THIS DOCUMENT SIGNED BY MY PARENT OR GUARDIAN AND JOIN THE WAIVER, RELEASE AND ASSUMPTION OF RISK. I AM AWARE OF THE RISKS INVOLVED IN MY PARTICIPATION IN THE EVENT OR ACTIVITY.

PRINTED NAME	SIGNATURE	DATE
_____	_____	_____

**Keller Cove Swim for Kids' Sake -October 3, 2010**  
**4 x 500-yd Relay Team Entry Form**  
**Mail to: Richmond Swims, P.O. Box 70105, Richmond, CA 94807**

Relay Team Name:

Relay Team Members (4 registered swimmers required):

For Official Use Only

Name

Male

Female

1.

2.

3.

4.

Primary Contact Person for Team:

Phone:

Email Address (optional):

(     )

Relay Division (Circle One Only):

Male

Female

Combined M/F

Skin

Wetsuit

Skin

Wetsuit

Skin

Wetsuit

Notes: 1. "Combined M/F" teams are those with at least one male and one female swimmer.

2. "Wetsuit" teams are those with one or more swimmers wearing a wetsuit.

Minimum Tax-deductible Donation: \$ 400 per team

Total Amount Enclosed: \_\_\_\_\_

Check here if interested in being contacted  
about \$1,000 Relay Team Sponsorship  
Opportunity \_\_\_\_\_ Yes



Directions & Parking Guide – Miller/Knox Regional Shoreline