



**2<sup>nd</sup> Annual**

**Keller Cove Swim**

**~~ 2 mile ~~**

**For Kids' Sake**

**~~1 mile ~~**

**September 25, 2011**

**~~1/2 mile~~**

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

***Presented by: Richmond Plunge Masters (RPM)***

***Sanctioned by: USMS/Pac Masters and USA Swimming/Pacific Swimming***

***Lifeguard Services: East Bay Regional Park District***

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### ***The Event***

This open water bay swim is the second annual fundraising event to benefit and celebrate the startup of a new youth USA swim team ("Sailfish") and Masters swim program in the City of Richmond, based at the restored Richmond Municipal Natatorium ("The Plunge"). 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 Plunge Masters (RPM). It 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 event includes open water swim competition for youth (ages 11 to 18) and adult swimmers, at ½-mile, 1-mile and 2-mile distances, wetsuit and non-wetsuit. This is the final event of the Pac Masters 2011 open water swim season.

### ***Event Sanctioning and Eligibility***

The Masters swim events (½-mile, 1-mile and 2-mile) are USMS/Pac Masters sanctioned events. The youth swim events (½-mile and 1-mile) are USA Swimming/Pacific Swimming sanctioned events. All participants must be current 2011 registered members with the respective organization to compete. Non-USMS swimmers may register with USMS at the event on race day. The swim is open to handicap swimmers; contact the Race Safety Officer (John Schonder, [richmondswims@gmail.com](mailto:richmondswims@gmail.com)) regarding specific water assistance needs.

### ***Swim Events***

- |                          |                               |                                   |
|--------------------------|-------------------------------|-----------------------------------|
| ❖ Masters (18 and over): | ½-mile, 1-mile & 2-mile swims | Non-Wetsuit and Wetsuit Divisions |
| ❖ USA Youth (11 to 18):  | ½ mile & 1 mile swims         | Non-Wetsuit and Wetsuit Divisions |

Swimmers may register and compete in only one of these swims, which will be run concurrently in wave starts.

### ***Registration/Check-In***

Registration may be made by mail, on-line, or at the event on race day. Registration and check-in will open at 7:30 am. Race day registration will require payment by cash or check (no credit cards accepted). Race-day registration will require entrants to provide USMS or USA swimming card. Mailed registrations must include photocopy of valid membership card at time of entry. Go to RPM/Richmond Swims' website (<http://www.richmondswims.org>) for online registration information.

## Schedule of Activities

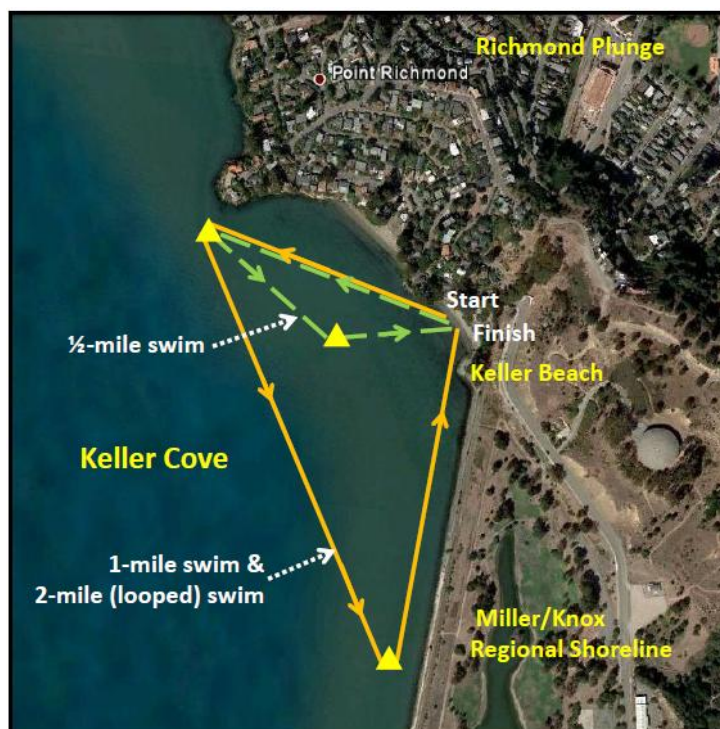
- ❖ Swimmer Check-in: 7:30 am - 9:00 am
- ❖ Pre-race Instructions: 9:00 am - 9:15 am
- ❖ ½, 1 & 2-mile Swim Events: 9:30 am - 11:30 am
- ❖ Refreshments and Awards 11:30 am - 1:00 pm

## Swim Course

All swims will begin and end on Keller Beach and will follow a counter-clockwise course marked by brightly-colored buoys. 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. For swimmer safety, time limits will be 1 hr for the 1-mile swim and 2 hrs for the 2-mile swim.

## Water Temperature and Wetsuits

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



## Awards

- ❖ Masters Non-Wetsuit Division: ½, 1 and 2-mile swims; top 3 places in each 5-yr age groups; Men & Women
- ❖ Masters Wetsuit Division: ½, 1 and 2-mile swims; top 3 places 18-39, and 40+; Men & Women  
(Note: Only 1-mile and 2-mile swims are eligible for Pac Masters Open Water Points Competition)
- ❖ USA Youth Non-Wetsuit Division: ½ and 1-mile swims; top 3 places 11-12, 13-14, 15-16, 17-18; Boys & Girls
- ❖ USA Youth Wetsuit Division: ½ and 1-mile swims; top 3 places; Boys & Girls

## Entry Fees

Category	On-line or Postmarked by	Entry Fee		Event T-shirt (extra)	Total with T-shirt	
		USA Youth	Masters		USA Youth	Masters
Regular	9/10/2011	\$30	\$40	\$15	\$45	\$55
Late	9/20/2011	\$35	\$45	\$15	\$50	\$60
Race Day	9/25/2011	\$40	\$50	\$15	\$55	\$65
Race Day Special for Non-USMS swimmers, includes race entry fee, USMS registration & T-shirt					\$75	

- Entry fee is for one event: 1/2-mile, 1-mile or 2-mile, which will be run concurrently in wave starts.
- All entries are non-refundable.

## Water Safety & Lifeguard Services

Water safety and support will be provided under the direction of the East Bay Regional Park District (EBRPD) Aquatics Supervisor and lifeguards, including an estimated 18 lifeguards, rescue boards, and two motorized boats. All EBRPD guidelines and criteria for open water swim events will be adhered to. The swim area (Keller Cove) is not subject to strong bay currents or significant boat traffic, as it lies off the main tidal channels in a relatively protected cove. Any boats in the area will be precluded from entering the swim area. All participants will be required to wear a brightly-colored swim cap (to be provided), and will receive body-marking for swimmer identification. The use of swim fins, pull buoys or other swimming devices will not be permitted. Personal escorts will only be permitted for handicap swimmers, with approval from the EBRPD Aquatics Supervisor and RPM Race Safety Officer.

## Directions & 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.

**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: (a) Street parking in Point Richmond (near the Plunge) and walk through the tunnel (1/4 mile); (b) Main Parking Lot for Miller/Knox Regional Shoreline (1/3 mile); (c) Dirt parking area across from Main Parking Lot (1/3 mile); and (d) Overflow and South Parking Lot (1/2 mile)

### Contact Information:

For questions and more information regarding this swim event, Richmond Plunge Masters and Richmond Sailfish youth team, or general information on Masters or USA swimming contacts are provided below:

#### Richmond Plunge Masters and Richmond Sailfish:

Race Director: Norm Hantzsche ([nhantzsche@questaec.com](mailto:nhantzsche@questaec.com))  
Race Safety Officer and Head Coach: John Schonder ([richmondswims@gmail.com](mailto:richmondswims@gmail.com))  
Website: <http://www.richmondswims.org>  
Address: Richmond Swims, P.O. Box 70105, Richmond, CA 94807

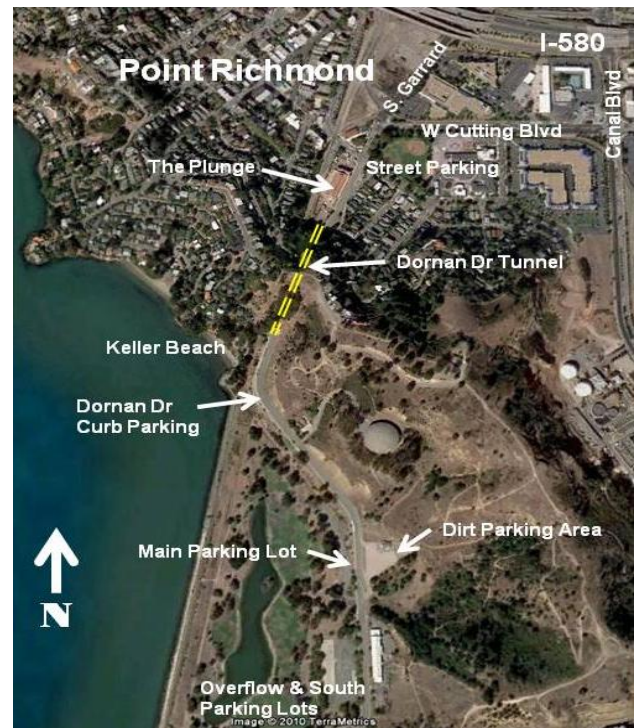
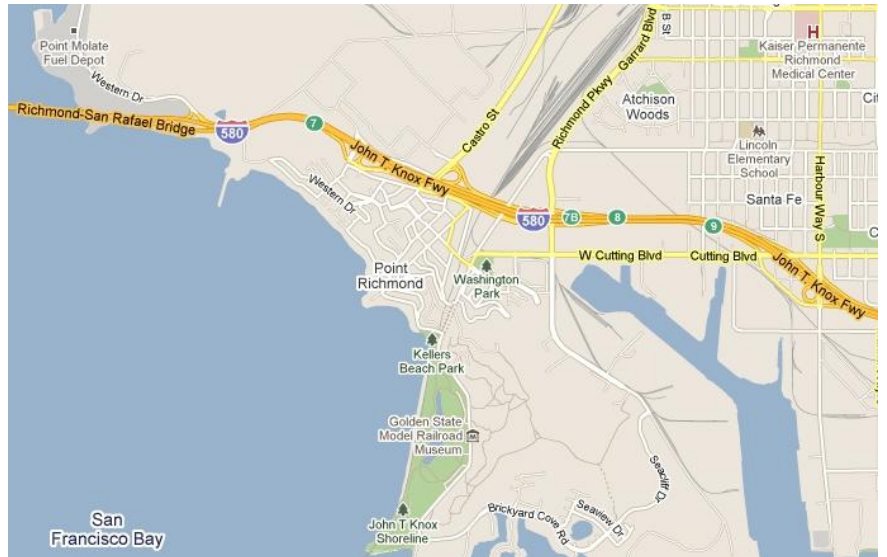
#### USMS/Pacific Masters:

USMS Registration: <http://www.usms.org/reg>  
Pacific Masters Swimming: <http://www.pacificmasters.org> (415) 892-0771)

#### USA Swimming/Pacific Swimming:

USA Swimming: <http://www.usaswimming.org>  
Pacific Swimming: <http://www.pacswim.org> (925) 933-0395

**Richmond Plunge Masters (RPM)** and **Richmond Sailfish** USA youth swim teams were formed in 2010 and are based at the recently restored Richmond Municipal Natatorium (“The Plunge”), in the Point Richmond neighborhood. The two swim clubs operate under the non-profit organization **Richmond Swims**, whose mission is the revitalization of youth and adult swimming in the City of Richmond. Under Head Coach John Schonder, RPM offers 11 coached workouts per week, including morning, noon, evening and weekend times, and has grown to 50+ members in the first year of operation. The Sailfish swim weekday afternoons and presently have 60+ swimmers representing a diverse cross-section of Richmond’s youth.



## Entry Form

### **2<sup>nd</sup> Annual Keller Cove Swim for Kids' Sake – Sunday, September 25, 2011** **Keller Beach, Miller/Knox Regional Shoreline, Richmond, California**

Sanctioned by Pac Masters for USMS Inc., Sanction Nos. OW-11-12a (1/2 mile); OW-11-12b (1-mile); OW-11-12c (2-mile)  
 USA Swimming Sanction No. \_\_\_\_\_ (pending)

Last Name:		First Name:			Circle Sex: M W	
Street Address:		City:		State:	Zip:	
Phone: ( )	Email:			Birth Date:	Age on Race Day:	
Race Distance and Division (Circle One Only):						
Swimmer Category	Non-Wetsuit (Skin)			Wetsuit		
Masters	½ mile	1 mile	2 mile	½ mile	1 mile	2 mile
USA Youth	½ mile	1 mile		½ mile	1 mile	
Club Affiliation:			Club Initials:		USMS/USA-S #:	
Postmarked on or before:	USA Youth Entry Fees for ½ or 1-mi swim	Masters Entry Fees for ½, 1 or 2--mi swim		Select T-Shirts Size(s):		
9/10/11:	\$30 ____	\$40 ____		Adult Size: S__ M__ L__ XL__		
9/20/11:	\$35 ____	\$45 ____		Youth Size: S__ M__ L__ XL__		
Race Day:	\$40 ____	\$50 ____		Total T-Shirts ____ x \$15 each = ____		
				<b>Total Amount Enclosed: \$ ____</b>		

**Make checks payable to: "Richmond Swims"**

**Mail entry form along with check and photocopy of USMS or USA-S membership card to:  
 Richmond Plunge Masters, c/o Richmond Swims, P.O. Box 70105 Richmond, CA 94807**

Membership in US Masters Swimming (adults) or USA Swimming (youth) is required to participate in this event for liability insurance purposes. To register with USMS, see the USMS website: <http://www.usms.org/reg>. You may also obtain USMS membership on race day. Wearing the provided swim caps is mandatory. Fins, pull buoys or other swimming devices are not allowed. Check-in and race-day registration is from 7:30 am to 9:00 am, Sunday, September 25, 2011 at Keller Beach for all races.

### PLEASE READ CAREFULLY AND SIGN BELOW

#### RELEASE AND WAIVER OF LIABILITY

#### AND ASSUMPTION OF RISK AGREEMENT

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INDICENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., USA SWIMMING, THE LOCAL MASTERS SWIMMING COMMITTEES, PACIFIC SWIMMING CLUBS, HOST FACILITIES, EAST BAY REGIONAL PARK DISTRICT, MEET SPONSORS, MEET COMMITTES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS for Open Water Events. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Richmond Plunge Masters' 2<sup>nd</sup> Annual Keller Cove Swim for Kids' Sake, Miller/Knox Regional Shoreline, Richmond California, Sunday, September 25, 2011. (Participants under 18 years old must have signature of Parent/Guardian and fill out medical information form to participate.)

Signature: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

(if applicable)

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_