

18th Annual Maryland Swim for Life



~~ *In Memoriam* ~~

Ann Hennessy
Sally Holloway Joseph
Dorothy Stewart Eckert

Saturday, July 11, 2009
1, 2, 3, 4, & 5 Mile Swims
9:00 a.m. (first wave)
Rolph's Wharf on the Chester River

Sponsored by
District of Columbia Aquatics Club
Sanctioned by Maryland LMSC for USMS, Inc., Sanction No. 099-OW001

Artwork by Maya, age 16

The District of Columbia Aquatics Club (DCAC) is proud to host the 18th Annual Maryland Swim for Life on Saturday, July 11, 2009. DCAC is one of the largest United States Masters Swimming teams and is a 501c(3) organization. www.swimdcac.org. This is our 8th year of hosting this community fundraiser. Proceeds from Swim for Life support a number of small local organizations assisting individuals and families affected by HIV/AIDS, as well as the Chester River Association, which advocates for the health of the Chester River. We invite all USMS swimmers, old and new, to join us in participating in this wonderful event.

*This year's Swim for Life is dedicated to the memory of
Ann Hennessy, Sally Holloway Joseph, and Dorothy Stewart Eckert,
courageous women and supporters and friends of the Chester River and the Swim.*

REGISTRATION AND FUNDRAISING: We *strongly* encourage swimmers to register for Swim for Life online, and also to set up an online fundraising page to use in soliciting and collecting your pledges. Go to www.firstgiving.com/swim4life to get started. *Online registration will close at midnight on July 8, 2009.* We will still accept race-day registrations (see attached form you will be asked to complete and sign), but we urge you to register online if possible, to streamline your check-in. **PLEASE NOTE you must be a United States Masters Swimming ("USMS") registered swimmer to participate in this swim.** See www.usms.org/reg/ to register with USMS. If you are not a USMS member, one-event USMS registration will be available at the meet for a fee of \$15. But please consider joining USMS.

NEW THIS YEAR: Chip timing! Given the growth of the event over the last few years, we've decided to introduce chip timing in 2009. This will not only enhance event safety, it will permit accurate timing of greater numbers of swimmers with less hassle.

LOCATION: The Swim starts and finishes at Rolph's Wharf Marina on the Queen Anne's County side of the Chester River, three miles south of Chestertown in Kent County. www.rolphswharf.com. This beautiful setting, near a charming small town, is well worth a day trip or a weekend of exploring. For lodging and tourist information, call 410-778-0416 or 888-4000-7787, or visit www.kentcounty/visitor/index.htm

DIRECTIONS: From the Chesapeake Bay Bridge: Take 50 East to 301 North. 50 East and 301 North separate approximately 9 miles past the Bay Bridge. Stay on 301 by taking the left fork. In approximately 5 miles, take the Route 213 North exit toward Chestertown and Washington College. After 2 miles, you will pass through Centreville. Proceed another 10 miles and turn left onto Rolph's Wharf Road. A Swim for Life banner will mark this turn. Follow Rolph' Wharf Road for 2 miles and a volunteer will direct you for parking. If you plan to drive Saturday morning, it is best to leave early to avoid summer bridge traffic.

<u>SCHEDULE:</u>	7:00 – 8:15 a.m.	Registration
	8:30 a.m.	Opening Ceremony and Swimmer Instructions
	9:00 a.m.	Swim Start (first wave)
	12:00 p.m.	Picnic celebration and Awards Ceremony

Every participant must register by 8:15 a.m. At registration, all participants must select or confirm their distance (1, 2, 3, 4, or 5 mile swim), sign a waiver, and turn in pledge money. Participants will then be body-marked and capped according to distance, and will receive a timing chip on a velcro strap, to be worn around one ankle.

COURSE: Participants will start and finish at Rolph's, in 5 waves by distance (5 mile first). The swims are out (upriver) and back (downriver) and run parallel to shore. Course map and swimmer instructions attached. The course is marked by inflatable orange buoys at .5, 1, 1.5, 2, and 2.5 miles. **Swimmers should always keep the buoys to their left.** Water safety officials have the authority to determine when a swimmer needs to be removed from the water. Any swimmer removed from the water must report immediately to the recording station upon returning to shore. **The swim ends promptly at 12:00 noon. Any swimmer still in the water at that time will be picked up by safety personnel.**

PLEDGES: There is no registration fee for Swim for Life. However, each swimmer must contribute a minimum of \$100 in pledges; many swimmers raise far more. Pledge money is due no later than the morning of the event. Special prizes will be awarded to the top fundraisers. Pledge checks can be made payable to "DCAC Swim for Life." With your tax-deductible donation, you will receive a free breakfast, picnic lunch, swim cap and t-shirt. Top finishers for each distance will also receive hand-crafted prizes.

Funds raised go to: Heart to Hand, Inc., Pediatric Care, Inc., Quality of Life Retreats, Chester River Valley Ministers Association, and the Chester River Association.

WATER: Water temperature on swim mornings is usually in the mid-70s. Wetsuits are allowed (but usually not needed); other flotation devices (e.g., pull buoys, paddles, fins) are not permitted.

TRAINING/ELIGIBILITY: All swimmers must be 18 years of age and registered with USMS to participate in this swim. USMS registration is easy to do online at www.usms.org/reg/. One-event USMS memberships, good for this event only, are available for a fee of \$15.00; forms will be available at check-in. All swimmers are urged to train for this event, and novices are urged to enter the shorter distance waves.

SAFETY: Safety support at the swim will be provided by the U.S. Coast Guard and their Auxiliary, Maryland Natural Resources Police, NOAA, Kent and Queen Anne's Paddlers, Chesapeake Bay Boston Whalers Club, and local boaters.

For additional information, please email swimforlife@swimdca.org or call:
Nell Orscheln (541) 760-1935 or Kathryn Kirmayer (301) 351 0715



SUPPORTERS: In addition to the beneficiary organizations, people and organizations contributing to the success of this event include Caldwell Tire, Brian Blanchard, Merrill Strange Ceramics, Scott Leidig, Joe Stewart, and David Hyatt & Creative Imaginations.

Distance: _____
Bib number: _____

Saturday, July 11, 2009
MARYLAND SWIM FOR LIFE

Sanctioned by Maryland LMSC for USMS. Inc., Sanction No. 099-OW001

REGISTRATION AND WAIVER FORM

Name: _____

USMS No. _____

**[IF NOT A CURRENT USMS MEMBER, WRITE "OEVT"
MUST ATTACH EXECUTED ONE-EVENT MEMBERSHIP FORM]**

Street Address: _____

City/State/Zip: _____

Phone: _____

e-mail: _____

Gender: _____ Age: _____ Donations submitted: \$ _____

PLEASE READ:

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 INCIDENT 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., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

I certify that I have read this document, and understand its content.

Signature: _____ Date: _____

2009 Maryland Swim for Life Swimmer Instructions

Safety Boats: For your safety, USCG and NRP patrol boats are located near 3 locations: start/finish, half-way along the 2 ½ mile course (3rd buoy, 1 ½ miles upriver), and by the final buoy (5th buoy, 2 ½ miles upriver). Paddlers in kayaks will be stationed at all turn buoys and along the outside length of the course. Boston Whalers will also patrol swimmers along the course. Kayakers and Whalers will keep swimmers on course, provide swimmers food and drink, act as a buffer between swimmers and boat traffic, and be available for any water assistance. A local rescue boat with medic/dive personnel will also be on hand.

Start procedure: All swimmers must wear a timing chip on a velcro strap around the ankle. Swimmers will start in the water, in 5 waves according to distance: 5 milers first, followed by 4 milers, then 3 milers, 2 milers, and 1 milers last. Each group will begin 5 minutes after the preceding group has started.

Course: There will be 5 very large inflatable orange buoys on the course at ½ mile intervals. See map. Each wave will turn around at their respective orange buoy, half-way into their swim. Five milers will pass all 5 orange buoys, turning around at the 5th. Each orange buoy is spray-painted with its respective mile number (i.e., the first buoy, located ½ mile from the start, is labeled "1 mile").

All swimmers will start the swim in the same direction – up river (North). Upon reaching the appropriate buoy, swimmers will go around that buoy and swim back down river (South). ***Swimmers should always keep buoys on their LEFT!***

PLEASE NOTE: there is a fishing weir between the first and second buoys. This is basically a net stretched across the river. You will know you are getting close to it when you see sticks standing up in the water in a row perpendicular to the shore. You can easily swim right over the net. Look for kayakers directing you towards the easiest crossing points.

Finish: You finish where you started, on the beach at Rolph's. All swimmers must exit the water and cross the timing pad. Volunteers will be there to help remove and collect your chip/strap. Grab a towel and some food.

Any swimmer exiting the race at any point other than over the finish pad at Rolph's must report to the table ASAP!

HAVE FUN, RELAX, ENJOY EACH OTHER, THE DAY, AND THE RIVER!

Swim for Life 2009

Route for 2009 Swim for Life event.

1,421 views - Public

Created on Jun 30 - Updated 2 days ago

By Bronwen - 7 Collaborators

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2.5 mi

5 mile swimmers turn here



2 mi

4 mile swimmers turn here.



1.5 mi

3 mile swimmers turn here.



1 mi

2 mile swimmers turn here.



.5 mi

1 mile swimmers turn here.



Swim Route

Swimmers: keep buoys on your left!



Start

Rolph's Wharf



River Inn At Rolph's Wharf

1008 Rolphs Wharf Rd

Chestertown, MD 21620

(410) 778-6347

