

Dear Athletes,

The swim is a 2.3 mile journey in fifty degree water, from the Des Moines Beach Park to Point Robinson on Maury Island. The first year eight made the plunge, last years swim we doubled our number of swimmers and this year we would like to have as many adventurous athletes possible join us in our quest to Swim the Sound.

In our quest this year I want to invite all swimmers who would like to participate, I would like to see 100 swimmers make the journey this year. Please help spread the word! Swimmers who want to participate must be Intermediate or Advanced; although this is a fun event the sound is very treacherous. The fee for swimming will be sixty dollars and you can sign up on active.com starting May 15th. All swimmers are asked to try and raise \$500 dollars in donations to support the foundation. Each swimmer will be given a web page where people can donate under the athlete's name. Five hundred dollars may seem like a lot but just think of it as fifty people you know donating ten dollars each. All swimmers will be given an event t-shirt, and goodie bag. The date of the swim is Saturday August 22, 2009.

We will start the registration process ten thirty in the morning on the day of the swim. All swimmers will need to be checked in by noon. While checking-in you will be given your event bag and will be asked to show your wetsuit (Wetsuits are required for this event no exceptions!). After check-in closes we will have a brief safety meeting. The swim route will be coordinated by the US Coast Guard and Des Moines Fire Department. We will start the swim at the Des Moines Beach Park (Start Time: 12:45) and finish at Point Robinson on Maury Island.

There will be four different groups of swimmers. The first group will be the advanced competitive group; this group is estimated to finish in-between forty-five minutes to one hour. The second group will be the advanced male and female group; this group is estimated to finish under an hour and ten minutes. The third group is an intermediate group; this group is estimated to finish around an hour and thirty minutes. The final group is the first timer group or I just want to make it group; this group will stay together and is estimated to finish around two hours. Groups will leave ten minutes apart from each other and will have designated colored swim caps.

The swim will be followed with lunch on the other side as well as an award ceremony. Once the event is over transportation will not be provided for all athletes back to Des Moines but arrangements can be made if you do not have any way of getting back.

I hope that you will all join us to Swim the Sound. If you have any further questions please feel free to contact us. More information will be available throughout the upcoming weeks we are also in the process of completing the website. Feel free to contact me if you have any questions.

Thank You,
Justin Moser

Event Director for the Brent Rice Memorial Swim of the Sound

[<http://www.brmsos.com>] www.brmsos.com

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