



## Open Water 101

Sponsored by: Pacific Masters Swimming

Want to swim open water, but not sure how to start?  
Concerned about cold water, crowded starts, open water culture?

### Open Water 101

A clinic for new and developing open water swimmers

Sunday, July 26, 2009

Lake Del Valle, Livermore (New location)

Check in: 7:30 – 8:00 am

Clinic: 8:00 – 11:00 am

Limited to 50 swimmers.

### Open Water Training

- Breathing and sighting techniques
- Coping with panic
- Pack swimming
- Water entry and exit
- Mental preparation

Dry land talks by **Suzanne Heim Bowen**, first open water swimmer to be inducted into the International Masters Swimming Hall of Fame, 3x English Channel swimmer. In-water instructors include **Suzie Dods**, Lake Zurich solo swimmer, 20K Maratone de Due Mare, Sicily, **Lisa Hazen** and **Trevor Gillis** USMS/PMS open water/long distance champions and other local and national open water swimmers. In-water drills, practice starts. Optional course swim (half mile or less). Bring your questions, concerns and be prepared to get wet and have fun.

Water temperature **72+ degrees**.  
Wetsuits welcome.

**Directions:** DelValle Regional Park is located on DelValle Road off Mines



Road south of Livermore (parking fee \$6). Exit I-580 eastbound or westbound in Livermore at North Livermore Avenue. Head south and proceed through town (North Livermore Avenue will become South Livermore Avenue in town). About 1.5 miles outside town, turn right at Mines Road, go about 3.5 miles and continue straight on DelValle Road (Mines Road turns left). The park entrance is about four miles ahead. After the entrance, go right and park near the lake.

**Requirements:** Must be able to swim ½ mile in 30 minutes.

### Entry Information

**For USMS members:** \$35 for pre-entries. \$45 for late entries.

### For non-USMS members:

\_\_\_ \$35 entry fee  
\_\_\_ \$45 late entry fee  
\_\_\_ \$25 one-day USMS membership (Can be converted to full membership within 30 days.) --Or --  
\_\_\_ \$40 USMS/PMS membership. Go to [www.pacificmasters.org](http://www.pacificmasters.org) for application. Expires: 12/31/09  
\_\_\_\_\_ Total fee

**Deadline:** Entries must be postmarked by **July 17, 2009**.

**Entries:** Indicate estimated 1/2 mile swim time on entry. Number of OW swims completed (if any). Send entry form, a photocopy of 2009 USMS card,

signed release and a check payable to Pacific Masters Swimming to: Open Water 101, c/o Carroll, 21 Windsor Ave., San Rafael, CA 94901.

**Clinic Director:** Glenda Carroll  
**Email:** [ggcarroll@sbcglobal.net](mailto:gccarroll@sbcglobal.net),  
415-454-6327

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**Entry Form** Mail entry form, signed release, copy of USMS card, check payable to PMS to: Open Water 101, c/o Carroll, 21 Windsor Ave., San Rafael, CA 94901

To join USMS, contact Registrar Nancy Ridout at 415-892-0771 or go to PMS website, [www.pacificmasters.org](http://www.pacificmasters.org).

Name	USMS Number:	
	USMS One-Day Registration	
	Yes_____ No_____	
Street	Email	
City	State	Zipcode
Phone	Age	Male Female
Club		
1/2 mile estimated OW time:	I have competed in _____swims. (Fill in number of swims.)	
Anything else you want to tell us about your OW experience?		

**PLEASE READ CAREFULLY AND SIGN BELOW:**

"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., USA-S, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, EBRPD, 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. 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."

Open Water 101, Lake Del Valle, San Mateo, CA

Sunday, July 26, 2009

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Signature Date

