On Saturday, August 3rd, Save the Harbor/Save the Bay will host **The Swim And Paddle For Boston Harbor**, a one-mile, championship chip-timed, professionally staffed, competitive swim followed by a chip-timed Stand Up Paddleboard (SUP) competition.

*The Swim and Paddle for Boston Harbor* will take place at the BCYF Curley Recreation Center at M Street Beach in South Boston, which is among the cleanest urban beaches in America. Swimmers will follow course from the Curley Center in an equilateral triangle and return to the finish line at M Street bach.

Online registration at [http://www.swim4bostonharbor.org](https://exg6.exghost.com/owa/redir.aspx?C=Zao7APHiQ0a3YalTNA3nnps-jZr5UdAIaCk4WAr0UecfgaQGnWEJxsMPYM2RI3Z-eF-ztazm2hg.&URL=http%3a%2f%2fwww.swim4bostonharbor.org%2f) is open until August 1st. Participants can also register on-site the morning of the competition on August 3rd from 9:00 AM to 10:00 AM. Swim registration is $50, and the race will be capped at 100 participants.

The SUP competition registration is $25, and paddleboard rentals are available for an additional $25. Those wishing to join the party without competing in either event are asked to make a contribution of $25. Save the Harbor/Save the Bay hopes to raise $5,000 to continue our work to restore and protect Boston Harbor and Massachusetts Bay for all Bostonians and the region’s residents and visitors to enjoy.

Proceeds from the swim will benefit Save The Harbor/Save the Bay, while funds raised from the SUP competition will benefit both the Massachusetts Chapter of the Surfrider Foundation and Save the Harbor/Save the Bay.

The top fundraiser will receive a round trip ticket from JetBlue Airways to any destination they fly from Logan Airport. Winners of each event will be entered into a raffle to win tickets from JetBlue Airways as well.  Everyone who donates and attends the party can enjoy a cold pint of Harpoon Beer from our friends at Harpoon Brewery and treats from our new partners at Tasty Burger after the competitions.

10 years ago, this event would not have been possible because the water in the Boston Harbor was often unsafe for swimming after even a small summer storm. Today we are proud to say that this event will take place rain or shine on one of the cleanest urban beaches in America, thanks to the hard work and commitment of thousands of people and the tenacious advocacy of Save the Harbor/Save the Bay.

**About Save the Harbor/Save the Bay**

Save the Harbor/Save the Bay is a non-profit, public interest, environmental advocacy organization, whose mission is to restore and protect Boston Harbor, Massachusetts Bay, and the marine environment and share them with the public for everyone to enjoy.

**About the Massachusetts Chapter of Surfrider**

The Massachusetts Chapter of the Surfrider Foundation was founded in 1996.  They are an all-volunteer chapter composed of local New England surfer/environmentalists dedicated to the preservation of the New England coastal environmental, elimination of pollution, and open access to our beaches.

For more information about Save the Harbor/Save the Bay, please visit: [www.savetheharbor.org](https://exg6.exghost.com/owa/redir.aspx?C=Zao7APHiQ0a3YalTNA3nnps-jZr5UdAIaCk4WAr0UecfgaQGnWEJxsMPYM2RI3Z-eF-ztazm2hg.&URL=http%3a%2f%2fwww.savetheharbor.org%2f).

For more information about The Surfrider Foundation, please visit: [http://www.surfrider.org](https://exg6.exghost.com/owa/redir.aspx?C=Zao7APHiQ0a3YalTNA3nnps-jZr5UdAIaCk4WAr0UecfgaQGnWEJxsMPYM2RI3Z-eF-ztazm2hg.&URL=http%3a%2f%2fwww.surfrider.org%2f).

To register for the Swim and Paddle for Boston Harbor, please visit:

[http://www.swim4bostonharbor.org](https://exg6.exghost.com/owa/redir.aspx?C=Zao7APHiQ0a3YalTNA3nnps-jZr5UdAIaCk4WAr0UecfgaQGnWEJxsMPYM2RI3Z-eF-ztazm2hg.&URL=http%3a%2f%2fwww.swim4bostonharbor.org%2f).