

INFORMATION

Horsetooth 10K Swim
USMS National Championship
Host club: Vortex Masters, Fort Collins, Colorado

Horsetooth Reservoir, Fort Collins, Colorado
Saturday, August 12, 2006
Sanction # 32-06-10-OW

EVENT: This is a 10K (6.2-mile) point-to-point race in open water at approximately 5400 feet altitude. Each swimmer must be accompanied by a paddler. Swimmers may provide their own paddler & craft or pay a fee for the organizers to provide this support.

REGISTRATION: Registration opens March 1, 2006 at www.Active.com or by a paper form obtained from Deb Peterson, Wingshadow, 1225 Redwood, Fort Collins, CO 80524. (970-419-3252) or from www.usms.org/longdist. For safety reasons, registration will be limited to the first 100 swimmers. Registration closes July 29 or when 100 entries are received. ALERT: In 2005 the field of 50 available slots filled several weeks before the event.

SCHEDULE:

Friday, August 11

6:00 pm. **Mandatory** registration, pre-race orientation, and dinner

Saturday, August 12

5:45 am Buses leave the parking area

6:30 am Pre-race instructions

7:00 am Race begins

Awards ceremony and lunch will follow the finish at a site to be determined.

Date for inclement weather: Sunday, August 13

LOCATION: The race will be held in Horsetooth Reservoir at an altitude of approximately 5400 feet on the west side of Fort Collins, Colorado. The water temperature is typically in the mid 60s to mid 70s. See www.whswim.com for map.

ELIGIBILITY: The event is open to all 2006 USMS registered swimmers 18 years of age as of August 12, 2006. All entrants must present their 2006 USMS card at registration or pay the one-event USMS registration fee at time of entry.

Swimmers who have NOT previously completed the Horsetooth 10K Swim are required to obtain approval prior to registration from George Thornton or Joe Bakel by describing their past experience in long distance open water swimming, and how they will prepare to swim 10Km at approximately 5400 feet in 60-70^o F water. We require approval for safety reasons. See the FAQ at www.whswim.com for a description of the challenges of this event.

ENTRY FEES: \$70 which includes t-shirt, cap, pre-race dinner, bus to the start area, refreshments, and massage.

\$10 for 1-event USMS registration if not a member
\$25 if you need the sponsor to arrange the required paddler and craft for you.

Option charge: Guests at pre-race dinner @ \$5/pp

RULES: Current 2006 USMS rules will govern this event.

SAFETY: Each swimmer must be accompanied by an individual non-motorized support craft & paddler. Swimmers may provide either their own paddler & craft or the sponsor will arrange this for \$25. Larimer County dive-rescue staff in zodiacs and park rangers in power boats will be on the course. EMTs from Poudre Valley Hospital will be in attendance.

AWARDS: Age groups are 18-24, 25-29, 30-34 and so on in 5-year increments as high as necessary for both men and women. Awards include: a USMS championship patch to all age-group first place finishers; ribbons for age-group places 1 – 3; trophies for places 1 – 3 overall men and women; a traveling trophy (The Turner Cup) for the first man and woman finisher.

RESULTS: Results will be posted on the event website www.whswim.com.

DIRECTIONS: Horsetooth Reservoir is located on the west side of Fort Collins, Colorado, 65 miles north of Denver. From Denver: north on I-25, west on Prospect Street, south on Overland to parking area. From Cheyenne, WY: south on I-25, west on Prospect. Parking is not available at the race site, and thus it is mandatory that swimmers park at the prescribed parking area (to be announced) & ride a bus to the starting area. Map at www.whswim.com

CAMPING/LODGING: Information on lodging and campsites is available at www.whswim.com

MORE INFORMATION: Detailed information about the venue, challenges of this event, results from the seven prior Horsetooth 10K swims to benefit Wingshadow are available at www.whswim.com.

Interested persons may contact one of the co-directors of the race for further information:

George Thornton, louiseT36@comcast.net

970-482-1818

Joe Bakel, joe_bakel@msn.com

970-224-2153

BENEFICIARY: Proceeds from the Horsetooth Swims go to Wingshadow Inc., a non-profit agency that serves disadvantaged youth in northern Colorado. Wingshadow provides an alternative high school, on-site childcare for teen parents, therapeutic foster care, street outreach, and drug and alcohol intervention. More information is available at www.whswim.com or www.wingshadow.us