

SOLO - 3rd Annual Swim Around Lido Key, 7-mile Open Water Swim Race



Saturday, April 22, 2017
Swim Without Limits, Inc.
 Open Water Registration



Registration Schedule

It is now 2:26 PM ET on Wednesday, January 25, 2017.

	Open	Close
Swimmer Registration	Tue, November 1, 2016 08:00 AM ET	Mon, April 10, 2017 11:59 PM ET

**This competition is limited to the first 110 entrants.
 Currently there are 83 entrants.**

[Register Online Now!](#)

Resources

[Club Entry Rosters](#)

[SwimPhone](#)



Saturday, April 22, 2017

USMS 2017 Open Water National Championship race (solo division only, separate wave)

At beautiful Lido Key Beach, Sarasota, Florida



Hosted by Swim Without Limits, Inc.

For complete race information and updates go to: www.SwimWithoutLimits.com

Event Directors

David Miner 941-545-9709
 Steve Butler 941-376-3524

About Lido Key

A gorgeous barrier island adjacent to Sarasota, Lido Key boasts some of Sarasota's most beautiful beaches. With St. Armands Circle, Lido Key is a hub for excellent shopping and fine dining. Bring your family and friends to enjoy a great race and a special weekend exploring Lido Key and all that Sarasota offers. See <http://www.visitsarasota.org/> for more information about Sarasota.

About the Race

This is a 7-mile open water swim race around the beautiful island of Lido Key. Each solo swimmer will have a pilot (kayak escort) to provide safety, navigation, and nutrition to the swimmer. Swimmers can enter as a solo swimmer, 2-person relay, or 3-person relay. Relay teams must take turns swimming and paddling, meaning that each person swims a portion of the race and paddles the kayak a portion of the race. **Relay swimmers cannot have a dedicated pilot!**

The course starts in the Gulf of Mexico on Lido's public beach just north of the Lido Beach Resort Hotel and takes you north along the beautiful beaches to New Pass inlet where you'll swim by large waterfront homes and Mote Marine Aquarium up to City Island where you'll turn right heading west, south-west to Coon Key in the Sarasota Bay waters. Popular Bird Key will be to your left as you make your way to Big Pass and the beautiful Lido Park. Exiting Sarasota Bay waters through Big Pass, you'll turn right and head north in the Gulf along sparkling white sand beaches to the finish line at the Lido Beach Resort Hotel.

Elegibility and Registration

READ THIS BEFORE ENTERING: The solo division this year is a [USMS National Championship Race](#). Because of this, ALL solo swimmers MUST be 2017 members of U.S. Masters Swimming if you want to participate in the championship. Relay teams will NOT be a part of the championship race and will start the race in a separate wave. Relay team members can pay for a one-event membership for race day. Initially, for the solo race, we are only opening the solo division to 2017 U.S. Masters Swimming members. If during that time we don't fill the event, we may open one-event registration for solo swimmers however, they will not be part of the championship and will start the race in the second wave with the relay teams.

Relay team adults who are not current members of U.S. Masters Swimming may pay for a one-day membership during the online entry process; the one-day membership fee is \$22.00 (in addition to the event entry fee). One-day memberships are NOT available for swimmers under the age of 18.

Race Hotel

Lido Beach Resort Hotel (discounted race rates available) - Make your reservations early as the rooms are first-come, first-serve. To receive the discounted rate, you MUST book your room by March 19, 2017.

To book your hotel room:

Online: [Book Now!](#)

Call (800) 441-2113. When calling, ask for the "Swim Around Lido" discounted race rate.

About the hotel: Known for its prime location and impeccable service, the Lido Beach Resort is Sarasota's finest beachfront property. Located on a barrier island just off the coast of Sarasota and featuring 223 luxurious guest rooms and suites, guests can enjoy upgraded amenities in a serene setting along the Gulf of Mexico. Loyal team members await the moment to accommodate your every request. Visit www.lidobeachresort.com for more information about the hotel.

Rules and Details

- You must be able to complete the swim in UNDER 5 HOURS. This means if there is ZERO current, you should be able to swim 1 open water mile in about 42 minutes. If you're not within the final 1/4-mile of the swim within 5 hours, you may be pulled by the motorboat pilots and shuttled to the finish line.
- All swimmers and pilots MUST attend the pre-race safety meeting, which will be held on race day morning just prior to the race starting.
- The race will follow the English Channel swimming rules. This means no swimsuits below the knees or over the shoulders. No suits that provide any type of buoyancy. No triathlon suits. No wetsuits. No other swimming aids.
- All swimmers and pilots must provide their own nutrition (water, electrolytes, calories) for the entire race and have a means for securing it to the kayak. There are no water stations out on the course.
- Relay teams: You can swap swimmers at any time during the race and as many times as they want during the race.
- Relay teams: The pilot exiting kayak to swim must maintain contact and control of kayak until swimmer makes the exchange by hand-to-hand touch. At this moment, the finishing swimmer becomes the pilot and the only team member permitted contact with the kayak. The pilot may then use sea bottom if needed for assistance to enter kayak and proceed as team pilot.
- All pilots must have a whistle and wear an approved PFD while paddling.
- Each pilot must have a cell phone secured in a dry bag for use in case of an emergency.
- You cannot hang or rest on your pilot's boat even when feeding.
- No use of lower extremities to rest on or push off of sea bottom to gain an advantage.
- Swim caps and body marking will be provided which must be worn throughout the race.
- Persons allergic to latex should plan to wear a silicone cap beneath their race cap or bring their own brightly colored silicone cap.

PLEASE NOTE: If you can't participate in the race or there are weather issues and we have to cancel the race, there are no refunds, transfers, or deferrals for any reason. The cost of the event is fixed and the money has been spent come race day.

Pilots and Kayak Rentals

Pilots (escort kayakers)

We STRONGLY encourage solo swimmers to bring their own experienced kayaker to escort them. All pilots MUST register as a pilot whether we provide one for you or you provide your own!

If you're a solo swimmer and need an escort kayaker from us, the cost is \$65 and is paid during registration. \$60 goes directly to the pilot and \$5 is used for processing fees we incur.

NOTE: We can only guarantee 35 pilots. Once we hit 35 requests, we can no longer guarantee we will have a pilot for you. We will recruit as many pilots as possible, so you can always check with us to see if we secured more than 35.

Rental kayaks (Need to rent a kayak for the race?)

If so, rentals are available from our kayak sponsors. Give one of them a call and they will take care of your needs! Tell them you're doing the Swim Around Lido Key Race on Saturday, April 22, 2017. They will deliver the kayak to Lido Beach on race day morning and pick it up at the end of the race. Rental rates are \$65 per kayak.

Island Style: Call Laurel at 941-587-1009

Siesta Key Bike & Kayak: Call 941-346-0891

Check-In (race day morning)

Pre check-in will take place on Friday from 4:00-6:00 PM at the Daiquiri Deck on St. Armand's Circle.

Race day morning check-in and body marking will take place under our tents immediately prior to the race.

Pre-race Meeting

Saturday morning, April 22, starting at 7:30 AM will be the pre-race meeting. The meeting will take place at under our tents in the parking area. **ALL swimmers and pilots** must attend this safety and information meeting. Please refer to course map prior to the meeting. If you haven't met your pilot prior to this meeting, you'll meet your pilot during the meeting where you can discuss your race plan.

Water Temperature

74-80 F degrees

Prior to the Race (READ THIS!)

- It is advised that you complete at least a 2- to 3-hour training swim and practice feeding every 30-minutes prior to attempting this race!
- If you're doing a relay and don't have experience paddling a kayak, it is highly recommended that you spend time learning how to paddle a kayak safely.
- If you're a solo swimmer, make sure you communicate with your pilot prior to race day so that you're both on the same page about your race plans. Don't wait until race day to communicate! If we're providing a pilot for you, we'll be sending both you and your pilot an email introducing each other. You'll then have their email address for further communication.

- If you have any questions about your ability to swim this event, please contact the race directors

Safety

Water safety will be provided by the escort pilots on kayaks, powerboats, jet skis, a police boat, and an EMT that will be patrolling the course. Each powerboat will be flying a small orange flag and each jet ski rider will have an orange mark on the back of their life jackets for identification. Pilots will be instructed on how to seek assistance. An EMT will be available on the water and safety personnel will be instructed on how to assist a distressed swimmer and trained medical personnel will be available to assist in emergency situations. The MANDATORY pre-race meeting will review common communication signals for pilots (and swimmers) to use and recognize out on the course.

In case of inclement weather, unusually adverse surf conditions, or any other factors that may arise, an event committee composed of the event directors and safety personnel may modify the starting time or cancel the event.

Results

Results will be available online at www.SwimWithoutLimits.com.

Awards

Finishers medal for each swimmer who completes the swim. Awards will be given to the top 6 in each age group for both male and female solo swimmers. Awards will be given to the overall top six 2-person relay teams and the top six 3-person relay teams. All awards will be presented during the post race social under our tents. Age groups are: 18-25, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99

The awards will be presented during the post race social/meal.

Volunteers needed (have a family member volunteer and be apart of the race)

We need volunteers to help out during the race. Please click [here to volunteer](#). Thank you so much!

Race Venue Location/Directions

Lido Public Beach parking and beach access (this is location of the event under our large tents)

400 Ben Franklin Drive
Lido Key, FL

Interstate 75 to Sarasota exit #210 (Fruitville Road). Take Fruitville Road west to US 41. Turn left (south) onto US 41 and continue John Ringling Blvd. (789). Turn right onto John Ringling Blvd. (789) and go over the bridge. Continue to St. Armands Circle going around the circle and exit the circle on John Ringling Blvd. Go to Ben Franklin Drive and go South to 700 Ben Franklin Drive.

If you're not staying at the hotel, park in the public parking lot just to the north of the Lido Beach Resort Hotel. There are bathrooms, etc. at the public parking area.

Please note: If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."

[Register Online Now!](#)

[Map and Directions](#)

[Swim Without Limits, Inc.](#) | [Contact](#)

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Open Water Registration

David Miner: Step 1 of 4



◆ **Biographical** ◆ Fees ◆ Waiver & Payment ◆ Receipt

Are you staying in a hotel while in Sarasota for this event? *

- I'm not staying in a hotel.
- Yes for one night.
- Yes for two nights.
- Yes for three nights.
- Yes for four nights.
- Yes for five nights.

Escort pilots required. Please bring your own pilot if you can! Please answer the following: *

- Bringing my own pilot and kayak
- Bringing my own pilot and renting a kayak (rental companies listed on our website)

If bringing your own pilot, please enter their name:

Enter your emergency contact name and phone number on race day: *

Select your T-shirt size: *

- Small
- Medium
- Large
- XL
- XXL

What is the approximate time (in minutes) you can swim 1-mile unassisted in open water? *

[Problem with this registration?](#)

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Saturday, April 22, 2017
Swim Without Limits, Inc.
Open Water Registration
Shopping Cart



David Miner: Step 2 of 4

◆ Biographical ◆ **Fees** ◆ Waiver & Payment ◆ Receipt

Name and Description	Price	Extended Price
Solo Swim Around Lido Key	\$200.00	

[Proceed to Checkout](#) ▶

[Problem with this registration?](#)

SOLO - 3rd Annual Swim Around Lido Key, 7-mile Open Water Swim Race

Saturday, April 22, 2017

Swim Without Limits, Inc.

Open Water Registration

Payment

David Miner: Step 3 of 4



◆ Biographical ◆ Fees ◆ **Waiver & Payment** ◆ Receipt

Release of Liability

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts,

employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

(rev July 2014)

I agree to the above Release of Liability.

Release of Liability

Swim Without Limits, Inc.

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 exercising, swimming, paddling (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of participation, I the undersigned, hereby assume all risk of injury to myself and absolve and hold harmless all race directors, coaches, members, volunteers, officials, staff, and administrators of Swim Without Limits, Inc. and/or any other facility administering organizations from any and all claims for losses, injuries, and/or all consequential damages including attorney fees incurred as a result of any and all Swim Without Limits, Inc. competitions, events, and activities associated with Swim Without Limits, Inc., whether these losses, injuries and/or consequential damages occur as a result of my sole and/or partial negligence and/or that any and all coaches, members, officials, staff, volunteers, and administrators of Swim Without Limits, Inc. and/or any other facility administering organizations.

By checking this box and submitting this form, you are agreeing to the terms of the 'Swim Around Lido Key Release from Liability'.

Shopping Cart

Qty	Name	Price
1	Solo Swim Around Lido Key	\$200.00
		Total \$200.00

Credit Card Information [Display non-US credit card address](#)

(Visa, MasterCard, ATM cards with the Visa and MasterCard logos, Discover)

Credit Card Number *

Expiration Date *



Billing Information

First Name *

Last Name *

Street Address *

City *

State *

ZIP *



Merchant Services

Notes/Comments/Questions?

Refund / Cancellation Policy

Open Water registrations are non-refundable and non-transferable.

Credit Card Statement

Your credit card statement will reflect a charge from "**ClubAssistant.com Events**".

All information is confidential and on a secured network. We do not share or distribute information.

[Problem with this registration?](#)