

**The 36<sup>th</sup> Annual Swim Around Key West (12.5 miles)**

**Saturday, June 23<sup>rd</sup>, 2012**

**Start: First Wave: 10:00AM; Second Wave: 10:30AM**

**Start/Finish: West End of Smathers Beach (Atlantic side)**

**Registration: 3:00-5:45PM**

**and**

**Mandatory Pre-Race Meeting: 6:00PM**

**Friday, June 22<sup>nd</sup>, 2012**

**Location: The Lexington Hotel of Key West**

**3850 North Roosevelt Blvd.**

**Key West, Florida 33040**

**(305) 294-6681**

**Apply Online: [swimaroundkeywest.com](http://swimaroundkeywest.com)**

Please read carefully and thoroughly

Welcome and thank you for your interest in the Annual Swim Around Key West. Our scheduled date for our 36<sup>th</sup> Annual Swim is Saturday, June 23<sup>rd</sup>, 2012.

Each Category will be capped at the following numbers:

Solo Swimmer: 85

Two-Person Relay: 10 teams

Three-Person Relay: 25 teams

As each category caps, that category will close.

**Background:** This swim is the historic, classic, "around-the-island" swim begun in 1977 by Anna Fugina. Anna had suffered injuries from a car accident and she chose to begin swimming as therapy to assist in her recovery. As her health improved, so did her swimming ability and her love for the sport.

Anna wondered if it was possible to swim the circumference of the island of Key West. Though she inquired, she could find no evidence that anyone had even attempted the challenge, much less completed the swim. She concluded that someone had to be the first, so: on July 4<sup>th</sup> she entered the water at Mallory Square at the Key West Harbor. It was 12:59:00 later that she completed the swim. Later she found out that if she studied the tidal current the swim would be an easier task. Anna swam again in 1978 and improved her time by just under five hours, finishing at 8:00 hours. The current record finishing time is 3:31:28 set by Gabe Lindsey in 1999. Any first place swimmer who beats that record time will be rewarded with \$750.00 at our awards buffet following our 36<sup>th</sup> Annual Swim.

Every entered swimmer will receive a technical t-shirt listing the overall first place swimmers and their finish times from 1977 to 2011.

**Safety:** The Annual Swim Around Key West is an independent and insured swim. It is permitted by the U.S. Coast Guard. In order to secure the Coast Guard permit, the organizers must submit a safety plan, which must be approved by the local sector of the U.S. Coast Guard. The Coast Guard holds the authority to pull the permit at any time if they sense the event is unsafe to any participants. If the event fails to successfully execute the plan, the Coast Guard has the right to deny the permit for the next year's date.

We are pleased to report that we have an amicable working relationship with the local sector of the U.S. Coast Guard and that they have approved our requested date of Saturday, June 23<sup>rd</sup>, 2012. To date we have a very favorable safety record. There are five "Committee Boats" identifiable with yellow flags, which are tasked with nothing more than observing and attending to our swimmers and their escort vessels. All swimmers will have the cell phone number of our race director as well as his radio frequency in laminated plastic, and the escort boaters are urged to keep those numbers in a handy place. However, there will most likely be a "Committee Boat" within distance in case of any emergency.

A copy of the safety plan will be available to any participants upon request.

As mentioned, the Coast Guard has the authority to pull the permit if they deem the conditions too severe to carry on the event. Since we have no control over the weather, in consultation with the U.S. Coast Guard, if they deem the weather unacceptable for the swim, the race director will terminate the event and there is no alternate date. The race director's decisions are final.

**No Refund Policy:** In the unfortunate case you need to cancel, there will be no refund of any application fees.

**Support Escort Vessel:** Every solo and every relay team **MUST** have a support vessel. Solo swimmers generally choose to have a kayak with a kayaker next to them. The kayak is able to stay close to the swimmer, providing the swimmer with protection from dangers such as motor boats or jet skis, and also to provide the sustenance and hydration needed for the swimmer's success.

Relay teams usually choose a motor boat. While supplying the swimmers with safety, hydration and sustenance, the boat will carry the other relay members to the transition points. At the start, the lead swimmer will be in the water and the team mate(s) will be in the boat. There will be no land entries for relay swimmers. (Transition points for relay swimmers are clearly marked by buoys for the relay swimmers at mile 6 for the two-person relay and at miles 4 and 8 for the three-person relay.)

All support vessels will be given an orange pennant on a rod with the number of the solo swimmer or the relay team. That number must be placed prominently on the kayak or boat so as to be visible to all. Swimmers who show up for the registration or the swim without a support vessel will be disqualified.

(Remember, it is the swimmer's responsibility to take care of the kayakers and support boat crews, not the organizers of this event! However, as a show of our appreciation, we welcome, without cost, all kayakers and support boat crew members to our post race awards buffet.)

In order to facilitate solo swimmers who have no kayak and kayaker, the organizers of the 36<sup>th</sup> Annual Swim will offer a service for the needy solo swimmers. For \$170.00, we will provide the kayak AND the kayaker.

The breakdown is: \$100.00 Honorarium to the kayaker (which we will pay the kayaker after the swim is completed.)

\$ 40.00 Kayak rental to the outfitters. Delivery and pick up at the start/finish line guaranteed.

\$ 30.00 Service fee.

Total: \$170.00

This service will not honor requests submitted after May 18<sup>th</sup>, 2012.

Solo swimmers, if you wish to take advantage of this service, please tick the box on the solo application. Please note that this is a package deal. We will not seek out just kayaks or just kayakers for solo swimmers. These services apply only to the solo swimmers and not relay teams.

For solo swimmers who hire their own kayakers we are often asked what sort of honorarium to give the kayaker. Considering that the kayaker must be at the pre-race meeting and will spend a full day on the water protecting and feeding you, we suggest a minimum of \$100.00 for such a service.

Relay teams must bring or rent their own boats. Some rental agencies can be found on the website. Information about local kayak rental will be available on the swimaroundkeywest.com web site.

Please note that we do not endorse any of these companies. Be sure you check the boat well before the swim to make sure that it is seaworthy and acceptable to you. Make sure it has all the safety features required by the U.S. Coast Guard. Tell the company that you need a vessel that will go under both the Fleming Cut Bridge and the Cow Key Channel Bridge.

**The Swim:** This is a warm water swim. Since the swim is later this June, the water temperatures will likely be between 83 and 86 degrees. Most coming from the north will have not been exposed to the sun since the previous summer and, since we do not allow any special "skins" to protect the skin of the swimmers, we recommend zinc oxide to cover the body of the swimmer. Conventional sun screens are not very helpful as they wash off in a couple of hours. Zinc oxide ointment can be purchased from any Pharmacy in 2-oz. tubes. A pound jar is more economical and can be special ordered by the pharmacist.

Our swim start time is later this year than last year. The reason the date and time change from year to year is so that we can find the best tidal currents for

our swimmers and still hold the event on a Saturday. The 10:00-10:30 AM start time means we will be in the water in the heat of the day, making skin care even more important.

Another important consideration is hydration. Salt water and the hot tropical sun mean that hydration is essential to a successful swim. We suggest that all swimmers drink liquid every 20 to 30 minutes while in the water.

There are a couple of areas where the swimmers will benefit from the tide. When you enter the Key West Harbor, you will find a push for about two miles. This will end when you come out under the Fleming Cut Bridge at mile 5. At mile 9, you will be swimming under the Cow Key Bridge and should have a good push for about one mile. This push will vary depending on your speed and when you enter these areas.

Why two starting times? The reason for the two-wave start is to assist swimmers who are slower. If the swimmer doesn't get into Key West Harbor before the tide changes, he/she will be forced to swim against the tide, diminishing the chance of success.

How can I know if I should start in the first wave? If you swim one mile in a pool and your time is 40 minutes or more for one mile, you might consider the first wave. If your time for one mile in a pool is 35 minutes or less, you should be fine in the second wave.

Any solo swimmers choosing to enter the first-wave start and completing the course will receive a finisher's medal, but will not be eligible for any placement trophies. Any relay teams choosing to enter the first wave will not be eligible to receive any placement trophies.

The finisher medals are only awarded to solo swimmers who complete the full course within 8 hours. The swim cutoff time is 8 hours. After 8 hours, we will send out a boat to pick up any swimmers still on the course.

If the water is calm, you will see much sea life, such as tarpon, rays, colorful tropical fish, conch shells on the bottom, perhaps a sea turtle, etc. You may see a nurse shark; they are docile and in the history of the event no one has been attacked by a shark. We have Portuguese Men-of-War but only in December through February. I have never seen one after February. Historically, the swim has been very safe.

Since you are swimming in a circle, it is never boring. You will never see the same thing twice. Also, if the conditions are challenging on one side, keep in mind that after you turn the next bend, conditions will change. The headwind will eventually become a tailwind and vice versa.

There is an 8-hour limit for the swim (10:00AM-6:00PM). At 6:00PM, any swimmers still in the water will be picked up and escorted by boat to the start/finish line.

**Solo Swimmers:** We will cap the solo entry at 85 swimmers. Any swimmer applying after the cap is met will be rejected. Last year capped at 75 and we met

that number by mid April. We have increased our number for solo swimmers by 10. The fee for a solo swimmer is \$140.00. After February 1<sup>st</sup>, the application fee is increased to \$150.00 and after April 15<sup>th</sup>, the application fee increases to \$160.00 per solo swimmer. It pays to get your application in early.

**Relay teams:** We have separate applications for each category. Make sure you fill out the proper application. We have two- and three-person relays. Each teammate must fill out his or her application separately and completely and sign the waiver. If you apply online, you MUST complete the required information for ALL team members at the time you apply.

The caps for the relay teams are: 10 two-person teams and 25 three-person relays. The number of two-person relays is less than last year as we had only six entries in this category. The application fee for a two-person team is \$250.00. After February 1<sup>st</sup>, that increases to \$260.00 and after April 15<sup>th</sup> to \$270.00. Once 10 teams apply, this category will close.

Three-person teams must pay an application fee of \$325.00, and after February 1<sup>st</sup>, the fee increases to \$335.00 and after April 15<sup>th</sup>, it increases to \$345.00. Last year we allowed 20 three person relay teams and capped by early May. We have increased this category cap by 5 teams. Once 25 three-person teams are entered, this category will close.

Remember, there will be no land entries for relay swimmers. Transition points for relay swimmers are clearly marked by buoys at mile 6 for the two-person relay and at miles 4 and 8 for the three-person relay.

**Please note:** Each relay swimmer must complete his/her entire leg before exiting the water. Once that swimmer reaches the transition buoy, the next swimmer will enter the water and swim his/her entire distance. If a swimmer does not complete the full length of his/her distance and exits the water before the proper transition, that relay team will be disqualified.

Make sure any hard copies of the application are filled out legibly. You may also apply on line at the [swimaroundkeywest.com](http://swimaroundkeywest.com) website.

**Swim Suits and Apparel:** There has been some controversy over what is an acceptable suit in this swim. The Annual Swim Around Key West has chosen to adopt the following rule for swimsuits. Please read this carefully:

**Costume:** A swimmer may wear only one suit. Swim suits shall not cover a man's body higher than the top of the pelvic bone or the belly button and shall not cover any part of the body below the mid-thigh. Swim suits shall not cover a woman's body outside the shoulder joints or above the shoulder line and shall not cover any part of the body below the mid-thigh. The material of suits may consist only of cotton, lycra, nylon, polyester and spandex. Any swimmer wishing to compete in a suit constructed of other materials must apply to The Annual Swim Around Key West for permission in writing. If you have any doubt as to what suit you will be permitted to wear in this open water event, please check with the Race Director.

No swim suits extending below the mid thigh, body suits, wet suits or "skins" are allowed. Please take this seriously as we take this requirement seriously. You will be disqualified if your suit does not meet this description. It is ungracious to place the Race Director in the position of disqualifying you on race day.

*Silicone, nylon or latex hats are permitted. No fins, no snorkels are permitted.*

**Awards:** This year we will be awarding more categories to finishing swimmers.

Solo Awards: The overall solo finisher will have his/her name placed on the back of the official t-shirt and placed on the official plaque. The overall first place winners (both male and female) will receive a free entrance into the 37<sup>th</sup> Annual Swim in 2013.

Any solo swimmer finishing in first place and breaking the time of 3:31:28 (the record set by Gabe Lindsey in 1999) will be awarded \$750.00 at the Awards Buffet that will follow the 36<sup>th</sup> Annual Swim. Solo awards will go three deep for both overall male and female solo swimmers.

Awards will go two deep for Master's category (over 40 years old) in both male and female.

There will be one award to the Grand Master (over 50) and one to the Senior Grand Master (over 60) in both male and female.

All solo swimmers completing the full course will receive a sterling silver finisher's medallion upon exiting the water and entering the beach area.

Relay Awards: Awards will go three deep for each category of relay, for both the two- and the three-person relay. There will be no distinction between male and female for relay awards. This year we will award finisher's medals to all relay teams upon their completion of the full course.

**Accommodations:** We are happy to once again be working with the SUN HOTEL COLLECTION PROPERTIES who own Comfort Inn Key West, Quality Inn Key West, Days Inn Key West and the Lexington Hotel Key West. These are all located in the same area of Key West. Last year our Headquarters was the Lexington Hotel Key West, and this year we will be returning to the same location. We have special discounted rates for all involved with the 36<sup>th</sup> Annual Swim. The rates are as follow:

[COMFORT INN KEY WEST: \\$119, 305-294-5511.](#)

[QUALITY INN KEY WEST: \\$109, 305-294-3773](#)

[DAYS INN KEY WEST: \\$99, 305-294-3742](#)

**Host Hotel:** [LEXINGTON HOTEL KEY WEST: \\$109, 305-294-6681](#)

**The rates will be offered through June 8, 2012.**

**Car rental:** We have worked out an agreement with the Dollar and Thrifty Automotive Group, Inc. If you are flying into the Key West International Airport and need a rental car, make your reservations with the General Manager, Mr. Terry Tyson. He can be contacted at 305-797-1400. Make sure you tell him you are involved in the 36<sup>th</sup> Annual Swim Around Key West in order to receive your discount.

**Pre-race Registration:** As mentioned, our Headquarters for the Annual Swim is the Lexington Hotel Key West. Applicants may register at the Lexington Hotel anytime after 3:00PM until 5:45PM. At the time you register, you will receive your info packet and "goody bag." Relay teams will receive their orange pennant with team number at registration. Solo swimmers will receive their numbered pennants at the beach the morning of the swim at the time the swimmer has his/her right thigh marked. This pennant must be placed prominently on your support vessel. If the pennant is not clearly visible on your support craft, you will be disqualified from the event.

**Mandatory Pre-race Meeting:** Promptly at 6:00PM on Friday, June 22<sup>nd</sup>, 2012, we will begin our pre-race meeting. Information will be given as to rules, the course and other pertinent directions and instructions. Questions will be taken. The goal will be to have all swimmers and kayakers out of the meeting by 7:15PM.

**Swim Day:** You must check in at Smathers Beach (on the Atlantic side - west end near the rest rooms) by 8:30AM and no later 9:00AM. Once you check in, you must have your right thigh marked with your solo or team number (keep it free of skin protectant and grease). This is the time to organize your kayak with your provisions, get your zinc oxide on your skin and work out last minute strategy with your kayaker. Time will pass quickly, so get out to the beach early to avoid rushing.

**Post Swim on the Beach:** We will have drinks and light refreshments on the beach as the swimmers begin to arrive.

**Post Race Buffet:** The post race buffet is free and open to all swimmers, their families and kayaker and crews. It will be held at the headquarters, the Lexington Hotel Key West. The Awards Buffet will begin at 7:00PM. In addition to the distribution of awards, there will be a raffle with free gifts and gift certificates from local businesses. There will be many other surprises as well!! It will end by 8:30PM.

**The Annual Swim Around Key West has chosen to donate** any profit after all our bills are paid to the Cross Country Team of the Key West High School. After the 35<sup>th</sup> Annual Swim, we were pleased to be able to give this group a check for \$2,500. Our hope is to increase this amount after the 36<sup>th</sup> Annual Swim.

**Kayak/Kayaker Agreement Details:** The situation with kayaks and kayakers has raised questions and challenges over the years. Occasionally, kayakers labored in the hot sun caring diligently for swimmers who stiffed them. Swimmers have showed up at the pre-race sign-in with no kayak and kayaker expecting that the organizers of the swim were responsible to take care of these needs. Our goal is to assist everyone involved. If you need a kayak and kayaker, the organizers will serve you and the kayaker for a fee of \$170.00.

The breakdown is: \$100.00 Honorarium to the kayaker (which we will pay the kayaker after the swim is completed.)

\$ 40.00 Kayak rental to the outfitters. Delivery and pick up at the start/finish line guaranteed.

\$ 30.00 Service fee.

Total: \$170.00

This service will not honor requests submitted after May 18<sup>th</sup>, 2012.

If you wish to take advantage of this service, you must tick the box on your solo application and then fill out the hard copy application specifically for the kayak and kayaker service found on the swimaroundkeywest.com website. **OR** you may sign up and pay for this service when you apply online at [www.swimaroundkeywest.com](http://www.swimaroundkeywest.com).

Thank you once again for your interest in the 36<sup>th</sup> Annual Swim Around Key West (12.5 miles). Train well!!

Bill Welzien

52 Completed Swims Around Key West

Organizer (on behalf of the Committee)

**Apply on line at:** [swimaroundkeywest.com](http://swimaroundkeywest.com)

Or

Send the application to:

**The 36<sup>th</sup> Annual Swim Around Key West (12.5 miles)**

**1000 Coppitt Road**

**Key West, Florida 33040**

**Phone: 305-394-5292**

## Swimmers in need of Kayaker Info and Agreement

**Kayak/Kayaker Agreement Details:** The situation with kayaks and kayakers has raised questions and challenges over the years. Occasionally, kayakers labored in the hot sun, caring diligently for swimmers who then did not pay them. Swimmers have showed up at the pre-race sign-in with no kayak or kayaker expecting that the organizers of the swim were responsible for these needs. Our goal is to assist everyone involved. If you need a kayak AND kayaker, the organizers will serve you and the kayaker for a service fee of \$30.00.

The breakdown is:

- \$100 Honorarium to the Kayaker (which we will pay the kayaker after the swim is completed).
- \$40 Kayak Rental to the outfitters. Delivery and pick up at the start/finish guaranteed.
- \$30 Service Fee.

**Total: \$170.00**

If you wish to take advantage of this service, you must check the box on your SOLO application and then print and fill out this hard copy application specifically for the kayak and kayaker service. You may also sign-up and pay for this service when you register online at [swimaroundkeywest.com](http://swimaroundkeywest.com).

Mail this application and a check for \$170 with your swim application or, if separate, to:

Annual Swim Around Key West Kayaker  
1000 Coppitt Rd.  
Key West, FL 33040

Please make checks payable to: Annual Swim Around Key West

**Requests and payment must be received by May 18, 2012.**

## **Agreement for Kayaks and Kayakers Application**

The Organizers of the 36<sup>th</sup> Annual Swim Around Key West promise to supply a kayak and a kayaker for the 36<sup>th</sup> Annual Swim Around Key West scheduled for Saturday, June 23<sup>rd</sup> scheduled to begin at 10 a.m.

I will meet my kayaker at the 6 p.m. mandatory Pre-Race Meeting at the Lexington Hotel located at 3850 North Roosevelt Blvd., Key West on Friday, June 22. My kayak and kayaker will meet me at the beach one full hour before the event start time on Saturday, June 23.

I agree to pay \$170.00 in the form of a check to the Annual Swim Around Key West. (This service can also be paid for online with your online swim application at [www.swimaroundkeywest](http://www.swimaroundkeywest) for an additional charge of \$5.)

My money will be disbursed in the following manner:

- \$100 Honorarium to the Kayaker by the swim organizers.
- \$40 Kayak Rental to the outfitters. Delivery and pick up at the start/finish guaranteed.
- \$30 Service Fee.

**Total: \$170.00**

Please print.

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Mail this application and a check for \$170 with your swim application or, if separate, to: Annual Swim Around Key West Kayaker, 1000 Coppitt Rd., Key West, FL 33040. Make checks payable to: Annual Swim Around Key West. **Requests and payment must be received by May 18, 2012.**