

Swimmers:

As promised, here are some special links to swim events for you. This is a power house triathlon area, but there are swim only events out there if you would like to test your skills. Also, many of the TRI venues are adding AquaBike events (swim, bike, done...my favorite !!). Actually, I have been threatening for years that as soon as I become rich or famous (yes, it is safe to assume....), that I will sponsor MY kind of triathlon:

3.0 mile swim

100 mile bike ride (why not just keep it an even number....a century)

100 yards dash

Done !!!

Here are the links. Have fun !

Here are the Web sites that I frequent to find Open Water swimming opportunities:

1) <http://usopenwaterswimming.org/> On the landing page, click on the link in the upper left titled "2010 Open Water Swimming Calendar" (direct link: <http://usopenwaterswimming.org/2010OWCalendar.htm>) This is the best resource I've found to date on the internet.

2) NYC Swim (<http://www.nycswim.org/>) always has a number of great races every year. I did the Governors Island Swim last year, which was a lot of fun. This year I'm doing the Liberty Island Swim (you need to have swum in a NYC Swim in prior year to be eligible) and the Governors Island Swim again.

3) US Masters Swimming also has a list on their site: <http://tinyurl.com/y97zpup>. This list is probably somewhat a subset of the first site listed above.

See you soon. Good weather is here... It is time !!!

SwimStrong. SwimSilent.

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