

FOR IMMEDIATE RELEASE

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Friends of Virgin Islands National Park Hosts 5th Annual Beach-to-Beach Power Swim

Friends of Virgin Islands National Park will host the 5th annual Friends' Beach-to-Beach Power Swim on Sunday, May 25th at 8:00 a.m. Registration is now open.

But first, let's start by practicing our strokes, kicks and breathing techniques at the first training swim on April 20th at 8:00 a.m. at the north end of Maho Bay Beach. This first practice swim will start at Maho and finish at Cinnamon Bay Beach. There will be kayaks monitoring the course as we make our way around America Point to Cinnamon Bay Beach, which is approximately one mile in distance. There is no fee for this event, and we encourage all to participate in this group swim.

The Beach-to-Beach Power Swim is four simultaneous events:

- 1) A short course (approx 1 mile) solo swim from Maho Beach to Cinnamon Beach;
- 2) An intermediate course (approx 2¼ miles) solo swim from Maho Beach to Trunk Beach;
- 3) A long course (approx 3½ miles) solo swim from Maho Beach to Hawksnest Beach; and,
- 4) A long course (approx 3½ miles) 3-person relay team swim from Maho Beach to Hawksnest Beach, with transition points at Cinnamon and Trunk beaches.

Awards will be given in age groups; and to cap off the event the awards ceremony will be held along with a Beach BBQ at Oppenheimer Beach.

The Beach-to-Beach Power Swim is for both competitive swimmers and relatively serious recreational swimmers. To make it as accessible and fun for as many participants as possible, swimmers may compete using snorkels, fins, exposure suits, etc. in a separate "assisted-swimmer" category.

The Power Swim will be held in National Park waters. "This event has become part of the list of challenging sporting events in the Virgin Islands", said Joe Kessler, Power Swim Race Director, "and features the incredible waters and beaches of Virgin Islands National Park, two very special attributes of the Park."

Advance registration (through May 9th) is only \$30. General registration (May 10-23) is \$40, and late registration, available only at the Pre Race Meeting on May 24th, is \$50. YOUTH (17 & under) registration fees is \$15 through May 23th, and \$25 on May 24th. It pays to register early!

Swimmers can register either on-line at <<http://www.friendsvinp.org/swim>> www.friendsvinp.org/swim, by phone at (340) 779-4940, or in person at: the Friends of the Park Store in Mongoose Junction, Connections in either Cruz Bay or Coral Bay, or at Caribbean Surf Co. at Red Hook and Havensight locations on St. Thomas, or at SCUBA on St. Croix.

For complete information about the Beach-to-Beach Power Swim, including the course description, course maps, competition rules, and to register visit <<http://www.friendsvinp.org/swim>> www.friendsvinp.org/swim or call 779-4940.

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