

# Who Let the Dogs Out...?



Sean & Andy - PHOTO: Richard Yocum



Dog jumping in lake – PHOTO: Patty Hyde



Sean Durkin & Andy Hewitt – Swim/Run Training at La Jolla Shores (Mar 2015) – PHOTOS: Michelle Graham



Have you seen these guys at the Club...running in and out of the water? Andy Hewitt and Sean Durkin currently live in San Diego and have been training for the past nine month, literally...like dogs. Andy and Sean are both members of the San Diego Rowing Club.



Start of UTO SWIMRUN Race & 1<sup>st</sup> Swim Entry (31MAY15) - PHOTOS: Nadja Odenhage



Sean and Andy have been known to do crazy sports in the past (swimming the English Channel, Ironman, American Birkibeiner XC-Ski Race, Marathons, Rowing, Hiking, etc.) but, this takes crazy to the next level. Their goal was to compete in the UTÖ SWIMRUN competition in late May. The race is 39 kilometers of running across and swimming

between the islands of Utö, Rånö and Ålö in the Swedish Archipelago, located in the Baltic Sea: [www.utoswimrun.se/live](http://www.utoswimrun.se/live). The event is the start of the international SWIMRUN season that leads to the World Championship, 75 kilometer ÖTILLÖ SWIMRUN race (also in Sweden) in September: [www.otillo.se](http://www.otillo.se)



Andy & Sean competing in UTO SWIMRUN Race (31MAY15) - PHOTOS: Nadja Odenhage

The terrain for UTÖ SWIMRUN is varied with trails, gravel roads, steep rocky cliffs and some off road bouldering. Most of the race has stunning views of the Baltic Sea. On the East side of the islands the open water stretches out to the horizon. The race includes 33.5 kilometers of running and 5.5 kilometers of open-water swimming with 15 swims...the longest is 480 meters (the average water temperature is 10-11 C / 49-51 F). SWIMRUN requires that you race in teams of two and be together (within 10 meters) at all times, for safety and, to make the contest more difficult.



Andy & Sean competing in UTO SWIMRUN Race (31MAY15) - PHOTOS: Nadja Odenhage

Team members swim in their running shoes and run in their wetsuits throughout the entire race. Nutrition stations are located along the course every 8-9 kilometers but, there is no stopping, no gear-drop, no transition-stations...the teams have to bring all of

the gear that they start with, to the finish line. Race video:

<https://www.facebook.com/UtoSwimrunAnOtilloQualifier/videos/855048087908664/>



Sean Durkin & Andy Hewitt – Swim/Run Training in San Francisco Bay and San Diego Mission Bay (Mar 2015) – PHOTOS: Dave Ogden & Guillermo Lemus

Training for the UTÖ SWIMRUN competition included traveling to San Francisco Bay to practice cold-water swimming; 10,000-ft vertical hikes up Mt San Jacinto in southern California, long runs and very long ocean swims. Throughout the SwimRun training, Andy and Sean were able to participate in the Head of the Charles Regatta and the San Diego Crew Classic. For having traveling the farthest for the event and, competed in both the Sprint race on Saturday, May 30, and the full Qualifier race on Sunday, May 31, Sean and Andy were included in the race-recap article in SLOWTWITCH.COM:

[http://www.slowlitch.com/Lifestyle/2015\\_Ut\\_SwimRun\\_in\\_images\\_5110.html](http://www.slowlitch.com/Lifestyle/2015_Ut_SwimRun_in_images_5110.html)

What is next for the SwimRun team of Sean and Andy...? They have their sights set on competing in the full-length ÖTILLÖ SWIMRUN World Championship, 75 kilometer race in September.