

January 22<sup>nd</sup>

## 22k California SwimRun Race report

This was the first race for my partner, Joe Graves and myself. I had done a few training sessions of SwimRun with Sean and Andy but nothing more than 10km. The 22km race in Mission Bay was extremely well organized from all perspectives. I have done many half marathons and the SwimRun was just as well organized as a few international races I have run.



What really stood out to me was the camaraderie that was palpable at the race. There was less ego involved and more of a community spirit. I really enjoyed that aspect of SwimRun and this part of it will keep me coming back. I also like the fact that SwimRun can be done just about anywhere and is a sport where you only really need a few.

I personally found the race really tough as I did not have a wetsuit and the cold really began to get to me near the end of the race. The weather also provided a challenge both mentally and physically. These challenges only made finishing the race sweeter.

I really like the grittiness and no frills aspect of SwimRun. It is a real race and real people participate. You are completely exposed to nature and all her elements.

I am definitely excited about improving my racing and delving deeper into the SwimRun community. I am hooked.



Thanks California SwimRun!

**Sean Coetzee**