

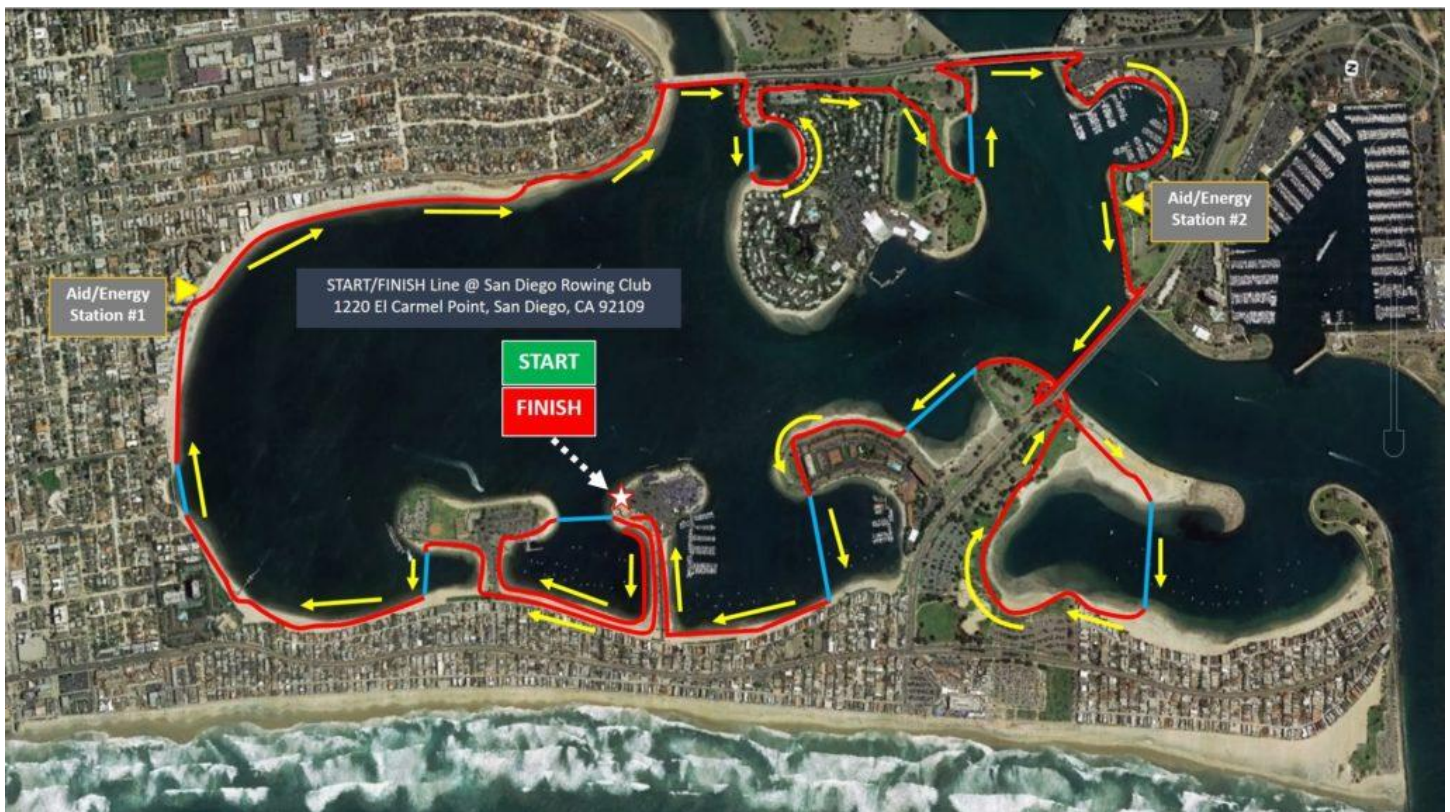
California SwimRun Competitors, Volunteers and Supporters,

We are just ten days from hosting our [fifth swimrun race in San Diego on May 7th, 2017](#). For this race, we will start at 9am, get there earlier to meet other competitors and get prepared to race. We will have changing rooms and showers available as well as a place to drop your bag. Please be considerate of the San Diego Rowing Club and keep the locker rooms and other areas clean.

We still have spots open for the race and we are also looking for some [enthusiastic volunteers](#). Our [last race was held on January 22nd, 2017](#); we were fortunate enough to have competitors from all over the world including [South Africa](#), [Germany](#) and [Sweden](#). [ÖTILLÖ](#) founder [Mats Anderson](#) and 2015 ÖTILLÖ winner [Maja Tesch](#) were among the 22k competitors, [their race report can be seen here](#).

Check out our [Facebook page](#) for photos and the latest updates on what's going on in the world of swimrun. We had the California SwimRun team of Daemon Anastas and Andy Hewitt travel to Hvar Croatia to compete, Sean Durkin and Andy Hewitt travelled to [Atlanta Georgia for the first SwimRun Georgia race on April, 23rd](#).

Here is the race map for the May 7th 12k, feel free to train on any portion to get used to the terrain.



We've released our [video from the 22k race](#), feel free to share it with your friends so they will understand what kind of sport you've decided to embrace. We also were featured in the [online endurance sports website Slow Twitch](#). There are now over 400

swimrun races throughout the world according to [World of SwimRun](#), you are now part of a worldwide movement which is one of the fastest growing sports in the world. We encourage you to consider competing abroad in races around the world; the international swimrun community is extremely welcoming.

The water is getting warmer, wetsuits are optional. We can't tell you exactly what the weather will be like on race day, but it's been sunny and warm for the past two weeks with 62°F as an average temperature in Mission Bay.

You said you wanted California SwimRun gear...so now you can order official [California SwimRun gear on our online store](#).



[Our 12k course in beautiful Mission Bay](#) is set up for swimrun beginners as well as veterans who want to post a fast time on a mostly flat course. Our packed pickup will be held on Saturday, May 6th at the [Karl Strauss Tasting Room from 2-6pm](#). you will have the chance to talk with other race competitors, sponsors and race directors about all things swimrun while enjoying a tasty pre-race beer on us. If your partner bailed or you have friends who want to race, but are looking for a race or training partner, check out our [Partner Match page](#). [Our Facebook page](#) also has the latest on our training events as well as social activities including workouts with [November Project](#).



We have some great sponsors this year including our video team from [Rowlbertos Media](#), local [San Diego Brewery Karl Strauss](#), [Orca Wetsuits](#) (use code CASR2017 for a 10% discount), our friends with delicious coffee at [Global Coffee Trading](#), our friends from [Science in Sport](#), [anti-cramping Pickle Power](#), [anti-chaffing gel from Pjur Active](#) (20% off with code CASW2017) and veteran swimrunner, triathlete and coach Mike Lyle from [Lyle Fitness Consulting](#).

We are excited to partner with the [San Diego Junior Lifeguard Foundation](#). The Foundation offers free swimming lessons and safety training for youths in San Diego to prevent water accidents and increase water fun for all. If you are interested in [supporting the Junior Life Guard Foundation, you can donate here](#). Check out this [great video on the Foundation's mission](#).



Remember the rules of California SwimRun:

- #1 [Tell Everyone about swim run!](#)
- #2 [Greet everyone](#) you see while running
- #3 Stay with your [teammate](#) during runs and swims
- #4 [Dog in and out of the swims](#)
- #5 [No Complaining.....ever](#)



Cheers,

Sean and Andy

Founders

[California SwimRun](#)

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