

California SwimRun Competitors and Friends,

We are just a few weeks from hosting our sixth [swimrun race in San Diego on October 15th, 2017](#). We are excited to host the final California SwimRun race of 2017. For this race, we will start at 0900 so everyone can be well rested before the race.



[We still have spots open for the race](#) and we are also looking for friendly volunteers. If you know someone who is interested in volunteering, they [can sign up here for a fun morning helping out on the course](#) followed by a free party. So far we've [held two races in 2017](#) and have been fortunate enough to welcome competitors this year 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](#).



Some of our volunteers enjoying a beer after the race.

Check out our [Facebook page](#) for photos and the latest updates on what's going on with athletes from [California SwimRun](#). We had the California SwimRun team of Daemon Anastas and Andy Hewitt travel compete in [Hvar, Croatia](#) and [ÖTILLÖ](#) in Sweden. Our fellow Southern California swimrun athlete [Rich Roll](#) competed in [ÖTILLÖ](#) for the first time in 2017, check out his [podcast](#) for more on international competition. There was even a [NY Times](#) article on SwimRun!



Andy and Daemon tackle the rough water and sharp rocks at [ÓTILLÓ 2016](#)

Earlier in August, we had five California SwimRun teams head to Portland, ME to compete in the Casco Bay SwimRun



California SwimRun competitors Sean and Andy at Casco Bay in August 2017

We've released our [video from the 22k race](#), feel free to share it with your friends so they will understand more about the sport you and your partner have 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.



International swimrun racing at Loch gu Loch in Scotland

You said you wanted California SwimRun gear...so now you can order official [California SwimRun gear on our online store](#). We have sweatshirts, t-shirts, hats and stickers.



[Our 15k course in beautiful Mission Bay](#) is set up for swimrun experienced athletes, but is also appropriate for first time swimrunners who are fit and up for a challenge. Our packet pickup party will be held on Saturday, October 14th at the [Karl Strauss Tasting Room from 2-5pm](#). 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-chaffing gel from Pjur Active](#) (20% off with code CASW2017) and veteran swimrunner, triathlete and coach Mike Lyle from [Lyle Fitness Consulting](#).

We are happy 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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