

13th Annual Keller Cove Swim

For Kids' Sake

~~ 2-mile swim ~~

~~ 1-mile swim ~~

~~ ½-mile swim ~~

September 17, 2023

Keller Beach, Miller/Knox Regional Shoreline
Richmond, California

Presented by: Richmond Plunge Masters (RPM)/Richmond Sailfish

Sanctioned by: USMS/Pacific Masters

Lifeguard Services: East Bay Regional Park District

The Event

This open water bay swim is the 13th annual fundraising event to benefit the youth USA swim team ("Sailfish") program in the City of Richmond, based at the restored Richmond Municipal Natatorium ("The Plunge"). Proceeds from the event will be used for coaching, equipment, pool fees and swimming scholarships for inner-city youth throughout Richmond. It will be held at Keller Beach, Miller/Knox Regional Shoreline, in cooperation with East Bay Regional Park District (EBRPD) who will provide water safety and lifeguard services for the event. The event includes open water swim competitions for adult swimmers, at ½-mile, 1-mile and 2-mile distances. This is the final event of the Pacific Masters 2023 open water swim season.

Event Sanctioning and Eligibility

The event is sanctioned by Pacific Masters Swimming for USMS, Inc.; this includes ½-mile, 1-mile and 2-mile swims. All participants must be current 2023 registered members of USMS. Non-USMS swimmers may register and participate by paying an additional single-event fee (OEVT) of \$15 (see *Entry Fees* below). The swim is open to handicapped swimmers; contact Head Coach John Schonder (richmondswims@gmail.com) regarding specific water assistance needs.

Swim Events

- ❖ Masters (18 and over): ½-mile, 1-mile & 2-mile swims Non-Wetsuit and Wetsuit Divisions
- Note:** ½-mile swim will be run first as a separate event; followed by 1-mile and 2-mile events that will be run concurrently. Swimmers may enter: ½-mile only; 1-mile only; 2-mile only; ½-mile + 1-mile; or ½-mile + 2-mile.

Registration/Check-In

Registration may be made by mail, on-line, or at the event on race day. Race day registration and check-in will open at 7:30 am and will close at 9 am for the ½ mile swim, and at 10 am for the 1 and 2 mile swims. Race day registration will require payment by cash or check (no credit cards accepted). Race-day registration will require entrants to provide USMS swimming card. Mailed registrations must include photocopy of valid membership card at time of entry.

Schedule of Activities

- ❖ Swimmer Check-in for ½-mi 7:30 am – 9:00 am
- ❖ Swimmer Check-in for 1 & 2-mi 8:00 am – 10:00 am
- ❖ Welcome and Introductions: 9:00 am – 9:10 am
- ❖ Race Instructions: ½-mile 9:10 am – 9:25 am
- ❖ ½-mile Swim 9:30 am – 10:15 am
- ❖ Race Instructions: 1 & 2-mile 10:10 am – 10:25 am
- ❖ 1 & 2-mile Swims: 10:30 am – 12:30 pm

~~~~ Refreshments and Awards following Swims ~~~~

## Swim Course

All swims will begin and end on Keller Beach and will follow a counter-clockwise course marked by brightly-colored buoys. The ½-mile swim will be run first as a separate event. After this is completed, the 1 and 2-mile swims will be run concurrently, beginning with the 2-mile swim wave, followed by the 1-mile swimmers divided into waves. The waves will start about 5 minutes apart. The 2-mile swim will consist of two loops of the 1-mile course. For swimmer safety, time limits will be: 45 minutes for the ½-mile swim; and 2 hours for the 1 and 2-mile swims.



## Water Temperature and Wetsuits

Water temperature for the swim is expected to be in the range of 62-66 degrees. Swimmers are encouraged to wear wetsuits unless they are accustomed to swimming without wetsuits at the expected water temperature and for the distances offered in this event. Water temperatures near Keller Cove can be checked at: <http://www.nodc.noaa.gov/dsdt/cwtg/cpac.html>.

## Awards

- ❖ Masters Non-Wetsuit Division: ½, 1 and 2-mile swims; top 3 places in each 5-yr age groups; Men & Women
  - ❖ Masters Wetsuit Division: ½, 1 and 2-mile swims; top 3 places 18-39, and 40+; Men & Women
- (Note: All swims are eligible for Pacific Masters Open Water Points Competition)

## Entry Fees

| Category                                                           | On-line or Postmarked by | Entry Fees                    |                                   |
|--------------------------------------------------------------------|--------------------------|-------------------------------|-----------------------------------|
|                                                                    |                          | Single Swim<br>(½, 1 or 2-mi) | Two Swims<br>½ + 1-mi<br>½ + 2-mi |
| Early                                                              | 9/01/2023                | \$50                          | \$70                              |
| Regular                                                            | 9/08/2023                | \$55                          | \$75                              |
| Last Minute                                                        | 9/14/2023                | \$60                          | \$80                              |
| Race Day                                                           | -                        | \$70                          | \$90                              |
| Additional one event (OEVT) registration fee for non-USMS entrants |                          |                               | \$15                              |

➤ All entries are non-refundable.



## Water Safety & Lifeguard Services

Water safety and support will be provided under the direction of the East Bay Regional Park District (EBRPD) Aquatics Supervisor and lifeguards, including lifeguards, rescue boards, and two motorized boats. All EBRPD guidelines and criteria for open water swim events will be adhered to. The swim area (Keller Cove) is not subject to strong bay currents or significant boat traffic, as it lies off the main tidal channels in a relatively protected cove. Any boats in the area will be precluded from entering the swim area. All participants will be required to wear a brightly-colored swim cap (to be provided), and will receive body-marking for swimmer identification. The use of swim fins, pull buoys or other swimming devices will not be permitted. Personal escorts will only be permitted for handicap swimmers, with approval from the EBRPD Aquatics Supervisor and RPM Race Safety Officer. Note: Under penalty of disqualification, swimmers may not make deliberate contact with craft, craft operators, and/or any physical features on or near the course during the swim.

## Directions & Parking

**Driving Directions.** Keller Beach is located at the intersection of Western Dr. and Dornan Dr. in Pt. Richmond, adjacent to the south portal of the Dornan Dr. Tunnel. From Highway 580, take the Canal Blvd exit and turn south; turn right at W. Cutting Blvd; turn left at Dornan Dr./S.Garrard and proceed past "The Plunge" through the tunnel. Keller Beach is on the right upon exiting the south side of the tunnel.

**Parking.** Parking near Keller Beach is limited to curbside parking along the west side of Dornan Dr, which stretches for a distance of approximately one mile to the south (toward San Francisco). Come early for close-in parking. Other parking options include: (a) street parking in Point Richmond (near the Plunge) and walk through the tunnel (1/4 mile); (b) Main Parking Lot for Miller/Knox Regional Shoreline (1/3 mile); (c) Dirt parking area across from Main Parking Lot (1/3 mile); and (d) Overflow and South Parking Lot (1/2 mile).

## Contact Information:

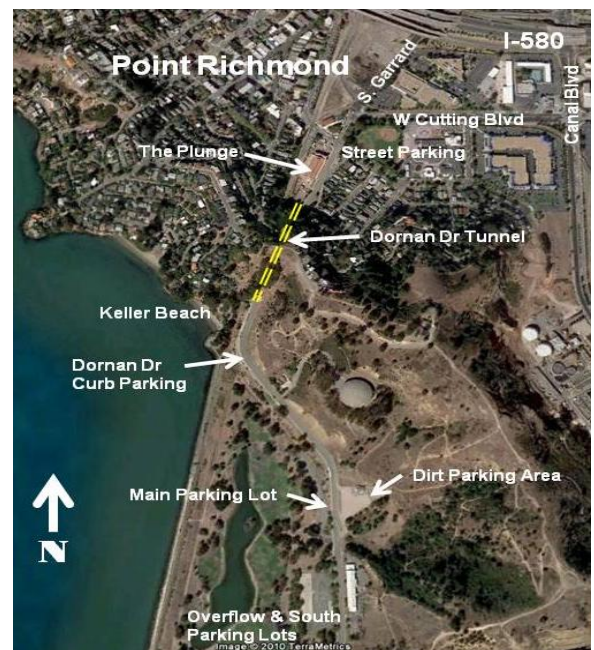
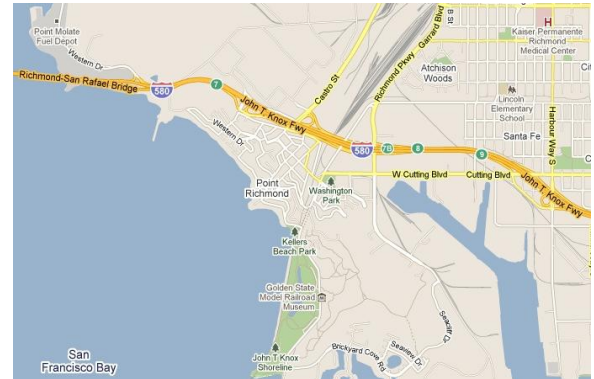
For questions and more information regarding this swim event, Richmond Plunge Masters and Richmond Sailfish youth team, or general information on Masters swimming contacts are provided below:

### Richmond Plunge Masters and Richmond Sailfish:

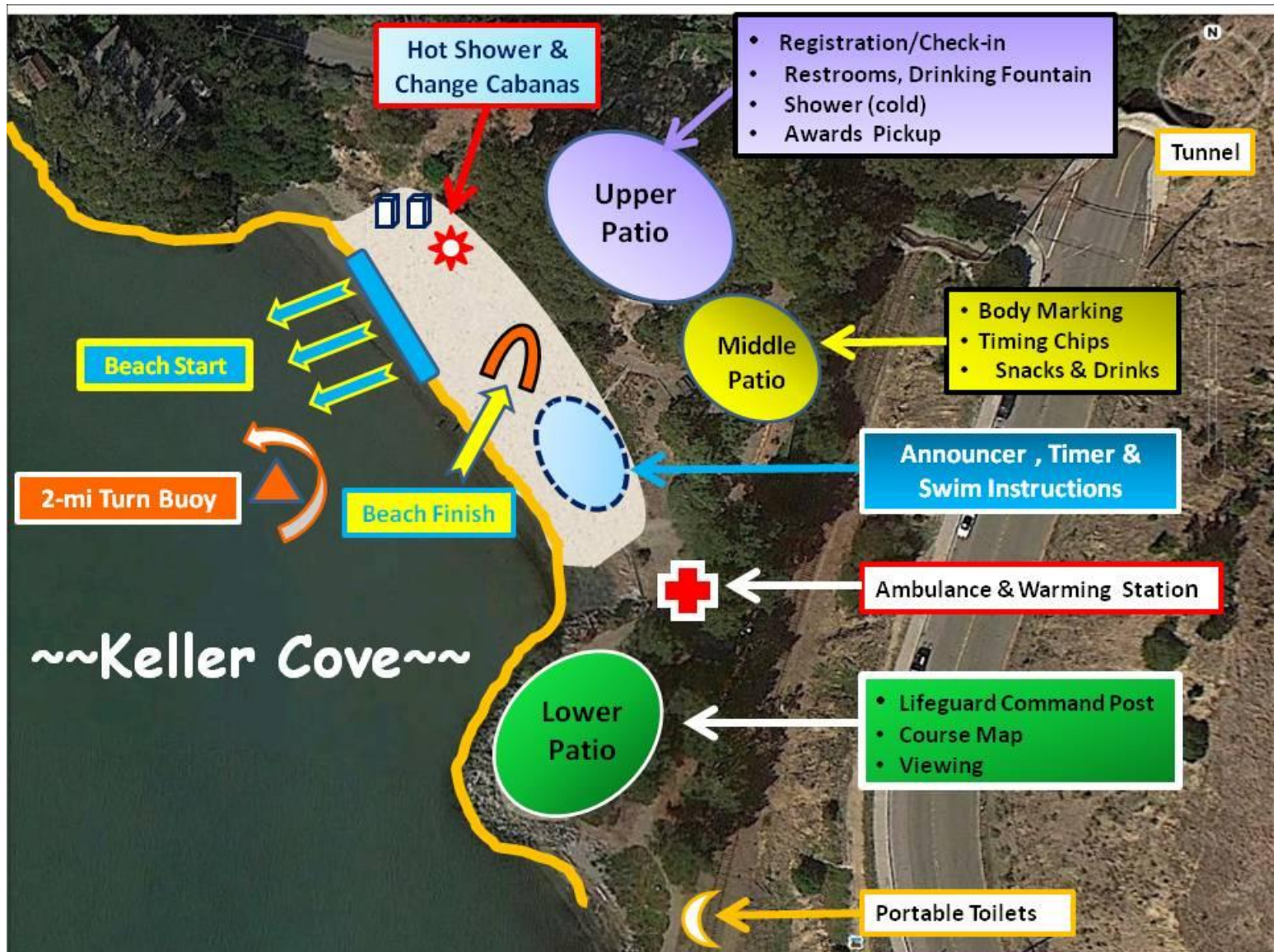
Race Directors: Norm Hantzsche ([nhantzsche@questaec.com](mailto:nhantzsche@questaec.com))  
Race Safety Officer: John Schonder ([richmondswims@gmail.com](mailto:richmondswims@gmail.com))  
Masters Head Coach: Ron Taylor ([rntylr@gmail.com](mailto:rntylr@gmail.com))  
Meet Referee: Mehdi Nourbakhsh ([260beb39@opayq.com](mailto:260beb39@opayq.com))  
Website: <http://www.richmondswims.org>  
Address: Richmond Swims, P.O. Box 70952, Richmond, CA 94807

### USMS/Pacific Masters:

USMS Registration: <http://www.usms.org/reg>  
Pacific Masters Swimming: <http://www.pacificmasters.org>







## Entry Form

### **13<sup>th</sup> Annual Keller Cove Swim for Kids' Sake – Sunday, September 17, 2023** **Keller Beach, Miller/Knox Regional Shoreline, Richmond, California**

Sanctioned by Pacific Masters Swimming for USMS, Inc. \_\_\_\_\_

|                                                                           |                                  |                |                                         |                       |                                    |
|---------------------------------------------------------------------------|----------------------------------|----------------|-----------------------------------------|-----------------------|------------------------------------|
| Last Name:                                                                |                                  | First Name:    |                                         | Circle Sex:    M    F |                                    |
| Street Address:                                                           |                                  | City:          | State:                                  | Zip:                  |                                    |
| Phone:<br>(     )                                                         | Email:                           |                | Birth Date:                             | Age on Race Day:      |                                    |
| Race Distance and Division (Circle One Only):                             |                                  |                |                                         |                       |                                    |
| Swimmer Category                                                          |                                  |                |                                         |                       |                                    |
| Masters – Category 1, Non-Wetsuit                                         | ½ mile only                      | 1 mile only    | 2 mile only                             | ½ mile + 1 mile       | ½ mile + 2 mile                    |
| Masters – Category 2, Wetsuit                                             | ½ mile only                      | 1 mile only    | 2 mile only                             | ½ mile + 1 mile       | ½ mile + 2 mile                    |
| Club Affiliation:                                                         |                                  | Club Initials: |                                         | USMS #:               |                                    |
| Postmarked on or before:                                                  | Masters Entry Fees               |                |                                         |                       |                                    |
|                                                                           | Single Swim<br>(½, 1, or 2-mile) |                | Two Swims<br>(½ + 1-mile or ½ + 2-mile) |                       |                                    |
|                                                                           | 9/01/23:            \$50 ____    |                | \$70 ____                               |                       |                                    |
|                                                                           | 9/08/23:            \$55 ____    |                | \$75 ____                               |                       |                                    |
|                                                                           | 9/14/23:            \$60 ____    |                | \$80 ____                               |                       |                                    |
| Race Day:            \$70 ____                                            |                                  | \$90 ____      |                                         |                       |                                    |
| Additional one event (OEVT) registration for non-USMS entrants: \$20 ____ |                                  |                |                                         |                       | Total Amount Enclosed:<br>\$ _____ |

**Make checks payable to: "Richmond Swims"**

**Mail entry form along with check and photocopy of USMS membership card to:  
Richmond Plunge Masters, c/o Richmond Swims, P.O. Box 70952 Richmond, CA 94807**

Membership in US Masters Swimming (adults) is required to participate in this event for liability insurance purposes. To register with USMS, see the USMS website: <http://www.usms.org/reg>. You may also obtain One Event USMS membership on race day for a fee of \$20, paid with this entry form or at Registration. Wearing the provided swim caps is mandatory. Fins, pull buoys or other swimming devices are not allowed. Check-in and race-day registration opens at 7:30 am and closes at 9:00 am for the ½ mile swim, and at 10:00 am for the 1 and 2 mile swims on Sunday, September 17, 2023 at Keller Beach.

#### **RACE DAY ENTRY - STAFF AREA ONLY**

Payment Received: Cash \$ \_\_\_\_\_ Check \$ \_\_\_\_\_ Check #: \_\_\_\_\_

**PLEASE READ CAREFULLY AND SIGN**  
**"PARTICIPANT WAIVER AND RELEASE OF LIABILITY,**  
**ASSUMPTION OF RISK AND INDEMNITY AGREEMENT"**  
**ON REVERSE SIDE OF THIS PAGE**



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

|                                  |            |    |                          |                            |
|----------------------------------|------------|----|--------------------------|----------------------------|
| Last Name                        | First Name | MI | Sex (circle)<br>M      F | Date of Birth (mm/dd/yyyy) |
| Street Address, City, State, Zip |            |    |                          |                            |
| Signature of Participant         |            |    |                          | Date Signed                |

**Revised 04/28/2022**