

Never in the history of open water swimming have four consecutive channel crossings been attempted anywhere in the world. On October 4-6, 2010, in Southern California, that will change.

"Swim 22 is an unprecedented undertaking in the annals of marathon swimming. It will take place in Catalina Channel, covering nearly 100 miles in the open ocean amidst sharks, dolphins and whales. The elements will be daunting, the ocean swells and currents can be demoralizing, the swimmers will face the pitch darkness of night and the swim will be one of the most logistically difficult marathons in history."

- Steven Munatones, Editor-in-Chief of The Daily News of Open Water Swimming, Honor Swimmer and Board Member, International Swimming Hall of Fame

- ▶ **WHO:** Four elite athletes, each swimming 22 miles, with one boat, two kayaks and 45 crew in support
- ▶ **WHAT:** Four back-to-back crossings of the Catalina Channel, comparable to the English Channel in conditions, difficulty, distance and challenge.
- ▶ **WHEN:** October 4, 5 and 6, 2010 (start and finish locations and times TBA)
- ▶ **WHERE:** Catalina Channel, between Long Beach and Catalina Island (4x)
- ▶ **WHY:** To benefit the people of Jay Nolan Community Services

JOIN THEM ON THEIR JOURNEY

Donate to the cause at www.jaynolan.org or www.swim22.net

(L to R) Santa Clarita Valley-based swimmers David Hartmire, Team Captain and Anchor Chris Dahowski and Mike Vovk, all experienced Triathletes and Iron Man competitors, will join forces with Jen Schumacher, a 25 year-old graduate student at Cal State Fullerton and nationally recognized open water swimmer, for Swim 22.



All sponsorships and donations will benefit Jay Nolan Community Services, one of the nation's leading providers of customized services to people with autism and other developmental disabilities and their families.

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