

# Castle Swim Coming November 30

*By Gerry DeBenedetti*

The traditional Castle Swim, held the Sunday after Thanksgiving, is scheduled for November 30. One important change for this year is the starting time: one hour earlier, at 8 a.m. The traditional swim will be followed by a

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## OCC Triathlon

*By Diane Stowell*

OCC's November 30 annual Castle Swim will include a second and new event, the OCC Triathlon. The combined events begin at 8 a.m. with the Castle Swim, continues with a 14-mile bike ride and ends with a 4-mile run.

Participants may choose to enter only the Castle Swim or may continue on with the biking and running events.

Triathlon awards will be given to winners in the following categories: Juniors (19 and under), Adults (20-39), Masters (40 and over), mixed teams and family teams.

Triathlon event, therefore:

Registration at the Hau Terrace is 7 a.m. At registration, numbers will be assigned. Please do not grease up before hand or the marking pen won't take.

When everyone is accounted for, course instructions will be given, and all swimmers will be transported to the startline in OCC vehicles. Escorts and boards can go along in the pick-up. Escort canoes or kayaks will then paddle to the first turning buoy.

No swimmers will be allowed to register after registration closes or at the starting line. You must register at the Hau Terrace. It is highly recommended that you sign up at the Front Desk as soon as possible:

- It speeds up registration considerably because your name and age group can be recorded expeditiously.
- If for any reason you are delayed, then your registration signifies your intent to be there.
- So that enough breakfast can be

ordered for you and your escort.

This is a fun swim. Young members, senior swimmers, all members are welcome. You must have your own membership number to participate. The course is U shaped, approximately 1 1/2 miles, with two left turns and the finish line is on the sand between the entry walls to the Club beach.

Please provide your own escort on a board, kayak or canoe. Some Club equipment is available for those who know how to use it. Your escort need not be a Club member.

Awards will be given at the beach breakfast that follows the race.

### Holiday Parties

Holiday season is upon us. Please start your holiday party planning with Liz Ventura, banquet coordinator, now. Dates are filling up fast.