

Castle Swim Training

By Gerry DeBenedetti

The Castle Swim is scheduled for Sunday, November 28, the Sunday after Thanksgiving, and this is the first call for swim enthusiasts.

Named for Alfred Castle, whose old homesite is now the site of the Elks Club, the original Castle swim was a forerunner of the Waikiki Swim Club and Parks and Recreation's long-distance Rough Water Swim, which is now held every Labor Day. Mr. Castle used to donate the trophies for the Castle Swim which started near his home and ended at Waikiki, near the old Outrigger Canoe Club.

Since the Outrigger is now next door to the start point of the original Castle home, when the Castle swim was revived in 1973 by Fred Hemmings and Cline Mann, the decision was made to run the 1½-mile course in reverse and start the swim in Waikiki and end at the Outrigger.

The winner of the 1973 was Bruce Ames, whose time, unfortunately, was not recorded for posterity. There were only six entrants that year and they all sat around the Hau Terrace wondering if the Club would pay for the post-race refreshments and forgot to mark the times. Those original six were Ames, Roger Cundall, Gerry DeBenedetti, Dale Hope, Karl Heyer and Cline Mann. Fred Hemmings was the course marshall.

The Castle Swim now has approximately 35 entrants and as many escorts, and is a well-organized effort

complete with the incomparable OCC brunch for the swimmers and escorts.

Age groups for the event are as follows: Boys, Girls, Men and Women in ages 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 plus. This is a swim for all ages; we usually have a swimmer or two in the Mens 70-74. In fact, in 1981, we had only one entry in the Boys category, no entries in the Girls category but Lloyd Osborne and Rodney West both turned out for the Men 70-74. We definitely want to encourage young people to participate. Swimming is healthy, makes you strong and gorgeous and you definitely get the sense of nature. It's all around you!

The Castle Swimmers invite you to join them Sunday, November 28 at 8 a.m. on the Hau Terrace for registration, instruction and transportation to the start. There will be no starters allowed who have not registered at the Hau Terrace. Sorry, but we cannot be liable for people who do not officially enter and receive course instructions.

Sign up now at the Front Desk so we are prepared for you. There is no charge for the swim and you do get breakfast.

We encourage all swimmers to provide a personal escort. You may not receive physical assistance from your escort but if you have a friend or family member who will be on a paddle board or in a canoe and escort you and others who are entered, we do need the help. It's deep out there!