

Please support Swim Free as
Andrew swims 28.5 miles around Manhattan

Building communities through swimming

On June 23rd, 2012, I will be swimming around the island of Manhattan in one of the world's most prestigious amateur open-water swims. I am seeking your support because as a local business, you understand the value of a strong community, something that Swim Free is helping to build.

Less than a century ago, New York's rivers were lined with canoe clubs and were regularly used for recreation. Today, the rivers have been brought back to health and the development potential of shoreline properties has never been higher. This swim, NYC Swim's Manhattan Island Marathon Swim, dates back to 1915 and I am proud to be a part of it. Aside from being an amazing feat of endurance and athletic preparation, the Swim celebrates the positive change that the NYC waterways have undergone to once again become an athletic, recreational, and commercial destination.

Our non-profit partner, Swim Free, is a key part of the whole effort. Swim Free's mission is to get people swimming. They sponsor learn to swim programs for both children and adults, and also provide mentoring to athletes who may have a fear of the water. I've volunteered with Swim Free in the past and have seen the difference that the organization makes to new swimmers. The love for swimming and the familiarity of the rivers that Swim Free creates is a driving force in rebuilding a community around the water.

Thank you,

Andrew Malinak | 201-270-8638 | info@andrewswimsmims.com



For a gift of \$500, you can

give 2 children
the opportunity to swim

+

sponsor 1 mile
of Andrew's 28.5 mile swim



About your Donation

While donations of any size are welcome, our corporate partners are encouraged to participate at the following levels:

\$250: Knowing that it takes just \$250 to teach someone to swim, Swim Free created the Adopt-a-Swimmer program, putting a child into one of the many learn-to-swim programs that Swim Free has partnered with. At this level, you will give a child the great gift of swimming.

\$500 or \$1,000: Celebrate the spirit of community and working together to make something great happen by sponsoring **1 mile of Andrew's swim**. Select a mile with special significance to your organization, or at a notable location on the course. Mile Sponsors will be recognized on AndrewSwimsMIMS.com, Andrew's event page. During the race, all Mile Sponsors will also be recognized in the live coverage of Andrew's swim as he enters that section of the course.

\$1,000 Mile Sponsors will also receive a personalized thank you with photos and write-up of your mile to share with your company. A map of the Island with mile values is attached at the end of this document. There will be only one sponsor per mile, so act quickly.

All donations to this 501c3 non-profit are **tax deductible** and are processed directly on NYC Swim's website, with all proceeds immediately deposited in to Swim Free's account. Please donate via the methods listed below; do not send donations directly to Andrew.

Additional information about the swim, charity, event organizer, and donation policies, notices, and disclaimers are available in the attached FAQs and on Andrew's event website:

AndrewSwimsMIMS.com.

How to Donate

There are two ways to donate: either electronically via a secure payment page on NYC Swim's site, or by mailing a check directly to Swim Free.

Online:

NYC Swim's website

https://nycswim.org/About/DonateForm.aspx?from=UserBio&Swimmer_ID=109116&Event_ID=2202

Link can also be found at **AndrewSwimsMIMS.com/donate**.

By mail:

Swim Free [*checks payable to: **Swim Free** | memo: "Andrew Malinak"*]

P.O. Box 512

New York, NY 10024

Andrew is glad to answer any of your questions. Send him an e-mail: **Info@AndrewSwimsMIMS.com**

Frequently Asked Questions

What is the charity?

Swim Free™ the preferred charity of NYC Swim, is a 501c3

non-profit organization dedicated to the health improvement of children and adults through swimming. Swim Free's board and staff are well-



respected professionals and dedicated swimmers who are committed to fulfilling the organization's mission: promote and facilitate learn-to-swim programs, water safety and enjoyment, and water cleanliness. Last year, Swim Free donated new swimsuits and goggles to children in need, launched the Swim Free Angel™ program, started an Adopt-a-Swimmer initiative, and placed disadvantaged adults and children into learn-to-swim programs.

Swim Free supports the NYC community by helping people get in the water. They support community-based nonprofit pools that offer learn to swim programs, from which Swim Free selects a specific program to support, altering it from year to year based on the current need. These programs are available to both children and adults. Last year, Swim Free made learning to swim more fun by donating 1,200 swimsuits to NYC children participating in learn-to-swim programs, many of whom had previously been swimming in their pajamas and underwear. Swim Free's promotion of such programs gives both young and old the opportunity to develop one of life's most important skills.

The Swim Free Angel™ program is an initiative that helps comfort athletes who are anxious in and around the water. The Swim Free Angels, ranging in experience from marathon swimmers to sports psychologists, provide shore-side and in-the-water support, offering encouragement and coping mechanisms to help people overcome their fears. You can find the Swim Free Angels at an expanding list of events, including NYC Swim events, the Westchester Triathlon, and the Nautica NYC Triathlon.

Do people really swim around Manhattan?

Yes. On June 23rd, 2012 forty swimmers from across the globe will swim 28.5 miles in NYC Swim's 29th **Manhattan Island Marathon Swim**, a swim whose history dates back to 1915. Beginning at Battery Park, the course goes clockwise around the Island through three rivers and under twenty bridges before returning to the starting point. While the record time for circumnavigating Manhattan, set this past year, is 5 hours 44 minutes, for the annual race, which is scheduled on a slower tide to allow for swimmers of varying speeds to compete and finish, most swimmers finish between 8 and 9 hours. MIMS is one of the world's most prestigious open-water swimming events and is one of the three swims in the "Triple Crown" of Open Water Swimming, along with the English Channel and Catalina Channel crosses.

This year's field has 14 English Channel swimmers and 10 Catalina Channel swimmers. The field of 40 swimmers has 13 women, 30 first-timers, and represents 12 countries and 14 US states.

Who is hosting the swim?

Since 1993, **NYC Swim** has been organizing swimming events in the open waters around New York City. They have held over one hundred twenty-five swimming races with over ten-thousand total participants



which has revived a local swimming tradition dating back over a century. The mission of the organization is three-fold: hosting world-class open water events; supporting charities, like Swim Free, that aim to improve the health and well-being of children and adults through swimming; and creating stakeholders with a vested interest in the local waters. NYC Swim's success has not gone unnoticed; in 2010 it was inducted into the International Marathon Swimming Hall of Fame.

NYC Swim now hosts eleven regular events, incorporating many of the New York's most recognizable landmarks such as the Brooklyn Bridge and the Statue of Liberty. The events draw participants from locally and across the globe, both professional and recreational, to compete in distances ranging from 1 kilometer to 28.5 miles. Since its founding, NYC Swim has seen the Hudson, East, and Harlem Rivers grow increasingly cleaner, no doubt in part because of the stewardship promoted by the events.

Who is Andrew?

Andrew Malinak is a swimmer and resident of Williamsburg, Brooklyn. Throughout his life, swimming has been a constant. He swam through his school years, both on club teams and for his high school. Thousands of hours of practice have given him efficient technique, the ability to tailor his own workouts, and the dedication to stick with what he loves. Now, he is using these skills as he trains in New York City public pools (Metropolitan/Williamsburg, Chelsea, Flushing) for the Manhattan Island Marathon Swim.

Andrew's love of swimming is apparent if you spend any time with him. When travelling, which he has done extensively, his fearlessness in the face of swimming has led to some great memories (such as swimming to Captain Cook's memorial in Hawai'i, or an impromptu race around the Burj al'Arab in Dubai). This love and all the good it has brought him has made Andrew want to spread swimming to others, as he did while volunteer coaching in Dubai and organizing swims in Muscat, Oman. Today, he is active in New York with Swim Free as a Swim Angel and now is helping this organization raise funds in the run up to his longest swim to date.

Why is Andrew fundraising?

While it is possible to participate in MIMS without fundraising, Andrew couldn't pass up the opportunity to help a great cause. Over the past year, he has been volunteering with Swim Free as a Swim Free Angel, helping provide encouragement and comfort to athletes that would otherwise have stressful, unpleasant, or incomplete swims. He believes that swimming is an important life skill and that it should be available to everyone – Swim Free shares this belief. Swimming is not only healthy and relaxing, but it also builds communities, promotes environmental awareness, and garners social involvement. The money raised through this event will go to supporting local learn-to-swim programs, swim suit donations, and swimmer education. Andrew supports Swim Free because they support the community.

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Gold miles have been sponsored