

INFORMATION PACKET 17th ONE HOUR SWIM 2007

December 1, 2006

Dear Red Tide Teammates:

The 17th Annual One Hour Swim (OHS) will take place throughout the country in January 2007. This year, Team New York Aquatics (TNYA) has invited us to join them and other local swim teams to participate in the OHS on **Saturday, January 20** and **Sunday, January 21**.

Each year Red Tide has raised money for local AIDS/HIV service organizations as part of the national swim event, in which swimmers see how far they can swim in one hour. Ours is one of the first masters teams to run this event as a benefit, and our leadership has helped set a trend that other teams, like the San Francisco Tsunami and New England Masters, have followed.

For the fourth straight year we are proud to support AIDS Service Center ("ASC"), a community-based organization that has been helping people living with AIDS and those close to them by offering services in a non-bureaucratic, client centered, and friendly environment.

Please join the team in contributing your time, resources and physical stamina to help benefit and improve the lives of people living with HIV/AIDS. It is also a great opportunity to share the experience and meet others in the New York swim community.

Happy swimming and donating,

Ina Goldberg, Martha Katzeff

OHS HISTORY

Over the past sixteen years, New York swimmers have raised more than \$350,000 for AIDS-related hospices and service organizations through the annual One Hour Swim. In this national event, participating New York City swimmers challenge themselves to see how far they can swim and how much money they can raise on a pledge-per-lap or flat rate basis.

Since its inception, Red Tide has helped raise funds for StandUp Harlem, Safe Space, Body Positive, God's Love We Deliver, Multi-Tasking Systems, the Pedro Zamora Scholarship Fund, Iris House, NYPAEC, Just for Kids, Aid for AIDS, Children's Hope Foundation and FIERCE!

Last year, Red Tide alone raised \$12,600 for AIDS Service Center NYC, and we are proud to be supporting them again this year.

Here are some general stats from last year's OHS:

Average amount raised per swimmer: \$350

Largest amount raised by a RT swimmer: \$3,823

RT National Team Results: 1st , Medium Team Division

Total RT Team Yardage: 138,465

Total Nr. of RT participants: 36

Most Individual Yardage Swum by a RT swimmer: 4,925

AIDS Service Center NYC

AIDS Service Center NYC ("ASC") is a multi-service community organization that fulfills its mission of helping many, one by one, through dynamic programming responsive to the needs of diverse communities. ASC's services include:

Peer education, training and outreach.
Specialized women's services.
Health promotion and harm reduction initiatives.
Links to medical care and appropriate housing.
Translation assistance and child care support.
HIV treatment education; supportive counseling.

These comprehensive programs promote the well-being, empowerment, and stability of persons living with and at risk for HIV/AIDS throughout the City and the neighboring areas.

The majority of ASC's clients are economically disenfranchised men and women facing addiction, poverty, mental illness, homelessness and domestic violence, alongside other health issues such as HIV/AIDS, Hepatitis C and tuberculosis.

ASC has stated that the funds raised from the OHS will help them expand two of their key programs: *Women & Families Initiative* and *Creative Writing Workshops*.

For more information on ASC, please visit www.ascnyc.org.

ASC is located at:

41 East 11th St., 5th Floor
New York, NY 10003

Registration Info

TNYA will handle the Registration but all money collected and swim times of Red Tide members will be handled by Red Tide.

The cost of entry for Red Tide swimmers is \$20, which will cover a national registration fee, pool rental, event logistics. Any additional money will be donated to ASC. The 2007 OHS will be held as follows:

Date: Saturday, January 20:

Location: City College of New York – 135th St. & Convent Ave. 25-yard, 6-lane pool, limited warm-up period between heats. All swimmers will swim two per lane

Directions: #1 Train to 137th Street. Walk 1 block east on 138th to Amsterdam, then one block through City College campus (down the hill) to Convent Ave. Athletic building (aka the Marshak science building) is the long, low building in front of you; get directions to pool from security guard.

Date: Sunday, January 21

John Jay College: 25-yard, 5-lane pool, limited warm-up period available between heats. All swimmers will swim two per lane.

Location: 10th Avenue between 58th and 59th streets.

Directions: #1, 9, A, B, C, or D Train to 59th St./Columbus Circle. Walk west on 58th to 10th Ave. Take the escalator down to the elevator; take the elevator to the basement. Pool is on your left.

Heats times for both days:

7:00-8:00, 8:15-9:15, 9:30-10:30, 10:45-11:45, 12:00-1:00, 1:15-2:15, 2:30-3:30, 3:45-4:45, 5:00-6:00

There will be 12 people in each heat at CCNY and 10 people in each heat at JJC.

Food, beverages, massages and a celebration of your commitment will be available on both days.

How To Register:

Please go to TNYA's website at HYPERLINK "<http://www.tnya.org/ohs/ohs2007/>" \o "<http://www.tnya.org/ohs/ohs2007/>" <http://www.tnya.org/ohs/ohs2007/> and follow the OHS registration instructions. Fill out the fields on-line. In the Team Affiliation Field, type in REDT and the fee will automatically change \$20. Make a check out to cover your fees **(\$20 for Red Tide swimmers only)** and **mail your check and a copy of your 2007 USMS card** to:

Miriam Tuliao, One Hour Swim, 46-05 30th Avenue, Apt # 2R, Astoria, NY 11103.

If you don't have Internet access, you may print out the registration form on the last page, fill it out and mail it in with your check and photocopy of your 2007 USMS card.

All entries **MUST** be received by Friday, January 5.

You will be contacted shortly before the event via e-mail by Hannah Borgeson, Lane Registrar, with your final heat assignment.

We will do our best to honor everyone's heat requests, but please be aware that persons selecting heats later in the day may be bumped to earlier heats if later slots are undersubscribed.

You are also requested to volunteer to count/time for your fellow teammates.

Pledge Info:

1. Solicit pledges from family, friends, neighbors, teammates, co-workers and total strangers. Contributors may either "pledge per lap" (i.e., promise to pay a fixed amount for each lap you swim) or they may pledge a fixed amount for the entire hour swim.

2. Cash donations are acceptable, but don't send cash through the mail. Make a personal check out for the cash amount raised. Make checks payable to "Red Tide" and mark "One Hour Swim" in the memo line.

3. When collection is complete, mail pledge form and monies to:

Red Tide

c/o Ina Goldberg

124 West 60th Street, #31F

New York, NY 10023

The deadline to get your pledge money in is February 20 after you which you will need to send your money directly to AIDS Service Center.

Please don't bring pledge money with you on the day you swim the OHS. Mail your pledge money to the address above (before March 1) after you have swum.

In the past, the average amount collected per swimmer was \$300. Let's get those numbers even higher!

Team Awards: Distinctive awards will be given to the top three teams accumulating the most yardage in each division. Last year, Red Tide placed first (^{1st}) nationally in the medium size team division.

Individual Awards: USMS Championship medals will be awarded by age group to the top 10 swimmers. Red Tide will provide two team awards for the top swimmer 1) in yardage and 2) in contributions raised.

Rules: Drafting, flotation and propulsive devices (pull buoys, fins, paddles, etc.) are not permitted. To ensure that no drafting occurs, no more than two swimmers may share a lane with each swimming on one side of the lane during the entire race (i.e. no "circle" swimming).

USMS Card: Please make sure you renew your USMS card, so that you can participate in this worthwhile team effort! NO EXCEPTIONS.

Pledge Form

Please make donation checks payable to **Red Tide of NYC** and memo “**OHS Donation.**”

Cash donations are acceptable, but do not send cash through the mail. Make a personal check out to Red Tide of NYC for the cash amount raised.

When complete, mail pledge forms and contributions to:

Red Tide of NYC

c/o Ina Goldberg

1247 West 60 Street, Apt. 31F

New York, NY 10023

Swimmer's Name:

Phone:

E-mail:

Address:

Swim date:

Laps swum:

Sponsor's Name and Address (if Sponsor is willing to provide an address) Donation
pledge per lap* Donation flat rate Donation subtotal

Grand total collected

*In this context, a lap shall be considered one length of a 25 yard pool. All funds will go directly to AIDS Service Center NYC via a single distribution from Red Tide of NYC.

OHS Registration

For non internet users. Easiest is online via www.TNYA.org

Name_____

Email Address_____

Address_____

Address cont_____

Daytime phone_____

Evening phone_____

Birth Date_____

Age_____

Gender_____

2007 USMS#_____

Team Affiliation: **Red Tide**

Date: CCNY Sat. January 20 or
JJC Sun January 21 (*please circle choice*)

Heat: (*Circle your first choice and draw a rectangle around your second choice.*) 7:00am, 8:15am
9:30am, 10:45am, 12:00pm, 1:15pm, 2:30pm, 3:45pm, 5:00pm

Estimated 100 yard pace:_____

(This will help us with lane assignments and is completely non-binding.)

Do you have a counter/timer?_____

If yes, who_____

Will you be willing to count/time?_____

When_____

Entry Fee

Registration Fee: \$20

Make check payable to TNYA

All funds raised go to AIDS Service Center

and the Momentum Project. Mail check for registration, copies of your 2007 USMS card, and a copy of this form to:

Miriam Tuliao

One Hour Swim

30th Avenue, #2R

Astoria, NY 11103

Important Note about Deck Entry and 2007 USMS Cards

You MUST mail a copy of your 2007 USMS card along with your registration check before January 5, 2007. If you have not registered for USMS for 2007, you may do so by accessing the form at

HYPERLINK "http://www.metroswim.org/register/register.pdf" www.metroswim.org/register/register.pdf

****THERE WILL BE NO DECK ENTRY!!****

If, on the day of the event, we don't have a photocopy of your USMS card, along with your completed registration form and fee, we will not let you swim – NO EXCEPTIONS!

THIS IS FOR INSURANCE REASONS. So please make sure you take care of this quickly so that you can swim and raise money for the AIDS Service Center.

(continued from previous page)

(continued on next page)

PAGE

PAGE 2