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## **Dive into the 5<sup>th</sup> Annual Swim & Paddle the South River Event!**

Swim & Paddle the South River on Sunday, Oct. 2 benefits the Arundel Rivers Federation and the efforts it takes to protect and promote healthy water on the South, Rhode, and West Rivers in Anne Arundel County, Maryland. The Swim & Paddle event offers a 5-mile continuous loop for swimmers & paddlers to complete solo or as a relay! Additionally, a lifeguard supported 800 -meter course is available for participants interested in staying close to shore.

“This is a non-competitive event bringing swimmers and paddlers together to celebrate our local watershed! Join other athletes and local businesses committed to protecting and preserving our waterways,” encourages Traci McNeil, Head Coach of Crossing Currents Aquatics and an AA County Watershed Steward.

Since its founding in 2001, the Arundel Rivers Federation has installed over 90 projects to filter stormwater pouring off intensely suburbanized County land. The projects range from multi-million dollar stream restoration projects, living shorelines, wetland creations, stormwater bioretention and rain gardens.

Newly appointed Executive Director, Matt Johnston shares, “The South, West and Rhode Rivers are my home. They are where my family kayaks and where my son learned to swim. Clean water requires sound science, sound policy, and robust stewardship. These will be the principles that drive our work at the Arundel Rivers Federation as we continue to build a coalition of residents, communities, and businesses to deliver clean water.”

Swim and Paddle check-ins and safety briefings are staggered and begin at 6:30 AM for the 5-mile entrants. Lifeguarded loop check-in begins at 7:45 AM. A complete Swim & Paddle South River Overview can be found on the website:

**[www.swimthesoutheriver.com](http://www.swimthesoutheriver.com)**

“Water temperatures are expected to be in the low 70’s/high 60/s on October 2nd and participants may elect to go with or without wetsuits. In fact, any gear is welcome! Love your fins or hand paddles, wear them!” Coach McNeil encourages.

\*\*\*\*Pictures of previous swims are available upon request: csharpe1110@me.com\*\*\*\*