



Open Water Workshop @ Oualie Beach on Nevis

with Hall of Fame Swimmer Karlyn Pipes - Author of The Do-Over

Events on Saturday, March 25th

Open-Water Workshop from 12:00-2:30 PM

30 min. break

FREE Inspirational Talk & book signing 3:00-4:00 PM

Race briefing: 4:00-5:00 PM

This SUPER FUN open-water skills and drills clinic will cover the following:

- ***Open water strategies, tactics, sighting & drafting***
- ***How, where and when to start in the line up***
- ***Overview of the WIDER freestyle that will help you swim straighter***
- ***Effective breathing for any water conditions***
- ***Training and pacing suggestions...and much more!***

About: Hall of Fame swimmer Karlyn Pipes is known mostly for her pool accomplishments, she has been an avid open water since the age of 8. Karlyn lives in Kona, Hawaii and swims almost daily in the ocean. As a result her time for non-wetsuit 2.4 mile swim is 49 min. and her 10k is 2:09 min. Information on swim technique and videos of Karlyn demonstrating open water techniques she uses, please visit www.aquaticedge.org

For Nevis questions, please contact event host Winston Crooke:
bikenevis@gmail.com

Cost is \$75 if you are participating in the Cross Channel Swim. \$95 all others. Register Online at <http://aquaticedge.org/registerNow.php>

Pre-order Karlyn's book ***The Do-Over for \$15 (save \$5) Questions?***
karlynpipes@gmail.com