

# Make a SoCal Splash

The 2017 Nationwide USMS Spring National Championship rolls into Riverside

Courtesy of Riverside Sports Commission



**M**ark your calendars today and reserve April 27–30 to race at one of Southern California’s premier swimming facilities. The 2017 Nationwide USMS Spring National Championship will happen at the Riverside Aquatics Complex at Riverside College, the site of the ABC celebrity TV diving show, “Splash.”

## RAC HIGHLIGHTS

The 65-meter outdoor pool, an \$11 million, 2011 addition to the 25-meter Cutter Pools, is almost as deep (8–17 feet) as it is fast. The site for the Southern California Swimming Long Course Junior Olympics for the past five years, this shiny new pool at RAC will accommodate two, nine-lane competition courses.

Four lanes in the competition pool will be available for warm-up throughout the meet,

as will two, adjacent six-lane, 25-yard pools. Walk-out steps will be available in the lane to be reserved for swimmers 65 and older.

## JAZZ JUNKIES TO ENTERTAIN AT MEET SOCIAL

Meet director Kevin Timko announced that the meet social will kick off Friday evening at 7 p.m. at the Riverside Convention Center. Swimmers can enjoy indoor and outdoor dining and mingle and socialize with friends old and new while listening to live music performed by the Jazz Junkies. The four-member group’s funky jazz and soul performances, often accented with a Latin twist, have been a hit with crowds for more than 20 years.

## MUSEUMS, PARKS, AND MORE

March Field Air Museum, rated number one on TripAdvisor’s Riverside page, is a

military museum on the March Air Reserve Base. Visitors can admire more than 70 aircraft including the B-52 bomber, SR-71 Blackbird, and Cold War spy planes. Just across the freeway from the Air Museum is the famous Riverside National Cemetery. Medal of Honor, Vietnam Veterans, and Prisoners of War memorials are of particular interest to many visitors to this site.

Mount Rubidoux Park is the perfect place for restless family members to embark on a day hike. Multiple trails of moderate difficulty lead to the top of Rubidoux Mountain and to incredible views of Riverside and Jurupa Valley. The 1,500-acre Sycamore Canyon Wilderness Park is a beautiful site for mountain biking and hikes amid rolling hills, gullies, and desert plants. Another popular place to walk and learn about local history is the California Citrus State Historic Park, a 377-acre park dedicated to California’s citrus heritage.

Numerous cultural landmarks are within walking distance of downtown Riverside. The Fox Performing Arts Center, the Riverside Art Museum, the national historic landmark Mission Inn Hotel and Spa,



### ONLINE ENTRY

Visit [usms.org/comp/scnats17](http://usms.org/comp/scnats17)

### PAPER ENTRY FORMS

Available by calling 1-800-550-SWIM (7946)

**DEADLINE:**  
Mar. 27, 2017,  
11:59 p.m. PDT



Courtesy of the Riverside Convention and Visitors Bureau

the Riverside Metropolitan Museum, and the famed Riverside Courthouse are all within several blocks of each other. Statues of many great leaders including Martin Luther King Jr. and Mahatma Gandhi decorate the streets.

### WINING AND DINING

Offering fresh baked breads and a variety of sandwiches and salads, Simple Simon's is a popular lunch place within walking distance of the Riverside Convention Center and the Marriott. Also offering vegetarian and gluten-free options, this restaurant was awarded a certificate of excellence by TripAdvisor.

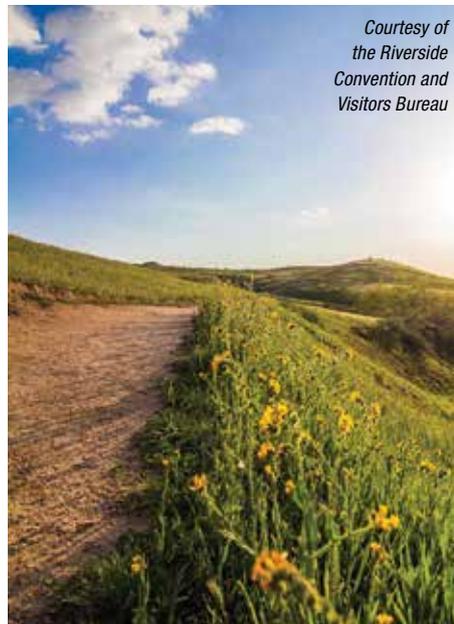
Another easy walk from the downtown area is the Mission Inn Restaurant, where diners can enjoy a leisurely meal on the outdoor Spanish courtyard in the center of the Mission Inn Hotel and Spa. The restaurant is famous for its amazing Sunday brunch and offers a unique atmosphere—the courtyard is surrounded by elegant, Spanish Mission-style architecture. Nearby, Duane's Prime Steaks and Seafood—honored with the AAA's prestigious Four Diamond rating since 1996—is a hotspot for evening wining and dining.

For more information about other sites of interest in the Riverside area, visit [riversidecvb.com](http://riversidecvb.com) or [tripadvisor.com](http://tripadvisor.com).

### START PLANNING NOW

The 2017 Nationwide USMS Spring National Championship offers swimmers a world-class, newly constructed swimming

facility in a city full of interesting activities. Plan now for an unforgettable swimming and vacation experience.—SUSAN DAWSON-COOK



Courtesy of the Riverside Convention and Visitors Bureau

## ORDER OF EVENTS

### Thursday, April 27

1650 freestyle\*

1000 freestyle\*

### Friday, April 28

500 freestyle (men)

100 breaststroke

200 backstroke

50 butterfly

200 IM

100 freestyle

200 freestyle relay (mixed)

### Saturday, April 29

500 freestyle (women)

100 butterfly

200 breaststroke

100 IM

50 backstroke

200 medley relay

200 freestyle relay

### Sunday, April 30

400 IM

50 freestyle

200 butterfly

200 medley relay (mixed)

100 backstroke

200 freestyle

50 breaststroke

\*Swimmers may enter both the 1000 and 1650 freestyle events. All swimmers entering the 1650 freestyle must meet the NQT.

## CONTACT INFORMATION

[usms.org](http://usms.org)

[facebook.com/usmastersswimmingfanpage](https://www.facebook.com/usmastersswimmingfanpage)

### Meet Director:

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1-800-550-SWIM (7946)

# Take the Long View in 2017

Want to swim longer this year? We can help!

If you're itching for a longer swim in 2017, we've got your salve right here. Check out this great lineup of open water and ePostal national championships being held around the country in 2017. There's no better time than the present to start training and planning your travel!

## ePOSTALS

The beauty of our suite of five ePostal events held each year is that you can compete against the best swimmers in your age group in the country without having to travel farther than your local pool. Just grab a counter and head to the pool during the specified dates and see how you stack up in these challenging events that double as great training for the rest of your national championship schedule.



### Speedo USMS 1-Hour ePostal National Championship

January 1–February 28

Hosted this year by O\*H\*I\*O Masters, the 1-Hour Swim was USMS's first postal event, started in 1977. It was instantly popular and has only grown since; in 2016, the 1-Hour ePostal was our largest national championship event. Beginning in 2017, the swim period is being extended, so you now have two full months in which to swim. So tell your teammates to join you, and become a part of the long history of the 1-Hour Swim!

### Speedo USMS 5K/10K ePostal National Championships

May 15–September 15

Does the promise of summer have you longing for outdoor swimming? It does us too, but before you head out for open water, be sure to make time to tackle the 5K and 10K ePostal National Championships. Hosted by Swim Fort Lauderdale, these two ePostals can act as great training for longer open water swims. Head to your nearest 50-meter pool between May 15 and September 15, crank out some meters, and see how fast you can go!

### Speedo USMS 3000/6000 Yard ePostal National Championships

September 15–November 15

As the air turns crisp and the open water season winds down, it's time to head back indoors for the last of our pool ePostal events, the 3000- and 6000-yard swims. Hosted this year by Loveland Masters Swim Club, these two events will give you the opportunity to spot-check your fitness after swimming outside all summer, while helping you get ramped back up for training indoors all winter.

## OPEN WATER NATIONAL CHAMPIONSHIPS

Ah, the pull of the wild blue yonder. There's nothing quite like enjoying a swim in a beautiful open water venue. And this year, we've got five exquisite locations to host our various open water national championship events. Can you swim them all?

### USMS Marathon Distance Open Water National Championship (7 Miles)

April 22 | *Swim Around Lido Key, Sarasota, Fla.*

Early in the open water season, set sail for sunny Sarasota, Fla., home of USMS's National Office, for a swim around charming Lido Key. This 7-mile race offers a big ocean challenge in a tropical location for all swimmers and relays. While in Sarasota, be sure to check out the vast upscale shopping and dining scene at St. Armand's Circle, visit the John and Mable Ringling Museum of Art, meet the fish and their friends at the Mote Aquarium, or just relax on any of the area's many beautiful white sand beaches.



Mike Carbonaro

### OPEN WATER FESTIVAL ON THE TENNESSEE RIVER

#### USMS Ultramarathon Distance Open Water National Championship (10 miles)

June 3 | *Chattanooga Open Water Swim Team, Chattanooga, Tenn.*

#### USMS Middle Distance Open Water National Championship (2.4 miles)

June 4 | *Chattanooga Open Water Swim Team, Chattanooga, Tenn.*

Chattanooga, Tenn., the only two-time winner of *Outside* magazine's coveted Best Town Ever award (2011 and 2015), will be the backdrop for a three-day open water festival this year. Swim the entire series of events in the Tennessee River or focus on the two USMS national championship races, a 10-mile marathon swim on Saturday followed by a 2.4-mile jaunt on Sunday. After you dry off, be sure to check out all the great attractions this scenic and historic city has to offer, including loads of outdoor adventures, restaurants, live events, and art. And bring your family—spectators can watch large parts of the races from the historic Walnut Street Bridge, the world's longest pedestrian bridge.

#### USMS Cable Open Water National Championship (2 miles)

June 24 | *Central Oregon Masters Association, Foster Lake, Ore.*

If you haven't yet been out to Foster Lake in Oregon, you had better start making plans. This scenic lake is the site of the only open water cable swim course west of the Mississippi River. Cable swims are the only USMS open water swims in which USMS individual and relay records are kept for both swims, so bring your teammates! Located just off the I-5 corridor in Oregon's Willamette Valley, this lovely venue at Lewis Creek Park is easy to get to from



*Dough Graebem*

north and south and provides an easy jumping-off point for exploring the Willamette National Forest, hiking around Mount Hood, and checking out the city scene in nearby Portland, Ore.

**USMS Long Distance Open Water National Championship (5K)**

*July 30 | Central Oregon Masters Association, Elk Lake, Ore.*

For another tourist- and swimmer-friendly destination, check out Elk Lake, high in the scenic Oregon Cascade Mountains above Bend, Ore., site of this year's Long Distance Open Water National Championship. Part of the 23rd Annual Cascade Lakes Swim Series and Festival, the 5K race is just one of five swims to be held over three days, a great way to pack in a lot of swimming in a single trip. Swimmers who complete all five races receive the coveted "Survivor" award and serious bragging rights. After all that swimming, you'll probably want to unwind in historic

downtown Bend, site of tons of great shops, restaurants, and a few of those famous Western breweries.

**USMS Sprint Distance Open Water National Championship (1 mile)**

*September 23 | Blue Wave Aquatics, Angle Lake, Wash.*

For a last gasp of summer and open water national championship events, head out to Angle Lake in Washington State for one last mile race. The L-shaped Angle Lake, nestled between Interstate 5 and State Route 99 halfway between Seattle and Tacoma is conveniently located about a mile south of the Seattle-Tacoma airport, a mere 20-minute drive from downtown Seattle, where you can visit the iconic Space Needle, Pike Place Market, the Chihuly Garden and Glass, and dozens of other amazing tourist attractions that are well worth seeing.—ELAINE K. HOWLEY



*Chattanooga Visitor Bureau*