

Horsetooth Open Water Swims 10k Vetting Form 2022

Congratulations! You are considering taking on the challenge of swimming the Horsetooth 10K Open Water Swim.

To ensure the success of each swimmer we require all 10k first-time swimmers to be vetted by the Race Committee. We require vetting for safety, insurance, logistics, Larimer County requirements, and the simple desire of us and you that each swimmer is successful. We require information about your ability to swim the 10K distance, handle the cold water (possibly less than 70 degrees), training plans to prepare for this event, and plans for nutrition to keep fueled up for the 2 to 5 hour swim.

In addition, we require that all first-timers attend the mandatory pre-race meeting and dinner on the Saturday evening before the event. At the dinner, the swimmer and paddler will meet, plan for positioning in the swim, understand hand-offs of nutrition, how to communicate, etc. More importantly, all safety plans will be discussed. Last minute changes in the swim course will be covered. And the logistics of transportation from the south to north end will be clarified. If you are unable to attend this meeting and dinner, you will not be able to participate in the Horsetooth 10k swim.

Each individual 10K wannabe must complete the following form. If you have any questions, please write info@horsetoothswim.com.

For us to complete a thorough vetting, you must answer all the following questions.

Name	
Street Address	
City, State, Zip	
Email	
Phone	
Date	

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For all the following open water swimming questions,
please indicate if your experience is with or without a wetsuit.

Name
Are you planning to compete in the wet suit or non-wet suit 10K event?
What is your past experience in competitive swimming?
What distances and events have you swum?
What is your experience swimming in open water (lake or ocean) with or without a wet suit?
What is your experience swimming in cold water, that is, less than 70 degrees, with or without a wet suit?
What is your experience swimming long-distance open water events of 2 miles or more, with or without a wet suit?

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For all the following open water swimming questions,
please indicate if your experience is with or without a wetsuit.

Name:
What are your current plans to train for the Horsetooth 10K swim?
What are your plans for nutrition during the Horsetooth 10K Swim?
What are your plans to practice fueling (eating/drinking) during open water swimming?
Have you discussed undertaking this event with a coach or someone familiar with the challenges it presents? What advice did you get?
Is there anything else you would like to add?

Thank you for providing this information! Please send the completed form to committee@horsetoothswim.com

Cordially,
Race Committee