

open water swimming and race transitions for your next triathlon with a 1.5-km swim between Manhattan and Randall's Island and a flat, fast, scenic shoreline 5-km run on Randall's and Wards Islands. If you prefer not to run, the swim-only race takes place on the same day and course. Registration fees for this event will increase on July 4, so [register](#) soon.

These races require a large volunteer contingent to pull off successfully. If you're participating and want to help out, you can enroll for pre-event bag stuffing, swimmer check-in, or post-event wrap-up. Even better, encourage your friends and family to [register as volunteers](#), and they might be able to see you out on the course as you swim and/or run by.

#### July 18: Manhattan Island Relays +1

We can never get enough of a good thing, so we're revisiting the 28.5-mile Manhattan Island Marathon Swim course this month with one solo swimmer and 11 relays in the [Manhattan Island Relays +1](#). It should be an exciting day as [Julie Bradshaw](#) attempts to be the first woman to swim the entire Manhattan Island course *butterfly* as well as to set the course record in that stroke and 11 teams churn their way around the island trying to be the first to reach South Cove.

Whether you're new to the event or someone who enjoyed volunteering for this past weekend's MIMS and wants to do it again, we could use your help in July. We are especially in need of paddlers, boat observers and land-based volunteers to help get these swimmers in the water, around the island, and back onto dry land. [Volunteer enrollment](#) is now open.

#### July 30: Brooklyn Bridge Swim

Closing out the month is the ever popular [Brooklyn Bridge Swim](#). We're repeating (and refining) last year's Brooklyn to Manhattan swim and scheduling it just before the mid-summer break in events. If you want to get into the water with us before September, this will be your last opportunity. Don't forget the Manhattan vs. Brooklyn Battle of the Bridge – the race within a race that pits teams from the two boroughs against one another as they vie for the coveted Roebing Cup. See our [Battle FAQ](#) for more information on how to enroll.

### FAQ: CAN I SUBMIT RESULTS FROM OUTSIDE EVENTS TO QUALIFY FOR NYC SWIM?

Yes, entrants often submit recent open water competition results to fulfill the experience requirement for an NYC Swim event. Check the Experience Requirement section on the NYC Swim race overview page to see if you have a result that fits the bill. Either way, we encourage you to [list results](#) in your user profile, so other swimmers can see what you're up to.

The best results for qualification purposed are those that are posted publicly and ideally come from events that list all finishers in overall order, without regard to award categories, wetsuits, gender, start waves, or affiliation (i.e., USMS or open). After you post a result, NYC Swim will review the information, and if approved it will allow your entry to be approved for applicable events. [\[More details\]](#)

Help us out with this! It is always the entrant's responsibility to obtain the documentation to support qualifications. We are happy to help with uploading documentation but do not contact other race directors or coaches on behalf of registrants. Keep in mind that for our swim series events, you also have the option of doing a qualifying swim in a pool. [\[Where to do a pool certification swim\]](#) [\[How to Upload Pool Certification\]](#)

### SPONSORING YOUR SAFETY – Fox 40



When you wear a swimsuit around New York, you're bound to hear a lot of whistles. But when you hear one during an NYC Swim event, you should know that you're being alerted to something important.

Thanks to returning sponsor Fox 40, the premier safety and sport whistle manufacturer, all NYC Swim boaters, kayakers, and on-water staff have been equipped with whistles for the 2011 season. For over 20 years, Fox 40 has been providing safety whistles in every major sporting event, such as the Olympics, the World Cup, the Super Bowl, and more. Listen up: a few blasts might alert you to a hazard, inform a marathoner know it's time to feed, or cheer on the whole field to the finish line of a race. Most important, a whistle is a great way to quickly capture a swimmer's attention, and since Fox 40 whistles can be heard over a mile away, they are an important part of our safety plan.

So when you hear a whistle while you're in the water, you know it is for your own good. When you're on the street, well that's another story.

For more information about their company and products, go to [www.fox40world.com](http://www.fox40world.com).

### SWIMMER PROFILE – THE MCCULLOUGH FAMILY

#### A Family Swim Team

The McCulloughs are a charming family of

