

TOP 10 tips

To Choosing The Best Open Water Swim

1. Weather. Choose a warm climate if you're in a cold one such as Winter in the Northern Hemisphere. Swimming in 80 degree water beats swimming in icy cold water - at least for the distance swim.

2. Location, Location, Location. There are some great places to swim in the world but the Caribbean Sea is right up there amongst the top. And St Kitts & Nevis are truly in the top ten of Caribbean destinations, warm waters and balmy breezes most of the year can be counted on to provide a tropical swim experience.

3. Swim Island to Island. Swimming from one country to another can be challenging for most. But how about swimming from one island to another? Most islands are too far apart to make that realistic for the majority of swimmers. Until now. Participate in the Nevis to St Kitts Cross Channel Swim Event and you'll be going the 2.5 mile distance from island to island, across "The Narrows." We'll even bring you back on our boat. Unless you choose to swim the return!

4. Family Friendly. If you want to bring your family, you'll want to choose a location that is not just friendly, it is family friendly too. Nevis fills that spot. Laid back enough to not have too many tourists, yet advanced enough to be firmly planted in this century, Nevis offers the best of both worlds. (Note: It's where the rich and not-so-famous like to vacation.)

5. Bucket List. What's on your bucket list? Sooner or later you are going to participate in the Nevis to St Kitts Cross Channel Swim Event. So why not do it sooner rather than later? But if you must postpone it to later, be sure to put it on your Bucket List of things you must do before you officially "retire."

6. Competitive - or not! It's nice to have a choice - or even change your mind on arrival. You can participate in the race in one of various categories, or you can just have fun and not race at all using flippers and other "assistance." We've had swimmers race across, collect their medals, rest a while, and then put on flippers and have a leisurely swim back.

7. The Purse. At our next Event we will offer our biggest Purse for the overall fastest time ever. The record currently stands at 58:09 minutes. Beat that time and you take home a nice \$1,000 USD prize! (In addition to medals and trophies.)

8. Pre-Event Classes. Look for a race with pre-events to get you started. Swim Nevis features classes by Swimming Hall of Famers. You can select from 3 to 4 days of swim time to get acclimatized. Swimming from a beach and to another beach is great for practice before the race day.

9. Camaraderie. Choose to come with friends, family, or even come alone. You won't be alone for long. Our participants share camaraderie and friendships that last beyond the event itself. You may make lifelong friends to share and remember special moments.

10. The Swim Event Package. Look for other than just your entry into an Event. At Swim Nevis you'll get: T-shirt, finisher medal, swim cap, rescue boats and kayaks in case you need to rest, eat or stop. The race culminates with a breakfast party on St. Kitts, and one way boat transportation from St. Kitts to Nevis after the swim.

For more Information and to Register for the Best Cross Channel Swim Race & Event visit:

<http://www.SwimNevis.com>