



For Immediate Release
Date: June 2014

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District of Columbia Aquatics Club (DCAC) to Host 23rd Annual *Maryland Swim for Life*

Local Gay Athletes and Straight Allies Compete In Open Water Swim Competition

WASHINGTON, D.C. – The District of Columbia Aquatics Club (DCAC) will host the 23rd Annual *Maryland Swim for Life* on July 12th in Chestertown, Maryland. The *Maryland Swim for Life* is an open water swim competition and fundraising event to benefit Washington metropolitan HIV/AIDS non-profit organizations, as well as local watershed organizations that advocate for clean, local waters.

In 2013, the *Maryland Swim for Life* raised more than \$41,500 for charity and had 230 competitors from all over the mid-Atlantic region. Last year, “we raised awareness for our charities as our crowd of friends and family cheered the fastest race finishes in our history,” said Robert Jeter, *Maryland Swim for Life Event Director*. “Swim for Life has grown into a major competition for multi-sport competitors in the region while maintaining a family-oriented and celebratory atmosphere.”

The *Maryland Swim for Life* offers athletes the choice of swimming one, two, three, four and five mile distances. This year’s competition will gain offer athletes a *2.4-Mile Triathlon Challenge Swim*. “In response to requests from dozens of triathletes who are training for the Ironman Triathlon we added a 2.4-mile distances to help with their training program. Due to the overwhelming popularity of the *2.4-Mile Triathlon Challenge Swim* in 2013, we will again offer this option up to athletes.” Following the competition, attendees and their families participate in a celebration of diversity and inclusion over a picnic donated by our charity partners.

In 1991, the *Maryland Swim for Life* held its first competition, organized by Joe Stewart, a longtime advocate for HIV/AIDS organizations who was inspired to start the swim competition after participating in Provincetown’s *Swim for Life*. Stewart said, “It was not a swim defined by competitive or macho values. It was a celebration of diversity and community. It was space where gay people could be open, free and not feel like they had to hide their identity.”

Swim for Life, sanctioned by the United States Masters Swimming, begins and ends at Rolph's Wharf on the Chester River, one of the Chesapeake Bay's most beautiful tributaries. Athletes have the choice of swimming one-, two-, 2.4-, three-, four- or five-miles and must raise a minimum of \$100. Proceeds from the event benefit various small organizations that assist individuals and families affected by HIV/AIDS in the DC metropolitan area, along with the Chester River Association which advocates for clean waters in the Chester River and Chesapeake Bay.

Learn More, Register, Volunteer or Donate Online at <http://swimforlife.swimdcac.org/>

Charities Include: [Metro TeenAids](#), [Heart to Hand](#), [Quality of Life Retreats](#), and the [Chester River Association](#).

About DCAC: *The District of Columbia Aquatics Club (DCAC) is an entirely volunteer-run swim team and 501(c)(3) non-profit whose mission is to promote competitive and fitness swimming for LGBT swimmers and their friends in a team-oriented, professionally coached setting. DCAC, established in 1988, is dedicated to promoting the sport of swimming. With over 190 swimmers, DCAC ranks as one of the largest USMS teams in the Potomac Valley region, is one of the largest 50 teams in the U.S., and is one of the largest (primarily, but not exclusively) gay and lesbian teams in the world. DCAC's membership includes first time swimmers, as well as experienced competitive swimmers, including FINA Masters World Record holders, and individual & relay USMS Top Ten and All-Americans swimmers. DCAC is a member of both United States Masters Swimming (USMS) and the International Gay and Lesbian Aquatics (IGLA). For additional information, visit www.swimdcac.org.*