



The 19th Annual One Hour Swim!

Dear Swimmers:

Team New York Aquatics invites you to join us for the 19th Annual One-Hour swim taking place on January 24th and 25th. Each year we come together to raise money for local service organizations as part of the national swimming event where swimmers see how far they can swim in one hour. This year marks the 19th anniversary of this important community event.

This is a particularly vital year. With non-profits facing challenges from the economic crisis and institutional and individual giving down, our One Hour Swim will have an enormous impact on these organization's ability to carry out the aims of their missions. I urge you to dig deep!

Last year, we raised over \$26,000. We will do even better this year!

For some years now, we have selected an outstanding local organization as beneficiary – AIDS Service Center NYC (ASC), a community-based organization that has been helping people living with AIDS, and the people close to them, for over 15 years.

This year, we will be again be splitting the proceeds with The Ali Forney Center (AFC). AFC is the nation's largest and most comprehensive organization dedicated to homeless lesbian, gay, bisexual, and transgender youth. AFC's services including five emergency housing sites, four transitional housing sites, a network of resources in New York City, and a day center that offers a full continuum of care services.

We need you, your friends, family and colleagues to help make this year's event the best yet! Registration and pledge materials are included in this packet. For more information about our beneficiaries, volunteering, or just general questions about the One Hour Swim, contact Christopher Politan.

Email: dcchrispy@yahoo.com

Phone: (202) 360.9932

You can also check TNYA's website, www.tnya.org, for the latest information.

Other 2009 One Hour Swim committee members you may speak to if you have questions include: Hannah Borgeson, Matt Gurry, Janet Piez, Elisabeth Turnbull-Brown, Kate Farber, Bill Smith, Susie Hunter, Steph Bloch, Todd Cooper, Onesimo DeMira, and Miriam Tuliao.

Event Details

Since the beginning of the OHS, corporate sponsors have played a big role in this event. Any business or individual who donates \$250 or more will be considered a One Hour Swim sponsor. We have three levels of contributions as follows:

Gold: \$1,000

Silver: \$500

Bronze: \$250

In exchange for the sponsor's generosity, we will promote the sponsor's name or business in event promotional and press materials and print the sponsor's logo or name on the official T-shirts given to all swimmers. So, go for the gold! The more support a sponsor gives, more noticeable their logo will be.

Please contact Christopher B. Politan (dcchrispy@yahoo.com) if you are interested in becoming a sponsor or know of a company that would like to be a sponsor.

AIDS Service Center NYC



AIDS Service Center NYC (“ASC”) is a multi-service community organization that fulfills its mission of helping many, one by one, through dynamic programming responsive to the needs of diverse communities. ASC’s services include:

- Peer education, training and outreach
- Specialized women’s services
- Health promotion and harm reduction initiatives
- Links to medical care and appropriate housing
- Translation assistance and child care support
- HIV treatment education and supportive counseling.

These comprehensive programs promote the well-being, empowerment and stability of persons living with and at risk for HIV/AIDS throughout the City and the neighboring areas. For more information on ASC, go to www.ascnyc.org .
ASC is located at 41 East 11th Street, 5th Floor - New York, NY 10003

The Ali Forney Center



Statistics show that a staggering 40% of all homeless adolescents are lesbian, gay, bisexual or transgender (LGBT). Each year, this percentage translates to thousands of homeless LGBT youth living on the streets of New York City. The Ali Forney Center was created to address this devastating problem. Founded in 2002, AFC has quickly become the nation's largest and most comprehensive organization dedicated to homeless LGBT youth. AFC currently provides help for 2,000 persons a year with services including five emergency housing sites, four transitional housing sites, a network of resources in New York City, and a day center that offers clinical and support services. AFC's goal is to provide homeless LGBT youths (aged 16-24) with the support and services they need to escape the streets and begin to live healthy and independent lives.

The center was named in memory of a talented homeless gay youth who was violently killed on the streets of Manhattan in 1997. Ali Forney was an inspiration to those who knew him, and continues to inspire the work of the center today. For more information on AFC, go to <http://www.aliforneycenter.org>. AFC is located at 224 W. 35th St. Suite 1102, New York, NY 10001.

OHS History

Over the past eighteen years, New York swimmers have raised more than \$400,000 for AIDS-related hospices and service organizations through the annual One Hour Swim. In this national event, participating swimmers challenge themselves to see how far they can swim and how much money they can raise on a pledge-per-lap or flat rate basis. We began participating in the One Hour Swim to raise money for a teammate who was suffering from AIDS-related illnesses. Since then we have raised funds for Stand Up Harlem, Safe Space, Body Positive, God's Love We Deliver, Multi-Tasking Systems, the Pedro Zamora Scholarship Fund, Iris House, NYPAEC, Just for Kids, Aid for AIDS, The Momentum Project, Children's Hope Foundation and FIERCE! Last year, we raised over \$26,000 for AIDS Service Center NYC and The Ali Forney Center.

Registration Information

If you want to swim the 2009 19th Annual One-Hour Swim, here's the important stuff you need to know:

Saturday, January 24th and Sunday, January 25th 2009:

John Jay College: 25-yard, 5-lane pool, limited warm-up period available between heats. All swimmers will swim two per lane.

Location: Westside of 10th Avenue between 58th and 59th Streets.

Directions: #1, 9, A, B, C, or D Train to 59th St./Columbus Circle. Walk west on 58th to 10th Ave. Take the escalator down to the elevator; take the elevator to the basement. Pool is on your left.

Heats times for both days:

8:00-9:00, 9:15-10:15, 10:30-11:30, 11:45-12:45, 1:00-2:00, 2:15-3:15, 3:30-4:30, 4:45-5:45

There will be up to 10 people in each heat.

How to register:

Go to TNYA's website at www.tnya.org/ohs/. Fill out the fields online, then make a check out to cover your fees (see "Entry Fee" on the registration form) and **mail your check and a copy of your 2009 USMS card to:** Miriam Tuliao, One Hour Swim, 46-05 30th Avenue, Apt # 2R, Astoria, NY 11103.

Alternately, you may print out the registration form on the following page, fill it out and mail it in with your check and photocopy of your 2009 USMS card.

All entries **MUST** be received **by Friday, January 16, 2009** .

You will be contacted shortly before the event via e-mail with your final heat assignment. We will do our best to honor everyone's heat requests, but please be aware that persons selecting heats later in the day may be bumped to earlier heats if later slots are undersubscribed. If you have a special request, such as wishing to swim next to a specific swimmer, please specify at the time of registration.

Relay Swims

If you would like to organize a relay team, please notify Miriam Tuliao (mtuliaonyc@hotmail.com) and Hannah Borgeson (hannahb@att.net) as soon as possible. Individual relay swimmers will need to register online or via mail and send \$30 and 2009 USMS card copy to Miriam Tuliao. Please note: **THERE IS NO DECK ENTRY!** Plan ahead!***

Pledge Info

1. Solicit pledges from family, friends, neighbors, teammates, co-workers and total strangers. Pledges are any donations gathered beyond your \$30 registration fee. Contributors may either "pledge per lap" (i.e., promise to pay a fixed amount for each lap you swim) or they may pledge a fixed amount for the entire hour swim.
2. Cash donations are acceptable, but don't send cash through the mail. Make a personal check out for the cash amount raised. Make checks payable to "TNYA" and mark "One Hour Swim" in the memo line.
3. When collection is complete, mail pledge form and monies to:

Team New York Aquatics
c/o Mark D'Ambrosi
345 West 55th St #9F
New York, NY, 10019

The deadline to get your pledge money in is Friday, February 20, 2009, after which you will need to send your money directly to AIDS Service Center NYC and The Ali Forney Center, at their respective addresses.

Don't bring pledge money with you on the day you swim the OHS. Mail your pledge money to TNYA *before February 20* after you have swum.

In the past, the average amount collected per swimmer was \$300. Let's get those numbers even higher!

OHS Registration Form

Name

E-mail address:

Address (include city state & zip):

Daytime phone:

Evening phone:

Birth date:

Age:

Gender:

2009 USMS #

Team affiliation:

Date: Saturday, January 24th or Sunday January 25th.

Heats: 8:00, 9:15, 10:30, 11:45, 1:00, 2:15, 3:30 & 4:45

First choice date:

First choice heat:

Second choice date:

Second choice heat:

Estimated 100 Yard pace (This will help us with lane assignments and is completely non-binding.)

Do you have a counter/timer? Who?

Will you be willing to count/time?

If so, at what times can you count/time?

If you have Internet access, just go to www.tnya.org/ohs and fill everything out online. Then, just figure out your fee (see "Entry Fee" on this page) and mail in your check and photocopy of your 2009 USMS card.

Entry Fee

Registration Fee: \$30.00

Event T-shirt: All local swimmers will receive a free One Hour Swim T-shirt with this year's logo.

You may *also* purchase extra OHS T-shirts for [\$10.00] each. Quantity of additional OHS T-shirts ordered. (circle one)

1 2 3
x \$[10.00] = \$

Size desired:

Small
Medium
Large
X-Large
XX-Large

You may *also* purchase the official USMS T-shirt. Quantity ordered. (circle one)

1 2 3
x \$[17.00] = \$

Size desired:

Voluntary tax-deductible contribution: \$

Grand Total: \$

Make check payable to TNYA. All funds raised will go to AIDS Service Center NYC and The Ali Forney Center. Mail check(s), copy of 2009 USMS card and this form (if not registering online) to: Miriam Tuliao, One Hour Swim, 46-05 30th Avenue, Apt # 2R, Astoria, NY 11103.

Important Note about Deck Entry and 2009 USMS Cards

You **MUST** mail in a photocopy of your 2009 USMS card along with your registration check before January 16th, 2009. If you have not registered with USMS for 2009, you may do so online at:

<http://www.metroswim.org/register.html>

****THERE WILL BE NO DECK ENTRY!!****

If, on the day of the event, we don't have a photocopy of your USMS card, along with your completed registration form and fee, we will not let you swim – NO EXCEPTIONS. THIS IS FOR INSURANCE REASONS. So, please make sure you take care of this quickly so that you can swim and raise money for two great organizations!

Thank you for your help in making this year's OHS swim a tremendous success and providing critical funds necessary to support our two outstanding beneficiaries.