

Vol. 06

# OCEANMAN MAGAZINE



## OCEANMAN Chronicles

"A challenge that chose me"

## Training Tips

The science of drafting

## OCEANMAN Stories

swimming with giants

## OCEANMAN Travels

Beyond the dunes

# Exploring the Expanding World of Open Water Swimming



## *Welcome to this new edition of OCEANMAN Magazine*

In this edition of the OCEANMAN Magazine, we dive deep into the ever-growing and evolving world of open water swimming. From the inspiring story of Valdir Nunes de Jesus, who defies the odds to compete despite his HTLV diagnosis, to the science behind drafting and how it can transform your race strategy, we bring you the latest insights from the sport.

We take you on a journey across continents, from the exhilarating race in Embalse, Córdoba—kicking off the OCEANMAN 2025 season—to the stunning waters of Krabi and the new, highly anticipated OCEANMAN Sharjah. You'll also find a guide to essential swim gear, expert training tips, and an exploration of South America's unique open water swimming culture.

Whether you're here for inspiration, training strategies, or travel adventures, this issue is packed with stories that celebrate the endurance, skill, and passion that define the OCEANMAN community.

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Dive into these stories and let's continue to celebrate the incredible world of open water swimming together.



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# *The Editorial*

## **THE POWER OF INCLUSION IN OPEN WATER SWIMMING**

In the vast, untamed expanse of open water, every swimmer faces the same challenge—the rhythm of the waves, the unpredictability of the currents, the test of endurance. Yet, for some, the obstacles extend beyond the elements. This edition of the magazine is dedicated to the power of inclusion in open water swimming, a sport that should be accessible to all, regardless of physical condition, background, or ability.

The essence of open water swimming is freedom. Unlike the controlled environment of a pool, the open sea, lakes, and rivers present an opportunity for connection—with nature, with oneself, and with a community of like-minded athletes who push each other beyond perceived limits. It is



this spirit that drives OCEANMAN to ensure that open water swimming remains a space where everyone has a place, where barriers are broken, and where personal triumphs are celebrated at every shoreline.

A testament to this inclusive vision is the story of Valdir Nunes de Jesus, a swimmer from Brazil who has defied expectations and redefined resilience. Valdir lives with HTLV, a condition that affects the nervous system and can lead to severe mobility challenges. Yet, despite the physical hurdles, he embraced the open water and took on the OCEANMAN Salvador, Bahia, proving that swimming is not just about physical strength—it's about determination, courage, and the will to defy limitations.

Valdir's journey is one of true perseverance. Training for an open water race is daunting for any athlete, but for someone with a condition that affects motor function, the challenge is even greater. Through sheer willpower and an unbreakable spirit, Valdir trained relentlessly, refusing to let his condition define his potential. His participation in OCEANMAN Salvador was not just a personal victory but a beacon of inspiration for many who may have doubted their own capabilities.

His presence on the starting line was a powerful statement—one that resonated with everyone in attendance. Spectators, fellow competitors, and event organizers watched as he navigated the waters with unwavering determination, embodying the true essence of what it means to be an athlete. His story is a reminder that inclusion is not just about providing access but about creating an environment where every individual

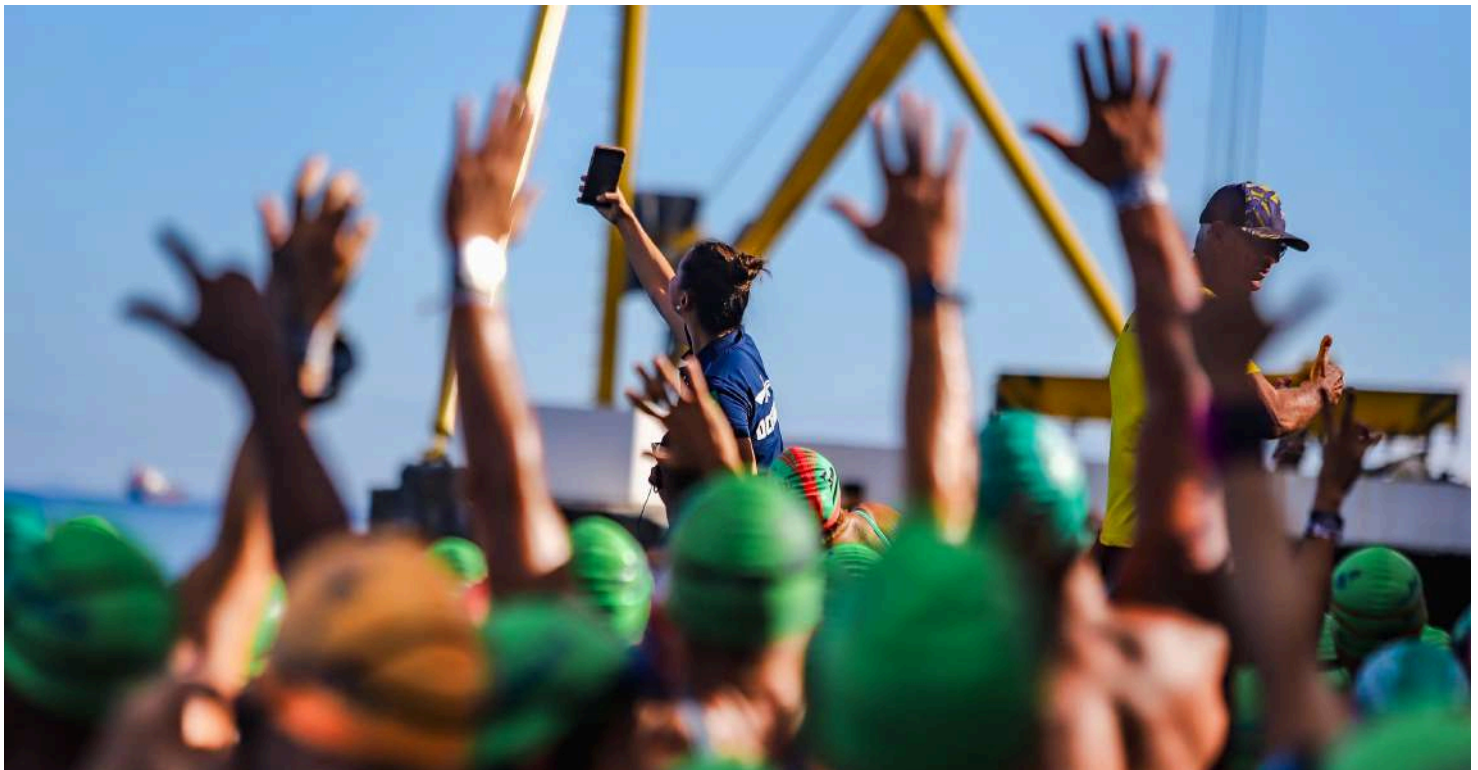


feels empowered to challenge themselves and achieve the extraordinary.

At OCEANMAN, we are committed to fostering a culture of accessibility in open water swimming. From adaptive swimming programs to increasing awareness and support for athletes with disabilities, our mission is to ensure that everyone, regardless of their physical or neurological challenges, has the opportunity to experience the exhilaration of open water competition.

As we celebrate Valdir and countless others who have shown us what is possible, we also acknowledge that there is more work to be done. True inclusion means continuously evolving, listening, and adapting to ensure that open water swimming remains a sport for all.

This edition of the magazine is a tribute to those who redefine limits, who swim against the current of adversity, and who remind us that the ocean belongs to everyone. May their stories inspire you to push beyond your own barriers—both in and out of the water.





OCEANMAN Embalse, Córdoba

# A NEW CHAPTER IN ARGENTINA'S OPEN WATER SWIMMING HISTORY

## OCEANMAN Embalse, Córdoba

### *A First Edition to Remember*

The sun rose gently over the vast waters of Embalse, Córdoba, casting a golden glow on the lake's glassy surface. The air buzzed with nervous excitement as more than 800 swimmers from 18 different countries gathered at the starting line of the first OCEANMAN race of 2025. Some adjusted their goggles, others stretched their limbs, but all shared the same anticipation: the thrill of diving into the unknown, of testing their limits against the elements. This was not just another race—this was a statement. OCEANMAN had arrived in Córdoba, and it had done so in spectacular fashion.

Argentina has long been a powerhouse in open water swimming, with its rivers, lakes, and coastline providing the perfect training ground for endurance athletes. Yet, despite the country's deep-rooted swimming culture, this was the first time that OCEANMAN had ventured into the province of Córdoba, a region known more for its rolling hills and wine country than for international swimming events.

And what a debut it was. The event was not merely a race but a festival of open water swimming, drawing professionals, amateurs, and enthusiasts alike.



## *A Battle Against Water and Willpower*

Over the course of the weekend, Embalse transformed into a global gathering of aquatic warriors, each with their own story, their own motivation for taking on the challenge.

**“The energy was unreal,”** said Juan Pablo, a competitor from Chile who had traveled over 1,000 kilometers to take part. **“There was this incredible mix of tension and camaraderie. We were all pushing our own limits, but at the same time, we were part of something much bigger.”**

The competition was divided into multiple distances: the signature OCEANMAN 10K, the HALF OCEANMAN 5K, the SPRINT 2K, the OCEANKIDS event for young swimmers and OCEANTEAMS. Each distance brought its own set of challenges, with the unpredictable nature of the lake adding an extra layer of difficulty. Morning winds created a light chop on the water, forcing swimmers to adjust their stroke technique on the fly.

**“For me, it was all about rhythm,”** said Marina López, winner of the women’s 10K. **“The key was to stay relaxed, trust my training, and not panic when the water got rough. The feeling of touching the finish line was indescribable.”**





## *A Celebration Beyond the Finish Line*

**“We’re not just racing,”** said Andrea, a participant from Italy. **“We’re sharing something special. A love for water, for pushing ourselves beyond our comfort zones. This is why I keep coming back.”**

The success of OCEANMAN Embalse goes beyond the competition itself. The event brought a significant economic boost to the region, with hotels fully booked, restaurants filled with athletes and their families, and local businesses thriving under the influx of visitors. The regional government has already confirmed that OCEANMAN will return to Córdoba in 2026, a testament to the impact and legacy left by this first edition.

**“The response has been overwhelming,”** said event director. **“We knew Argentina was passionate about open water swimming, but the level of enthusiasm exceeded all our expectations. This is just the beginning of something much bigger.”**

OCEANMAN Embalse, Córdoba

## Article



### *Are you ready for the challenge?*

As the sun set on Embalse, Córdoba, swimmers, coaches, and spectators alike knew they had been part of something historic. The first race of the year had set the tone for 2025 —challenging, exhilarating, and deeply inspiring.

And with OCEANMAN returning in 2026, one thing is certain: this is only the beginning.

# “A challenge that chose me”

## A SWIMMER'S JOURNEY AT OCEANMAN CÓRDOBA



Collaboration with:  
**DANIELA TORO**

The sun had barely begun its ascent over Embalse, Córdoba, when the energy of hundreds of swimmers converged on the race venue. Flags fluttered in the crisp morning air, neoprene suits zipped up, goggles adjusted. The atmosphere buzzed with anticipation—this was the first OCEANMAN event of the year, and I was about to embark on a challenge I had never thought would come so soon: **my first 10K open water swim.**

Just a few months prior, a 10K race was merely a distant goal, something I had envisioned tackling in 2025. But life often has a way of surprising us. In December, I received an invitation to be an ambassador for OCEANMAN Argentina. The opportunity was unexpected but irresistible—I said yes without hesitation. A part of me wondered if I had committed to something beyond my limits, yet deep inside, I knew **this was the challenge I needed.**





## **Into the Unknown**

Stepping onto the shores of Embalse, I was struck by the sheer beauty of the place. The shimmering waters stretched endlessly, framed by rolling hills and a sky so blue it seemed to touch the lake. The event's organization was flawless—every detail meticulously arranged to ensure an unforgettable experience for swimmers.

Despite the excitement, nerves crept in. It had been a long time since I felt this way, the kind of electric anticipation that only comes before something monumental.

At exactly 8:00 AM, the starting horn sounded. The mother distance, the 10K, was underway. The initial strokes felt effortless, the water welcoming, its temperature just right. I found my rhythm early, gliding smoothly as the first kilometers passed in a blur. By the 4K mark, I felt strong, confident, even exhilarated.

## **But I knew my true battle was yet to come.**

Between the 5K and 6K mark, the struggle began. It wasn't my arms or lungs that wavered—it was my mind. Doubts surfaced, the voice inside whispering, "Can you really do this?" I realized I had unconsciously stopped kicking, my body shifting into energy-saving mode. The fatigue was creeping in, and this was the moment where I could either surrender to exhaustion or push through.



## Victory Beyond the Finish Line

As I approached the final stretch, something shifted. The exhaustion was still there, but it no longer held me back. Every stroke felt purposeful. The roar of the crowd grew louder, and as I crossed the finish line, the feeling was indescribable—pure joy, sheer relief, and an overwhelming sense of accomplishment. I had done it.

I emerged from the water with a smile that refused to fade. It wasn't just about finishing the race; it was about conquering the doubt, proving to myself that my body was capable of more than my mind sometimes allowed me to believe.

OCEANMAN Córdoba was more than a competition—it was a testament to resilience, to the power of embracing challenges, and to the incredible strength that lies within us when we dare to believe in ourselves. And as I stood there, medal in hand, I knew one thing for certain: this was only the beginning.



OCEANMAN VIEQUES, PUERTO RICO

# SWIMMING THROUGH THE HEART OF THE CARIBBEAN

An aerial photograph of a tropical beach. The water is a vibrant turquoise color, transitioning to a deeper blue further out. The beach is sandy and curves along the shoreline, bordered by a dense line of palm trees and other tropical vegetation. The sky is clear and blue.

## *Discover the Caribbean's best-kept secret*

There are places that seem to exist outside of time, where the sea and sky blend seamlessly, and life moves to the rhythm of the waves. Vieques, Puerto Rico, is one of those places. A jewel of the Caribbean, known for its untouched beaches, wild horses roaming freely, and, of course, the mesmerizing bioluminescent bay. Now, in 2025, this paradisiacal island will also be home to something truly extraordinary: the first-ever OCEANMAN Vieques, marking a new chapter in the history of open water swimming in the Caribbean.

# A Swimmer's Paradise

Puerto Rico has long been synonymous with the ocean. From its rugged Atlantic coastline to the calm turquoise waters of the Caribbean, the island's relationship with the sea runs deep.

And Vieques? It's the **epitome of Caribbean bliss**—a place where the water is impossibly clear, the reefs are alive with color, and the horizon stretches endlessly. Bringing OCEANMAN to this island means offering swimmers a race unlike any other: warm waters, breathtaking landscapes, and a course set against a backdrop that feels almost dreamlike.

But it's not just about the race. OCEANMAN Vieques is an invitation to immerse oneself in a destination that has remained a best-kept secret among travelers.

To swim in Vieques is to be embraced by Puerto Rico itself. It's an island whose identity is woven from its indigenous Taíno heritage, Spanish colonial past, and vibrant modern-day culture. And if there's one name that has become inseparable from Puerto Rican pride in recent years, it's **Bad Bunny**.

The international reggaetón superstar, has taken the world by storm, turning his homeland into a global phenomenon. His music is an ode to Puerto Rico's streets, its beaches, its struggles, and its joys. Whether you're swimming through the warm Caribbean waters or walking through the colorful streets of Old San Juan, his beats seem to echo everywhere. It's only fitting that an event celebrating the beauty of the ocean would take place in a land so deeply connected to its own identity.



### What to Do Beyond the Race

If you're making the journey to Vieques for OCEANMAN, be sure to extend your stay. This island offers some of the most incredible natural experiences in the Caribbean:

- **Bioluminescent Bay:** Mosquito Bay isn't just any bioluminescent bay—it holds the title of the brightest in the world. Paddling through its glowing waters at night is nothing short of magical.
- **Wild Horse Encounters:** Vieques is famous for its free-roaming horses. As you explore the island, don't be surprised to find them trotting along the beaches or grazing by the roadside.
- **Hidden Beaches:** While Sun Bay will be the heart of the event, spots like Playa Negra (a black sand beach), Caracas Beach, and Secret Beach offer breathtaking escapes with crystal-clear waters.
- **Snorkeling & Diving:** The waters surrounding Vieques are teeming with marine life. Swim alongside sea turtles, explore coral reefs, and discover the untouched underwater world of the Caribbean.
- **A Taste of Puerto Rico:** Don't leave without indulging in mofongo, lechón asado, and tostones. Pair it with a cold Medalla beer or a refreshing piña colada—the latter of which, fun fact, was invented in Puerto Rico.



## A New Era for Open Water Swimming

Bringing OCEANMAN to Vieques isn't just about adding another event to the calendar. It's about redefining what an open water swimming experience can be. It's about merging sport with adventure, competition with culture, and endurance with sheer natural beauty.

As the race day approaches, anticipation is building—not just among swimmers, but among locals who see this as a new opportunity to showcase the magic of their island. Vieques has long been a place of refuge, a place of healing, and now, it becomes a place of ultimate challenge and triumph.

Whether you're racing for the podium, testing your limits, or simply soaking in every moment of the journey, one thing is certain: OCEANMAN Vieques will be more than just a swim. It will be an experience that lingers long after you've crossed the finish line.

Pack your goggles, your spirit of adventure, and maybe a Bad Bunny playlist for the road. The waters of Vieques are waiting. Are you ready?

As the first OCEANMAN race in Vieques, this event is set to become a milestone in open water swimming, drawing athletes from around the world to its shores. The combination of challenging swims and awe-inspiring scenery will push competitors beyond their limits while immersing them in the magic of the Caribbean.

Beyond the race itself, Vieques offers an opportunity to reconnect with nature, to experience a destination where the ocean's rhythm dictates the pace of life. This is more than just a competition—it's a call to adventure, a celebration of resilience, and a chance to write your own chapter in the history of open water swimming.?

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# The science of *drafting*



Written by:  
**DANIEL ORTEGA**

Drafting is one of the most underutilized yet game-changing techniques in open water swimming. Whether you're competing in your first race or looking to shave seconds off your time, mastering the art of drafting can provide both physiological and tactical advantages. Understanding how to position yourself effectively in the water and when to leverage the power of drafting can mean the difference between a grueling solo effort and a strategically efficient swim.

## The Science Behind Drafting

Drafting in open water swimming works similarly to how cyclists and runners conserve energy in a pack. When you swim directly behind or alongside another competitor, you reduce the amount of resistance your body has to overcome. Studies have shown that drafting can lower energy expenditure by up to 25%, making it a crucial skill for endurance swimmers.

In open water, resistance primarily comes from water drag, which increases with speed and inefficiency in stroke technique. By positioning yourself in a well-calculated drafting zone, you take advantage of the disturbed water created by the lead swimmer, allowing you to maintain speed with less effort.

### Optimal Drafting Positions

There are two primary positions swimmers can use for effective drafting:

## Know my methodology

I'm Dano, a coach specializing in open water swimming. My main focus is on optimizing the efficiency of each stroke, helping swimmers better utilize their energy in challenging conditions such as open water. Through a refined technique, I seek to make each movement in the water more fluid and effective.

My methodology is based on the principle that a more efficient swimmer can not only conserve energy, but also maintain a more constant and longer pace. This is key to improving performance over long distances, where fatigue can become the biggest obstacle.

The ultimate goal of my training is for my students to not only swim faster, but to do so with less effort. Efficiency is the key to competing and enjoying open sea swimming, where natural conditions require precise and adaptable technique.



## The science behind drafting

### Directly Behind the Lead Swimmer

- Known as the "inline draft," this position allows you to benefit from the reduced resistance created in the leader's wake.
- Ideal distance: Approximately 50-100 cm from the lead swimmer's feet.
- Risks: You may experience turbulence from their kick, and there's a chance of accidental contact, which could disrupt rhythm and focus.

### Alongside the Lead Swimmer (Hip Drafting)

- Swimming just behind and to the side of a competitor, often near their hip or shoulder.
- Less turbulent than direct inline drafting and allows for better sighting and control over positioning.
- May offer strategic advantages in competitive settings where positioning before the finish matters.



### When to Draft and When to Break Away

- **At the Start:** The chaotic nature of open water race starts makes drafting challenging, but finding a strong swimmer to follow early on can set a steady pace and help conserve energy.
- **Mid-Race:** Utilize drafting when covering long distances, especially in currents or when battling fatigue. However, avoid staying in a draft if you feel your pace is being compromised.
- **Final Push:** As you approach the finish, positioning is critical. If you've drafted effectively, you should have enough energy left to surge ahead in the last stretch and avoid being boxed in by other swimmers.

### Practical Tips for Effective Drafting

- **Choose the Right Swimmer:** Ideally, you want to draft behind someone slightly faster than you to maximize efficiency without overexertion.
- **Maintain Awareness:** Drafting doesn't mean blindly following. Regular sighting and awareness of your surroundings are crucial to avoid veering off course.



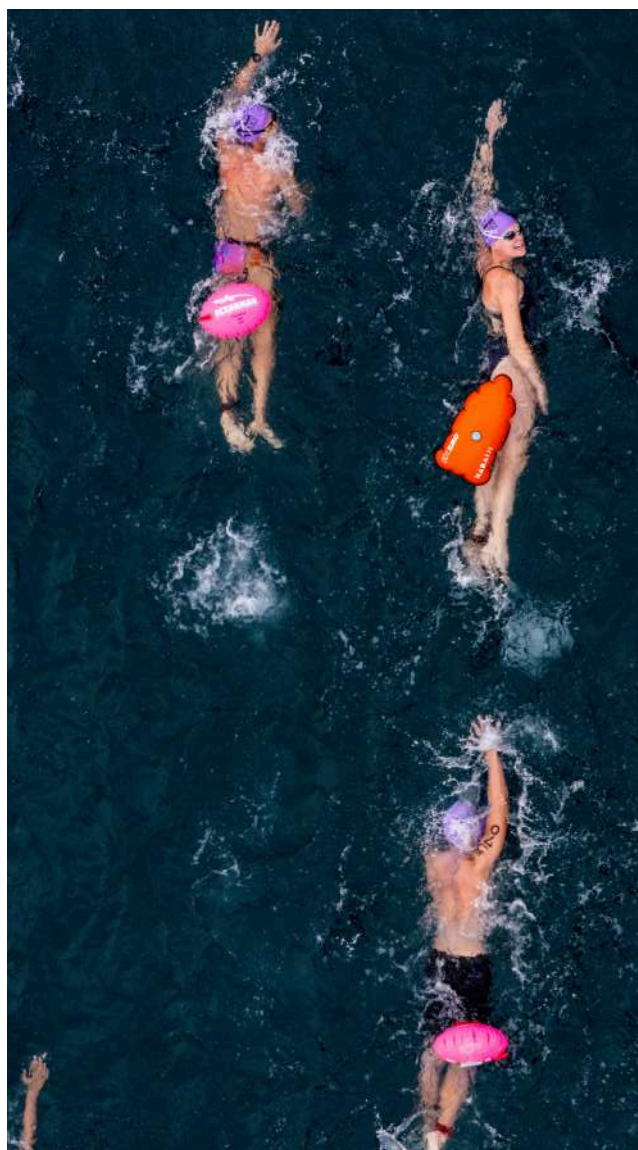
- **Avoid Over-Kicking:** Since drafting reduces the need for maximum effort, focus on a controlled, rhythmic kick to conserve energy.
- **Practice in Training:** Like any racing skill, drafting requires practice. Incorporate drafting drills in group swims to get comfortable with positioning and managing turbulence.

## Final Thoughts

Drafting is not just about saving energy—it's about racing smart. It allows you to conserve strength for crucial moments, maintain efficiency, and strategically position yourself in the pack. By mastering this technique, you can gain a competitive edge in any open water race, ensuring that when the final sprint comes, you're ready to surge ahead.

Additionally, drafting can also play a psychological role in competition. Knowing you're swimming efficiently and conserving energy can give you a mental boost, making you feel in control of your race strategy. Many experienced swimmers use drafting as a way to stay composed and avoid the panic that sometimes arises in high-pressure race situations.

Finally, remember that drafting is a two-way street. While it benefits the trailing swimmer, the lead swimmer may not always appreciate someone drafting off them. Be respectful of your fellow competitors, and if you find yourself in a strategic battle, use drafting wisely to outmaneuver rather than irritate. With practice and awareness, drafting can become one of the most valuable tools in your open water racing arsenal.



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**OCEANMAN KRABI 2025**

# SWIMMING WITH GIANTS: A RACE THROUGH PARADISE

## **Krabi Conquered: The Ultimate Open Water Test**

Krabi is a place that defies expectation. Towering limestone cliffs rise from emerald waters, longtail boats drift lazily across the Andaman Sea, and the scent of salt and tropical blooms hangs heavy in the air. For open water swimmers, Krabi is more than a postcard-perfect destination—it's a dream come true. And in 2025, it became the stage for one of the most breathtaking races in OCEANMAN history.

From the moment athletes arrived in Krabi, there was an unmistakable buzz in the air. Klong Muang Beach, with its golden sands and panoramic views of the Kwang Island, served as the backdrop for the registration and pre-race briefings. Swimmers from over 40 countries gathered, their excitement mixing with the rhythmic sound of waves lapping the shore.

# The Stage is Set

Thailand has long been known for its warm hospitality, and Krabi was no exception. Varana Hotel was the perfect spot for this race: “Combining the Thai words of Vana – forest, Nava – water, and Nara – people, at Varana, we believe wellness must be achieved holistically and sustainably”

The morning of the race dawned with a pastel sky, streaked in shades of pink and orange. The sea was calm but held a quiet power beneath its surface. At the starting line, nerves and adrenaline ran high as swimmers positioned themselves for the challenge ahead.

OCEANMAN course in Krabi was a spectacle in itself. Athletes cut through crystal-clear waters, weaving between towering limestone formations and

beneath the shadow of the iconic Railay Beach cliffs. For many, the sight of these ancient rock formations from the water was nothing short of surreal.

As the kilometers stretched on, the challenge intensified. The currents, though gentle at first, grew stronger in certain sections, demanding both skill and strategy.

Yet, with every stroke, swimmers were met with views that made every ounce of effort worth it—vibrant coral reefs teeming with life, hidden coves that felt untouched by time, and the vast expanse of the Andaman Sea unfolding in all directions. “As a Thai swimmer, this race meant a lot to me. Seeing my home become part of the OCEANMAN circuit was an honor”, said a participant.



# Beyond the Race: Discovering Krabi



In collaboration with:  
**TANYA PRIL**

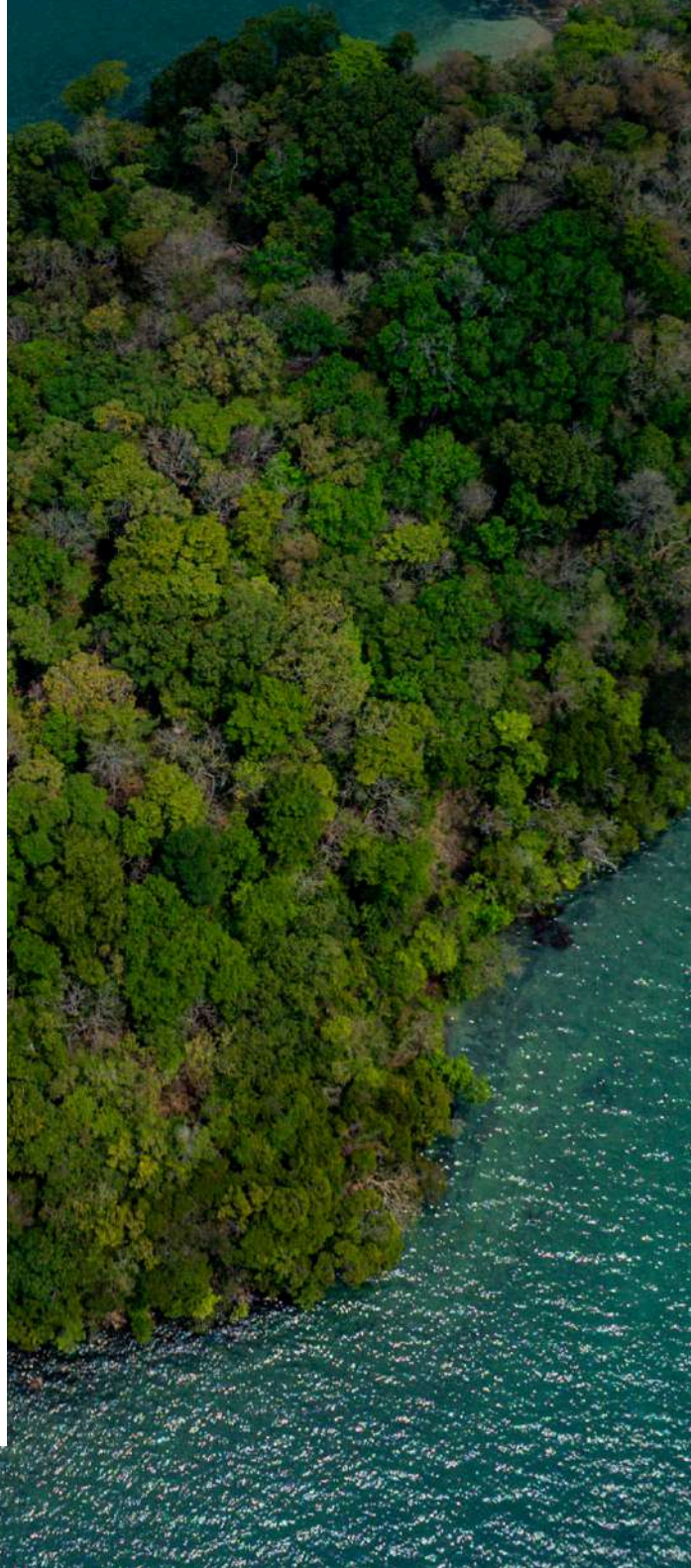
I arrived in Krabi with a single goal: to race. But once the adrenaline faded and my body began to recover, I found myself swept up in the magic of this place.

Railay Beach was my first stop. Accessible only by boat, it felt like stepping into another world. Towering limestone cliffs framed the shoreline, and I couldn't resist the urge to climb up one of the rocky paths to take in the view from above. The sight of the turquoise water stretching endlessly was almost as breathtaking as the race itself.

From there, I joined a group of fellow swimmers for a boat trip to the Phi Phi Islands. As we glided over impossibly clear waters, I couldn't help but laugh at how surreal it all felt—one day I was battling currents in a grueling competition, and the next I was floating lazily over a coral reef, watching colorful fish dart beneath me.

To soothe our tired muscles, we visited the Emerald Pool and Hot Springs. Sliding into the warm, mineral-rich waters, I could feel the tension from the race melting away. We swapped stories about the event, reliving our toughest moments and celebrating our victories. There was an unspoken understanding among us—we had all been through something incredible together, and now we were here, sharing in the reward.

And then, of course, there was the food. I never knew how much I could crave mango sticky rice until I had it fresh from a street vendor. Every meal was an adventure, from fiery curries to grilled seafood feasts by the beach. The flavors of Krabi were as vibrant and unforgettable as the race itself.



# A Legacy in the Making

OCEANMAN Krabi 2025 was more than just a competition; it was a love letter to open water swimming. It was proof that this sport isn't just about endurance—it's about connection. Connection to nature, to culture, and to one another.

As the sun set on another successful event, one thing was certain: Oceanman had found a new home in Thailand. And for those who swam through its waters, Krabi would forever hold a place in their hearts.

As the last of the swimmers bid farewell to Krabi, they left not just with medals, but with stories—of perseverance, beauty, and the sheer joy of swimming through one of the most stunning places on Earth.

Until we meet again in the water, OCEANMAN Krabi will be waiting.





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### What our coaches say?



THE COURSE IS VERY INFORMATIVE. OPEN WATER ENDURANCE SWIMMING IS QUITE DIFFERENT THAN POOL SWIMMING. THIS COURSE HAS GIVEN THOSE KEY INSIGHTS. IT HAS HELPED ME UNDERSTAND THE MACROS AND MICROS OF OPEN WATER SWIMMING, SAFETY MEASURES, TRAINING SEASON PLANNING, CURBING INJURY, NUTRITION, HYDRATION, ETC.

RAM SADHVANI



OCEANMAN COACH CERTIFICATION WAS VERY HELPFUL FOR ME. I USE THE KNOWLEDGE I GAINED EVERY DAY. THIS KIND OF INFORMATION IS NOT GIVEN AT THE UNIVERSITY; IT CAN ONLY BE OBTAINED HERE FROM PRACTICING TRAINERS

DENIS GORDIYENKO



OCEANMAN COACH CERTIFICATE COURSE IS A GREAT WAY TO BRING YOUR OPEN WATER COACHING SKILLS TO THE NEXT LEVEL. IT COVERS A BROAD RANGE OF TOPICS IN A DETAILED WAY AND ALLOWS YOU TO ENGAGE WITH THE COACHES COMMUNITY ACROSS THE GLOBE

CRISTIAN CICCIOLI



THE COURSE GAVE ME A GREAT OVERVIEW OF WHAT EXACTLY IS THE UNDERSTANDING OF OPEN WATER SWIMMING/COACHING. THE COURSE IS EASY TO FOLLOW AND LED BY 2 VERY GOOD EXPERIENCED COACHES AND SWIMMERS.

BASTIN JELTEMA

## What our coaches say?



OCEANMAN COACH CERTIFICATE COURSE WAS A GOOD COMBINATION OF LEARNING SPECIALIST THEORY AND DOING PRACTICAL ASSIGNMENTS, CHALLENGING MY OWN KNOWLEDGE AND SKILLS AND MAKING ME A BETTER OPEN WATER COACH.

LINDA GODERIE



OCEANMAN COACH CERTIFICATE COURSE PROVIDED AN EXCEPTIONAL LEARNING EXPERIENCE. THE COMPREHENSIVE CURRICULUM AND PRACTICAL EXPERTISE PROVIDED VALUABLE KNOWLEDGE AND SKILLS THAT GREATLY ENRICHED MY KNOWLEDGE.

MAYRA SANTOS



I GOT BETTER UNDERSTANDING OF PERIODIZATION AND HOW TO ADDRESS LONGTIME SWIMMER DEVELOPMENT FOR OPEN WATER SPORTS.

JURGIS SEIKA



BEING A PART OF A WORLD-RENOWNED ORGANIZATION THAT HAS PROVEN ITS QUALITY IS A SOURCE OF MOTIVATION FOR MY STUDENTS.

EMRE ÖZKAN

# WHAT'S IN YOUR SWIM BAG?

## A Guide to Open Water Swimming Essentials

When it comes to open water swimming, preparation is just as important as training. Whether you're heading out for a casual swim or gearing up for a competition, having the right equipment can make all the difference. We asked experienced open water swimmers to share what's always in their swim bag, ensuring they're ready for anything the elements throw their way.



# A Guide to Open Water Swimming Essentials

## Wetsuit or Swimskin: Choosing the Right Suit

Temperature and race regulations determine whether a wetsuit or swimskin is your best bet. Wetsuits provide buoyancy and warmth, making them ideal for colder waters, while swimskins offer a streamlined feel for non-wetsuit-legal races. Look for a snug but comfortable fit to reduce drag and chafing.

**Pro Tip:** “A good wetsuit should feel like a second skin. Don’t go too tight, but also avoid excess material that can create drag.” — Luis Fernández, OCEANMAN swimmer.

## Goggles: Visibility Meets Comfort

Goggles are non-negotiable for open water swimming. Tinted or polarized

lenses help reduce glare on sunny days, while clear lenses are better for low-light conditions. Anti-fog coatings and a snug, leak-proof seal are essential for uninterrupted vision.

**Pro Tip:** “Always carry two pairs—one tinted and one clear. You never know what conditions you’ll face.” — Marta Rossi, Open Water Enthusiast.

## Swim Cap: Warmth and Safety

A brightly colored swim cap increases visibility in open water, ensuring safety. Silicone caps are preferred for their durability and comfort, while neoprene caps are best for cold water conditions.

**Pro Tip:** “I double up on caps in really cold water—one latex cap under a silicone one for extra insulation.”



# A Guide to Open Water Swimming Essentials

## **Safety Buoy: Your Floating Companion**

A safety buoy (or tow float) improves visibility, provides flotation during rest breaks, and can store essentials like energy gels or a waterproof phone case.

**Pro Tip:** “In long training sessions, my buoy holds snacks and hydration, making my swims more efficient.” — Daniel Ortega, OCEANMAN Coach.

## **Nutrition and Hydration: Fuel for Endurance**

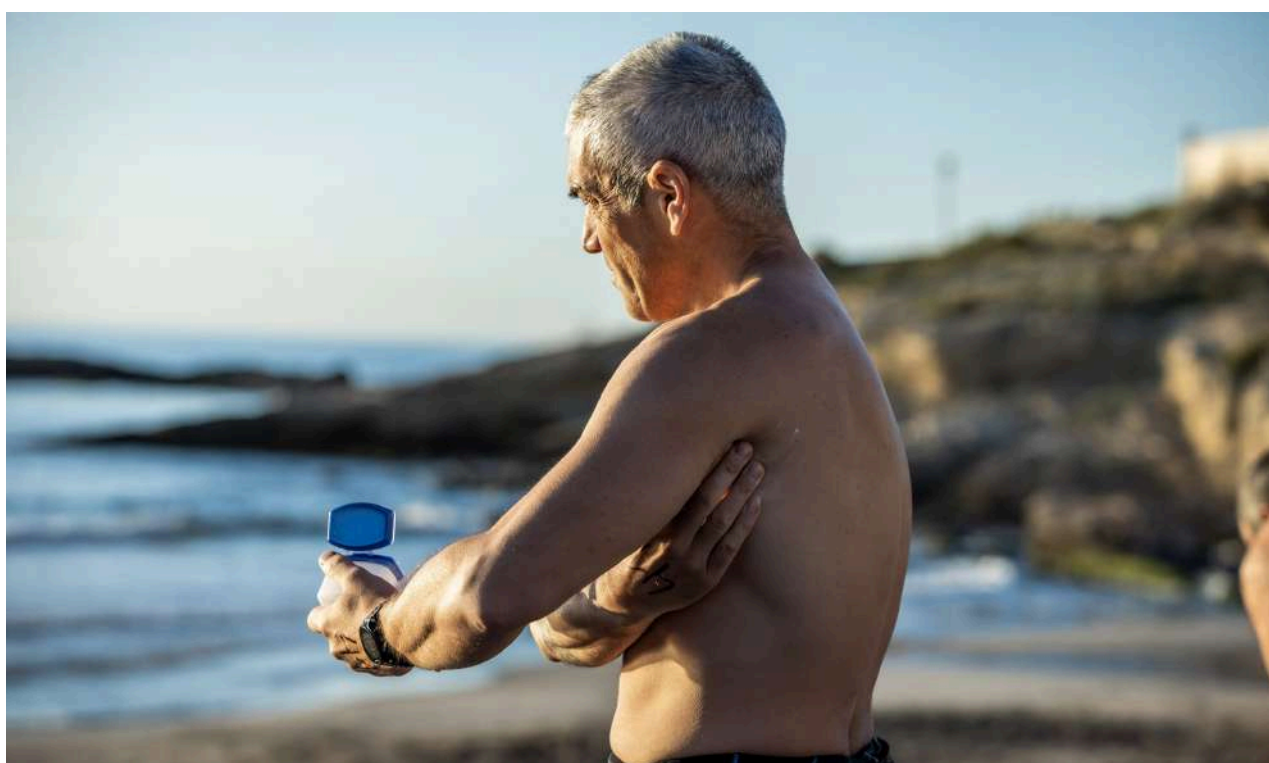
Long-distance swimmers need proper fueling. Energy gels, electrolyte drinks, and water bottles should always be within reach. Proper hydration before and after the swim prevents fatigue and muscle cramps.

**Pro Tip:** “I freeze my hydration bottles overnight so they stay cool during long swims.” — Matsushita Ayata, OCEANMAN swimmer.

## **Anti-Chafing Balm: Avoid Unwanted Friction**

Saltwater and repetitive motion can cause painful chafing. Applying an anti-chafing balm to key friction points—like the neck, underarms, and wrists—can prevent irritation.

**Pro Tip:** “Never underestimate the power of a good anti-chafing stick. It’s a lifesaver for long races.” — Sophia Lee, Triathlete.



# A Guide to Open Water Swimming Essentials

## Towel and Warm Layers: Post-Swim Comfort

A microfiber towel is lightweight and dries quickly, making it perfect for swimmers. Pack warm layers like a hoodie or fleece-lined robe for post-swim warmth, especially in cooler climates.

**Pro Tip:** “Having a dry robe waiting for you at the finish line makes all the difference.” — Charles Pike, OCEANMAN veteran.

## Waterproof Bag: Keeping Essentials Dry

A waterproof bag protects valuables like your phone, keys, and dry clothes from splashes and rain. Some swimmers also carry a smaller waterproof pouch for energy gels and emergency whistles.

**Pro Tip:** “A dry bag is a game-changer, especially in unpredictable weather.” — Claire Dupont, Ultra-Distance Swimmer.

## First Aid Kit: Be Ready for Anything

Minor cuts from rocky shorelines or jellyfish stings are common in open water swimming. A small first aid kit with antiseptic wipes, bandages, and sting relief can be a lifesaver.

**Pro Tip:** “I always carry vinegar for jellyfish stings—it works wonders.” — Nathan Chow, Open Water Safety Expert.

A well-prepared swim bag is key to a successful and enjoyable open water experience. With these essentials on hand, you'll be ready to tackle any challenge.

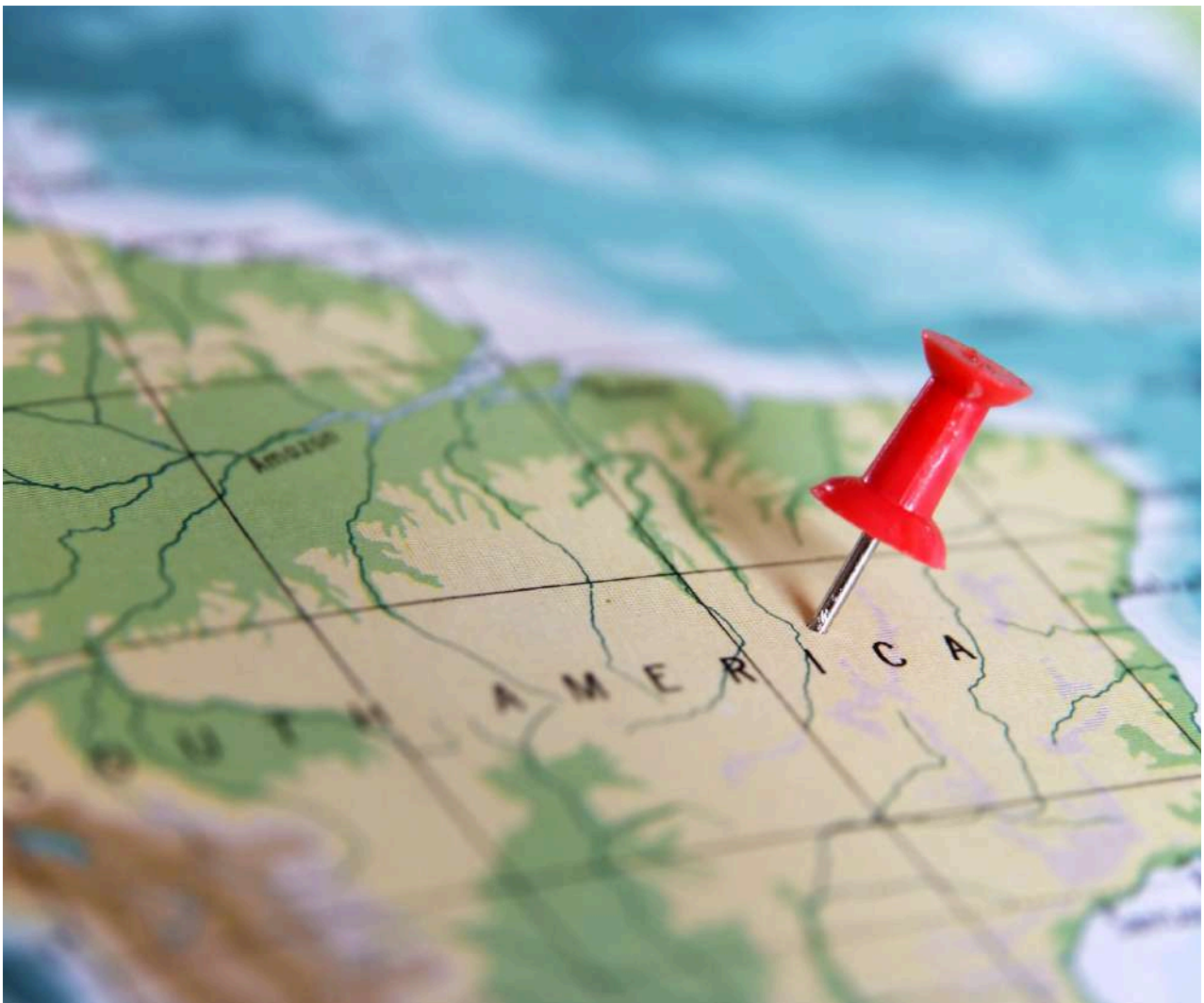


From the Andes to the Ocean:

# The Unique Open Water Swimming Culture in South America

Open water swimming has long been associated with European and North American traditions, with iconic races like the English Channel crossing and the Manhattan Island Marathon Swim shaping the sport's history. However, in recent years, South America has emerged as a powerhouse in open water swimming, bringing with it a unique culture deeply influenced by the continent's diverse geography, climate, and sporting traditions.

From the icy glacial lakes of Patagonia to the warm waters of the Atlantic and Pacific coasts, South America offers an unparalleled variety of swimming experiences. This article explores what makes open water swimming in South America distinct, how it differs from other regions, and why the sport is experiencing a surge in popularity across the continent.



## From the Andes to the ocean



### A Continent Defined by Natural Diversity

South America's geography is as varied as its people, and this directly impacts the way open water swimming is practiced across the region.

Unlike Europe, where many races take place in relatively temperate seas or lakes, South American swimmers train and compete in some of the world's most extreme environments.

- **The Andes and High-Altitude Lakes:** Countries like Argentina, Chile, and Bolivia boast breathtaking high-altitude swimming locations such as Lake Titicaca, the highest navigable lake in the world. These bodies of water pose a unique challenge due to their thin air, colder temperatures, and often unpredictable conditions.

- **The Amazon:** In contrast to the frigid waters of the south, the Amazon basin provides an entirely different kind of open water swimming environment. With rivers that weave through dense rainforests, swimming here demands an understanding of currents, wildlife, and extreme humidity.
- **Coastal Swimming on Two Oceans:** South America is the only continent bordered by both the Atlantic and Pacific Oceans, providing vastly different open water experiences. The Pacific, with its strong currents and colder waters, demands endurance and technical skill, while the Atlantic, offers warm waters and long-distance swimming opportunities.

## From the Andes to the ocean



### Cultural Differences in Open Water Swimming

While open water swimming in Europe is often characterized by structured training programs, large-scale federated events, and a long-standing tradition of channel crossings, South America presents a more grassroots and community-driven approach.

- **Indigenous and Historical Influence:** Many communities in South America have long practiced open water swimming for survival, transportation, and even ritualistic purposes. Indigenous traditions in countries like Peru and Ecuador have involved swimming as a way of connecting with rivers and lakes as sacred spaces.
- **A More Laid-Back Approach:** Unlike the hyper-competitive nature of many North American and European races, South American events often have a festival-like atmosphere. Music, local food, and an emphasis on camaraderie make these competitions feel like communal celebrations rather than just athletic contests.
- **Year-Round Swimming:** Thanks to the continent's diverse climates, it is possible to swim outdoors all year round in various parts of South America. This differs greatly from many northern hemisphere countries, where harsh winters often force swimmers into pools.

## From the Andes to the ocean

### **The Recent Boom in Open Water Swimming**

Over the past decade, open water swimming has seen a remarkable rise in popularity across South America. Several key factors have contributed to this growth:

- **High-Profile Events:** Races like OCEANMAN, the Travessia dos Fortes in Brazil, and the Maratón Acuática Santa Fe-Coronda in Argentina have gained international recognition, attracting elite swimmers from around the world.
- **Improved Infrastructure:** With the expansion of open water swimming clubs, better safety measures, and increased accessibility to training programs, more people are venturing into the sport.
- **Media and Social Media Exposure:** Coverage of events, athlete stories, and breathtaking swimming locations across Instagram and YouTube have inspired a new generation of swimmers to explore the sport.
- **Olympic Success and Role Models:** South America has produced world-class open water swimmers, such as Brazil's Ana Marcela Cunha, who has inspired countless young athletes to pursue open water swimming at a competitive level.

# From the Andes to the ocean



## Challenges and Opportunities

Despite its growth, open water swimming in South America still faces several challenges:

- **Environmental Concerns:** Water pollution in rivers and coastal areas poses a significant problem. Efforts to clean and maintain open water swimming locations will be crucial for the sport's future.
- **Limited Funding:** Compared to swimming in pools, open water swimming receives less government and private sector investment, making it difficult to develop training programs and events at the same scale as in Europe or North America.
- **Safety and Regulation:** As the sport grows, ensuring the safety of swimmers in extreme conditions remains a challenge. More standardized safety protocols and rescue measures are needed in many regions.

On the flip side, these challenges present opportunities for further growth. More eco-conscious events, sustainable tourism tied to open water races, and continued development of local talent can help cement South America's place as a global hub for open water swimming.

## From the Andes to the ocean



### **A Future as Vast as Its Waters**

From the high-altitude lakes of the Andes to the warm coastal waters of Brazil and beyond, South America is redefining what it means to be an open water swimmer. The continent's unique blend of cultural influences, diverse swimming conditions, and a rapidly expanding community make it one of the most exciting places to watch the sport evolve. As open water swimming continues to gain momentum, one thing is certain: South America's vast and varied waters will continue to inspire, challenge, and welcome swimmers for generations to come.

No blocks, no lanes.  
Just the open water.  
Florian Wellbrock

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— Article

# Beyond the Dunes: A Swim Through Time in Sharjah

## ***A NEW CHAPTER IN OPEN WATER SWIMMING***

After the resounding success of the OCEANMAN World Final in Dubai, we are thrilled to return to the United Arab Emirates with a brand-new destination: OCEANMAN Sharjah. This spectacular race will take swimmers to the cultural capital of the UAE, where history, innovation, and natural beauty collide to create an unforgettable experience.



# Why Sharjah?

Sharjah, often referred to as the cultural heart of the UAE, offers a unique blend of rich heritage and modern marvels. Located along the Arabian Gulf, it boasts pristine beaches, serene lagoons, and breathtaking natural reserves—making it the perfect setting for an open water swimming challenge.

Unlike the towering skyscrapers of Dubai, Sharjah captivates with its authentic charm. From traditional souks and grand mosques to world-class museums and nature retreats, this emirate provides an immersive experience for visitors seeking both adventure and culture.

## The Race Experience

OCEANMAN Sharjah will be an exhilarating test of endurance, skill, and mental resilience. Swimmers will navigate crystal-clear waters, embracing the warm

Arabian climate as they push their limits in a challenging yet rewarding course. Whether you're a seasoned open water athlete or a first-time participant, the race offers distances for all levels:

- OCEANMAN – The ultimate endurance challenge for experienced swimmers.
- HALF OCEANMAN – A perfect balance of distance and strategy.
- SPRINT – A short but intense competition for those looking to test their speed.
- OCEANKIDS – A fun and safe race for the next generation of open water swimmers.
- OCEANTEAMS: Share the fun with your friends.
- 

Every stroke through these waters will be accompanied by the stunning views of Sharjah's coastline.





## Beyond the Race: Discovering Sharjah

A visit to Sharjah is more than just a race—it's a chance to immerse yourself in the soul of the UAE. Whether you're extending your stay for a few days or planning a full holiday, here's what awaits you:

**1. Al Noor Island:** A Tranquil Escape  
After the adrenaline rush of race day, unwind in this stunning nature retreat. Al Noor Island is a fusion of art, culture, and biodiversity, offering lush gardens, a butterfly house, and breathtaking light installations.

**2. Sharjah Museum of Islamic Civilization:**  
For history enthusiasts, this museum houses a vast collection of Islamic artifacts, including centuries-old manuscripts, scientific instruments, and

intricate calligraphy, offering deep insights into the region's cultural legacy.

**3. Mleiha Archaeological Centre**  
Step back in time and explore one of the UAE's most important archaeological sites. Mleiha offers ancient tombs, fossils, and desert landscapes perfect for off-road adventures and stargazing.

**4. Al Qasba & Eye of the Emirates Wheel**  
Sharjah's vibrant waterfront district is home to charming canals, delicious restaurants, and the iconic Eye of the Emirates Ferris wheel—offering panoramic views of the city and beyond.

**5. The Majestic Sharjah Desert**  
Experience the beauty of the Arabian Desert.

## ***A Race Like No Other***

OCEANMAN Sharjah is not just a competition; it's an invitation to experience one of the most fascinating regions in the world. The blend of high-level swimming, cultural exploration, and stunning landscapes makes this race a must for any open water enthusiast.

Join us in 2025 as we make history once again in the UAE. Swim through the heart of Sharjah and discover the adventure that awaits!



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