

## **It is time to GO POSTAL Colorado with the 2018 USMS 5K/10K ePostal National Championships**

Back by popular demand Master's Swimmers, it's time for the USMS 5K/10K ePostal National Championships! This Year's 5K/10K ePostals are hosted by the Chicago Smelts Masters Swim Team. The goal is to complete a 5K and or 10K between May 15<sup>th</sup> and September 15<sup>th</sup> in a Long Course Meters Pool and submit your entries to the Host Team online and compare yourself to your fellow Master's swimmers throughout the Country without having to leave our beautiful home State of Colorado!

We are so fortunate that COMSA Sponsors our Postal Swims locally so that you can challenge yourselves and swim these Postals together! In addition, we are thrilled to offer the 5K/10K ePostal to be swum outside at Lowry Pool, 775 Akron Way, at 7 am on two Sundays, June 3<sup>rd</sup> and July 1<sup>st</sup>. If you wish to swim either, please e-mail [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com) to reserve your lane! Split Sheets, stop watches, clip boards will be provided. Please arrive by 6:45 am and bring a counter/verifier with you. Once you have completed your swim, you enter your results online to the host team, Chicago Smelts! Online entry & event information will be available at Lowry. Not only will you get an awesome workout, but you will also receive our very own Colorado Goes Postal Swim Cap for participating!

What are you waiting for? E-mail [nicolevanderpoel@msn.com](mailto:nicolevanderpoel@msn.com) today, reserve your lane and participate in either the 5K or 10K. Let's show the rest of the Country how Colorado GOES POSTAL this Summer!

Nicole Vanderpoel, Long Distance Pool Chair