

MEDIA UPDATE – OPEN WATER 5KM

www.thewaterisopen.com will report live the 5K world championships live from Rome tomorrow. Olympic 10K Marathon Swim gold medalist Maarten van der Weijden and Steven Munatones will report from on the water via Twitter (<http://twitter.com/swimopenwater>).

The world's best open water women will face off with Olympic champion Larisa Ilchenko of Russia and silver medalist Keri-Anne Payne of Great Britain at 9:00 am Rome time on Tuesday, July 21. Later, the men will face Olympic bronze medalist Thomas Lurz of Germany, world champion Vladimir Dyatchin of Russia starting at 11:00 am Rome time.

After an unanticipated two-day delay due to weather conditions, American team leader Paul Asmuth said of the athletes, *"They all feel good. They enjoyed the light training session at the beach this morning. The water was a bit cooler [than before] and there was a bit of a swell left over, but they are looking forward to racing tomorrow."* Head coach Catherine Vogt agreed, *"We've had excellent training and preparation while in Italy and the athletes are ready to get out there and compete with the best in the world."*

South American Chad Ho, the youngest open water Olympian in Beijing, and multiple world champion Lurz had similar comments, "We are ready and feel good."

The wind and surf tonight are very mild tonight, so this bodes well for a race that has already been delayed by two days.

With 7 cameras covering the event live in Europe via Rai TV and tens of thousands of people expected to watch the race from shore, the world's best open water swimmers will compete over a challenging course.

Live coverage via Twitter will begin at 8 am Rome time (2 am ET Tuesday or 11 pm PT Monday).

Women's start list is here:

http://www.thewaterisopen.com/news/full/womens_5k_world_championship_start_list

Men's start list is here:

http://www.thewaterisopen.com/news/full/open_water_gladiators_ready_to_go

Steven Munatones