



Christopher Swain Has Swum Over 3,000 Miles  
In More Than 25 Polluted North American Waterways



All In Support Of  
**Clean Water And Universal Human Rights**



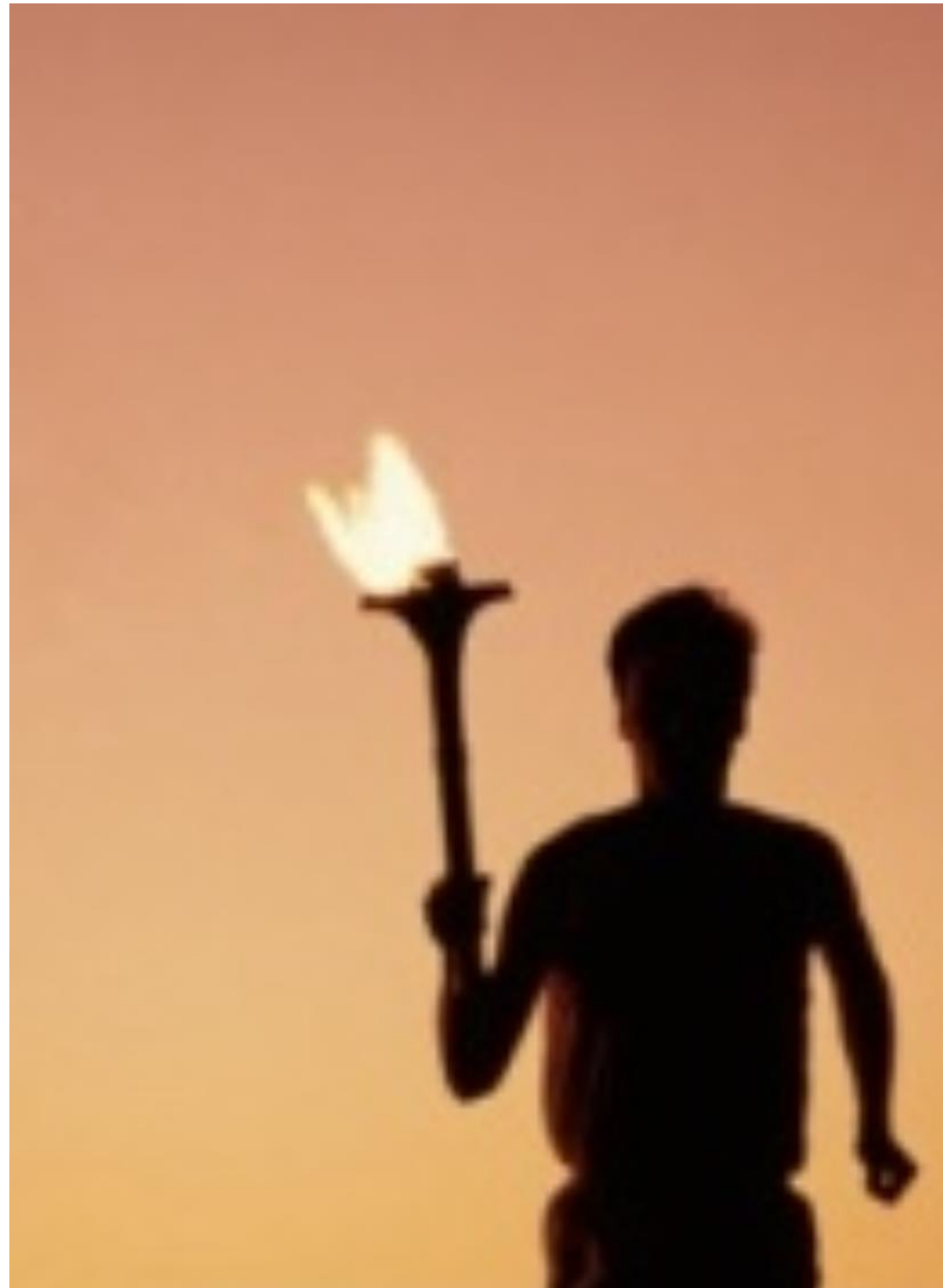




**UNIVERSAL  
DECLARATION  
OF  
HUMAN  
RIGHTS**



# Walk Equal: A Walk for Human Rights



200 Miles Through Massachusetts 1995

# Swim For Universal Human Rights



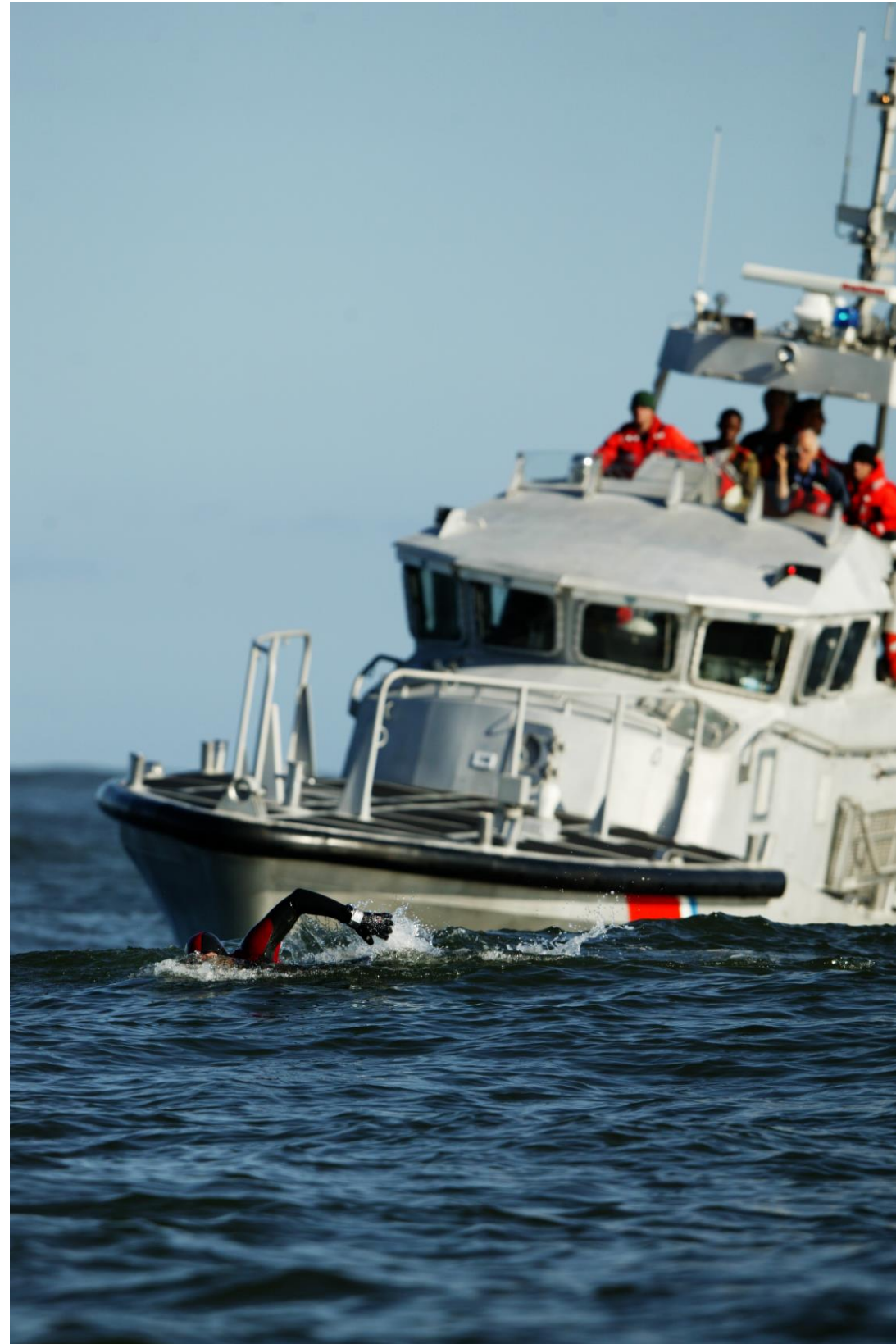
200 Miles Down the Lower Connecticut River







# Columbia River Swim



2002-2003



# Peace Bell Ceremony



United Nations Headquarters 2003









# Hudson River



315 Miles



# Mohawk River



150 Miles



# Lake Champlain



129 Miles

# Charles River



81 Miles



# Mystic Lakes and Mystic River



15 Miles



# The Gowanus Canal (Superfund Site)



1.8 Miles





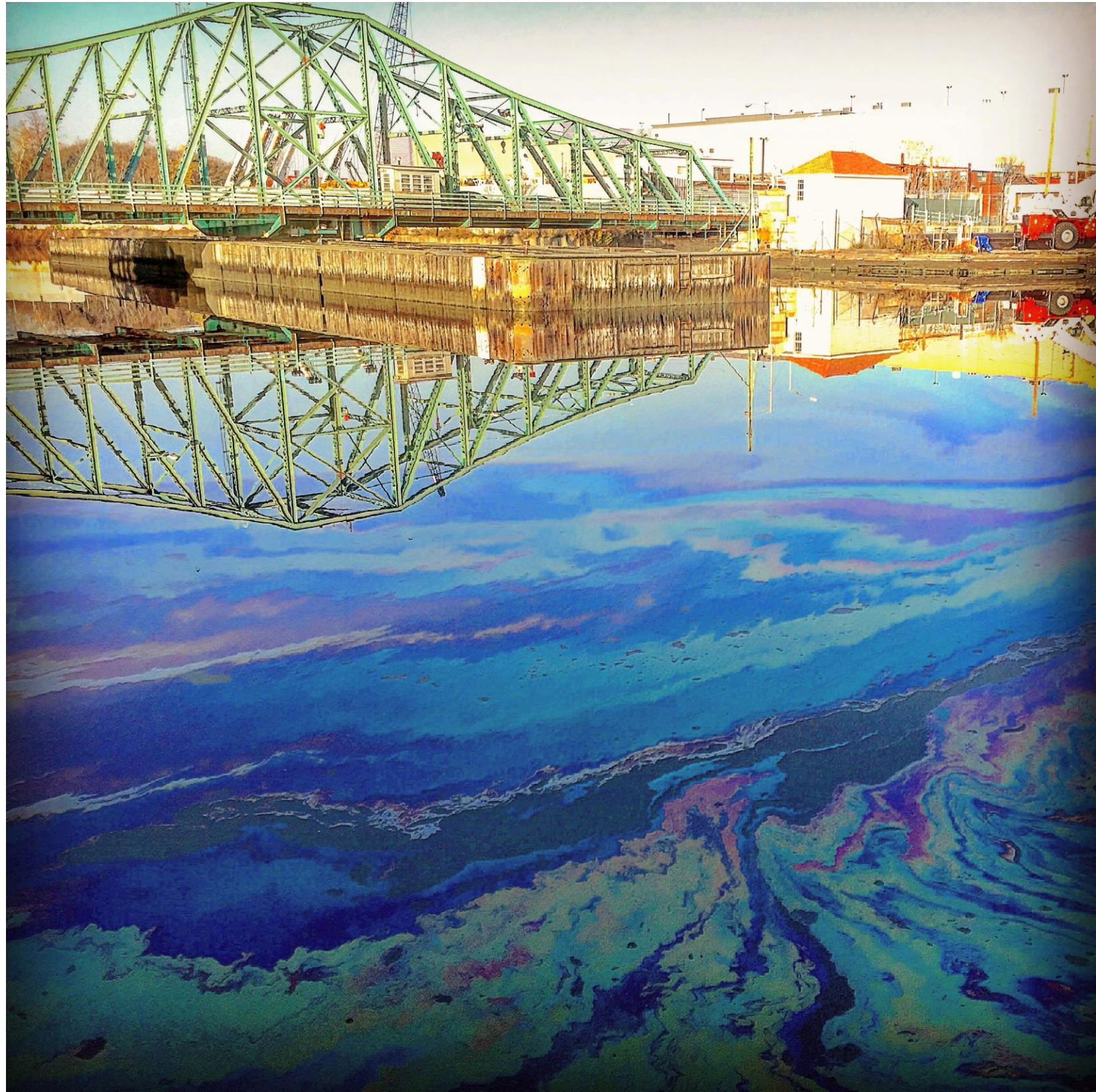


# The Newtown Creek (Superfund Site)



3.7 Miles







# Long Island Sound



110 Miles







# East River



16 Miles



# Narragansett Bay



45 Miles



# Boise River



102 Miles



# Various Atlantic Coast Swims



2008-



# Various New York Harbor Swims





# World Refugee Day Swim



2017



# Peace Day Swim For Refugees



2017





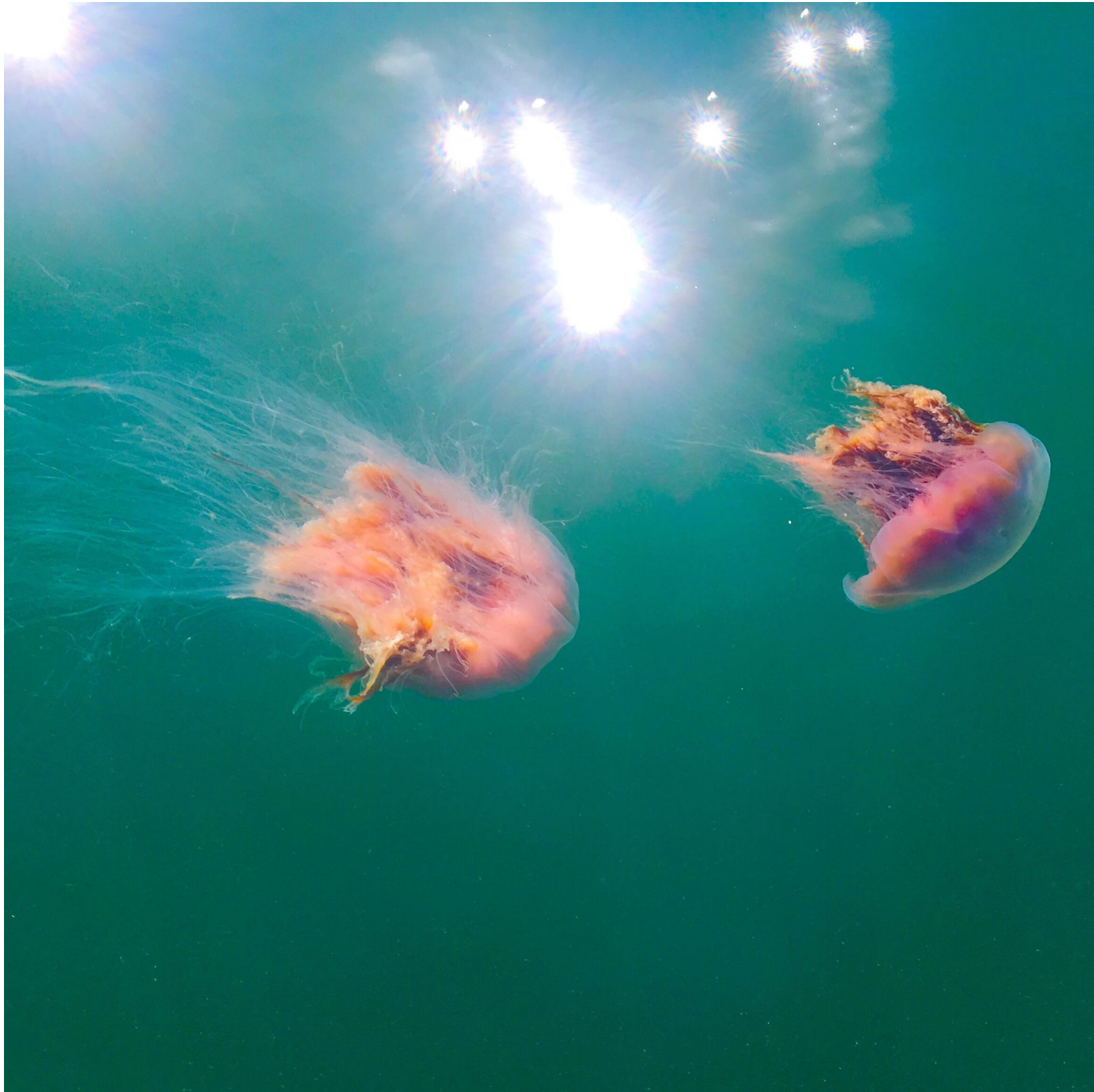












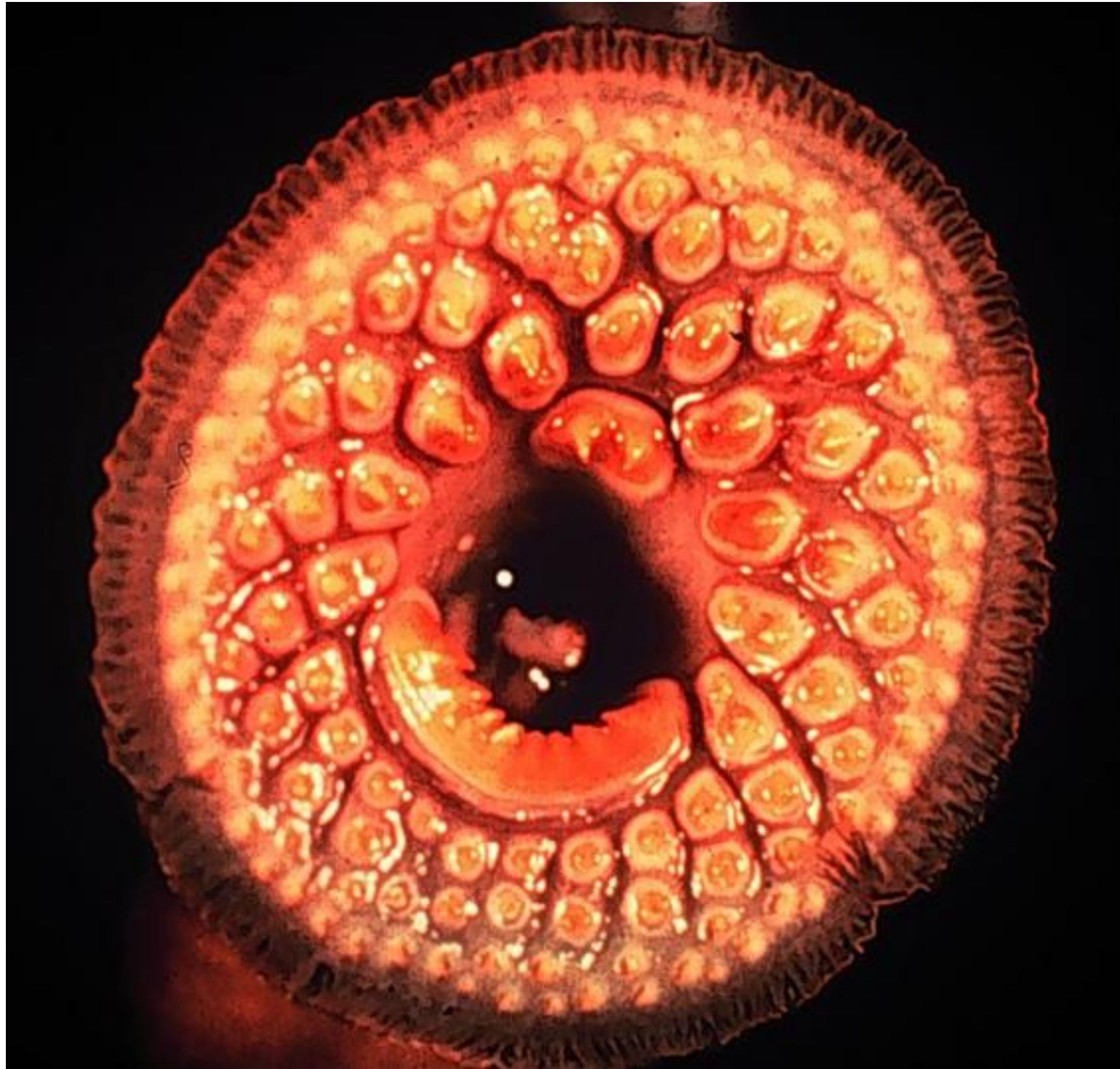














































All fish must be returned to the water immediately, without unnecessary injury.

*Fish from these waters have high levels of chemical contaminants (PCBs) that may cause reproductive and developmental effects and cancer.*



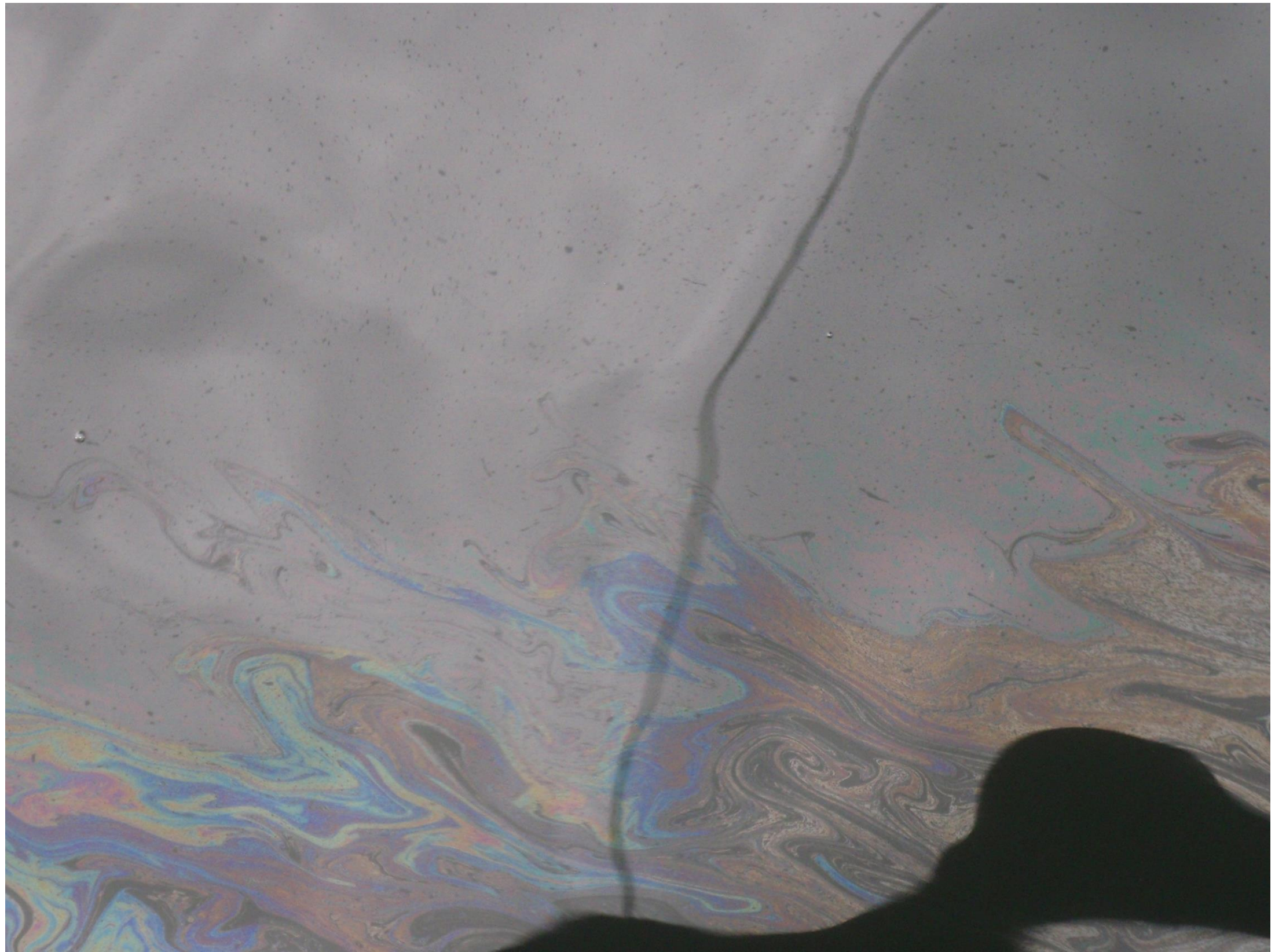
**DO NOT POSSESS,  
REMOVE OR EAT FISH  
FROM THIS WATER**















































PEPPERIDGE FARM

Goldfish  
BAKED SNACK CRISPS

OPEN



Cheddar



NET WT 1.25 OZ (35g)

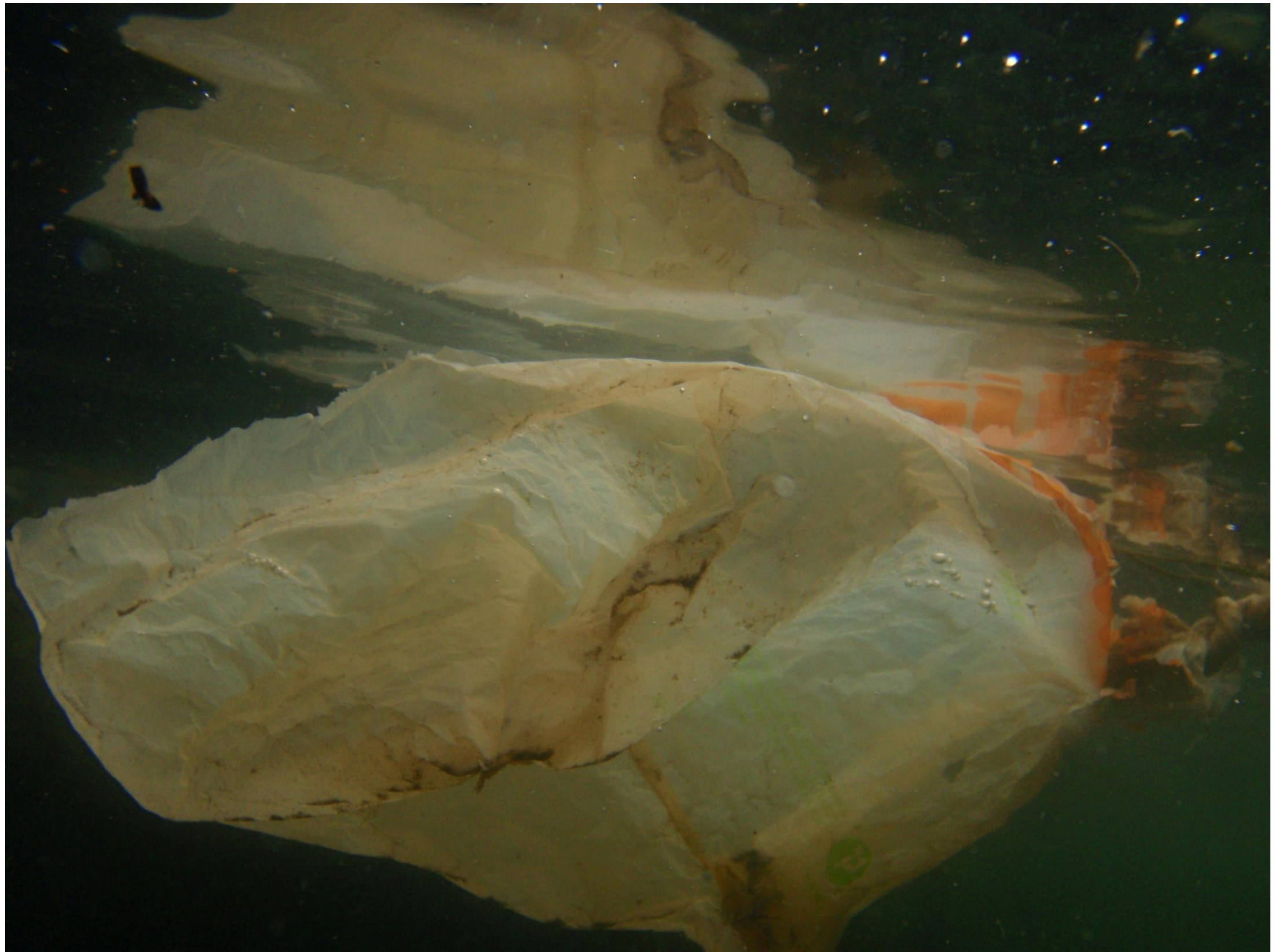














River and Beach Cleanups led by Swain  
Have Netted Over Twenty Tons of Garbage since 2001





# Live GPS Position Updates Delivered Through Email and Social Media Help Students and Citizens Follow Christopher's Progress on His Swims





Christopher's Swims Include Comprehensive Water Sampling Operations  
That Provide Valuable Data To Government Agencies  
as well as to Tens of Thousands of Science Students





# Christopher has Worked with Over 80,000 North American Students From Pre-K through University









Mr. Swain,

Thanks for keeping EPA in the loop with regard to your swim event.

Just to remind you, as I mentioned in our phone conversation, EPA strongly advises against swimming in the Gowanus Canal. Swimming in the waters of the Gowanus Canal pose a risk from exposure to site related hazardous chemicals as well as pathogens associated with sewage discharge. I have attached a copy of our color coded guide that outlines some of the ways that people maybe exposed to contamination from the Gowanus Canal and ways to avoid or limit such exposure.





This document provides information about ways in which people might be exposed to contamination from the Gowanus Canal, and provides suggestions about how people can avoid or limit such exposure.

Pathways of Possible Exposure to Gowanus Canal Contaminants:	EPA Recommendations to the Public	Explanation of Recommendations
Breathing air immediately above or adjacent to the Canal.	No specific recommendations.	Exposures to hazardous or toxic air pollutants are within EPA's risk ranges, which means that EPA does not consider them to present an unacceptable risk. See the back of this sheet for more information.
Living in a houseboat.	Keep bilge free of Canal water. Minimize direct contact with the water. Ensure adequate ventilation. Spaces higher above the waterline may be preferable to those lower in the houseboat. Direct contact with Canal water accumulating in the bilge should be avoided.	EPA has <u>not</u> conducted any sampling inside houseboats (air, bilge water, etc.). However, it is possible that elevated levels of air pollutants volatilizing off the Canal water could build up inside a houseboat, especially during hot weather. See also "Direct contact with Canal water," below.
Kayaking and canoeing on the Canal.	Use care to avoid tipping. Minimize direct contact with the water; avoid splashing water on yourself or others. Wash body and clothing soon after paddling.	See also "Direct contact with Canal water," below.
Direct contact with Canal water.	Avoid – particularly after a rainstorm. Never swim in the Canal. If accidental immersion occurs, avoid ingesting water; and wash body and clothing thoroughly as soon as possible. If Canal water accumulates in a building due to flooding, minimize contact and wash body and clothing after contact.	The risks from direct contact with Canal water identified in EPA's Remedial Investigation are from exposure to toxic chemicals – primarily Polycyclic Aromatic Hydrocarbons. There is also a risk from exposure to elevated levels of pathogens (bacteria); these are most commonly associated with sewage discharges from Combined Sewer Overflows during a rainstorm. If you feel sick after contact with Canal water, you may wish to seek medical advice. See the back of this sheet for information on how to respond to flood water in homes and other buildings.
Direct contact with Canal sediment (mud).	Avoid. If accidental contact occurs (whether in the Canal or as a result of flood water carrying mud onto land or into a building), wash body and clothing thoroughly, as soon as possible.	The risks from direct contact with Canal sediment are associated with various toxic chemicals, including PAHs, polychlorinated biphenyls (PCBs), and various heavy metals.
Eating fish or crabs from the Canal.	Avoid.	See the back of this sheet for more information.







# Activist to Swim Brooklyn's Toxic Gowanus Canal on Earth Day

BY ZOË SCHLANGER 4/19/15 AT 5:03 PM



TECH & SCIENCE

Christopher Swain, a clean water advocate, will (willingly) submerge himself in the toxic Brooklyn canal on Wednesday. SWIMWITHSWAIN.ORG

FILED UNDER: Tech & Science, Gowanus Canal,





## Swimmer Braves Brooklyn's Gowanus Canal, a Superfund Site



A kayaker paddled alongside Christopher Swain, an environmental activist who spent nearly an hour in the Gowanus Canal on Wednesday. "It's just like swimming through a dirty diaper," he said.

KIRSTEN LUCE FOR THE NEW YORK TIMES

By VIVIAN YEE

APRIL 22, 2015





# Activist plans Earth Day swim in polluted New York City canal

By Reuters  
15:18 22 Apr 2015, updated 15:18 22 Apr 2015



By Sebastien Malo

NEW YORK, April 22 (Reuters) - An environmental activist planned on Wednesday to swim nearly two miles in a New York City canal





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ENERGY & SUSTAINABILITY

# What to Wear to Swim in America's Most Polluted Waters [Video]

A swim with sewage aims to call attention to cleaning the Gowanus Canal, and other polluted waters in the U.S.

By [David Biello](#) | April 24, 2015







comment >

ALL IN WITH CHRIS HAYES 4/23/15

# Guy swims the Gowanus, lives to tell the tale

Christopher Swain swam the Gowanus Canal-- a designated Superfund site -- and talks about his

shift/msnbc

videos

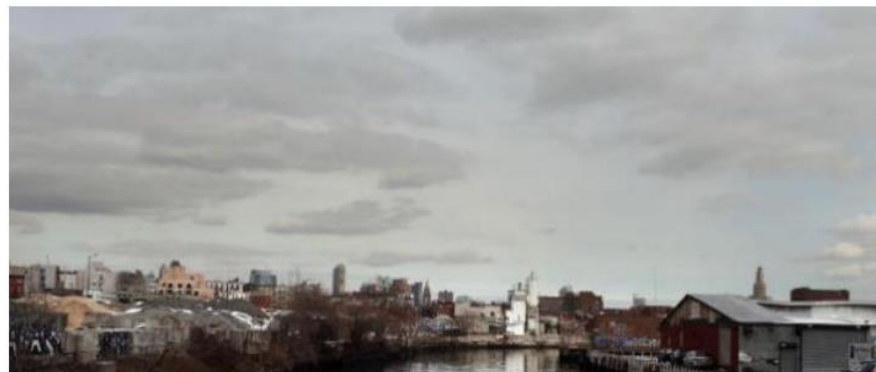




APRIL 22 2015 2:18 PM

# Brave, Insane Activist Swims in Heavily Polluted Brooklyn Filth-Canal as Earth Day Stunt

By Ben Mathis-Lilley







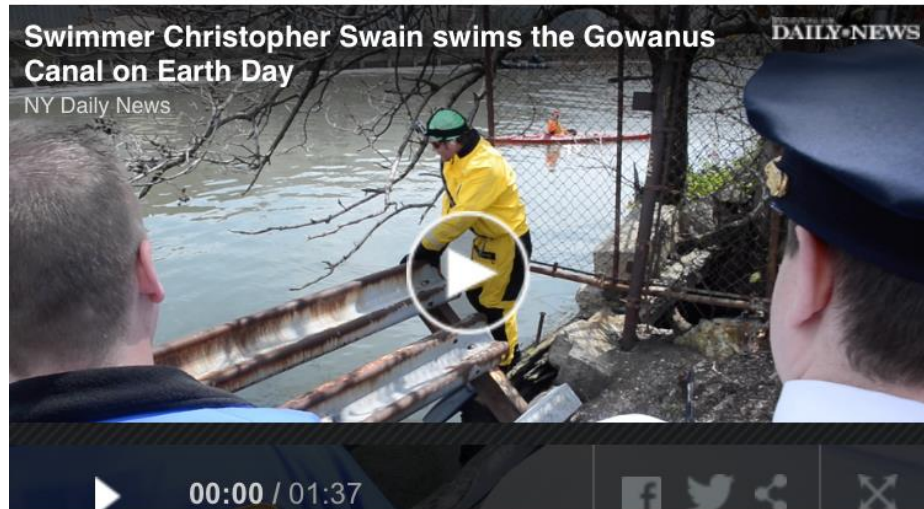
NEW YORK

# Gowanus Canal 'tasted like mud & poop': activist

CHELSIA ROSE MARCIUS, RICH SCHAPIRO

NEW YORK DAILY NEWS 04/22/2015 5:37 PM ET

Updated 04/22/2015 8:18 PM ET





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with 1-yr term. **\$50** Reward Card

Geo. & service rest. apply. See offer details.



**GREEN**

# New York Man Plans To Swim Through Extremely Polluted Gowanus Canal On Earth Day



🕒 Apr 22, 2015 | Updated Apr 22, 2015



**James Gerken** Green Editor, The Huffington Post







< Prev Article

Next Article >

Daily Intelligencer / NO SWIMMING

April 22, 2015 7:04 p.m.

# This Man Went for a Swim in the Gowanus Canal

By Katie Van Syckle

f t in g+ w Share







NEWS

THURSDAY APRIL 23, 2015 12:35 AM EDT

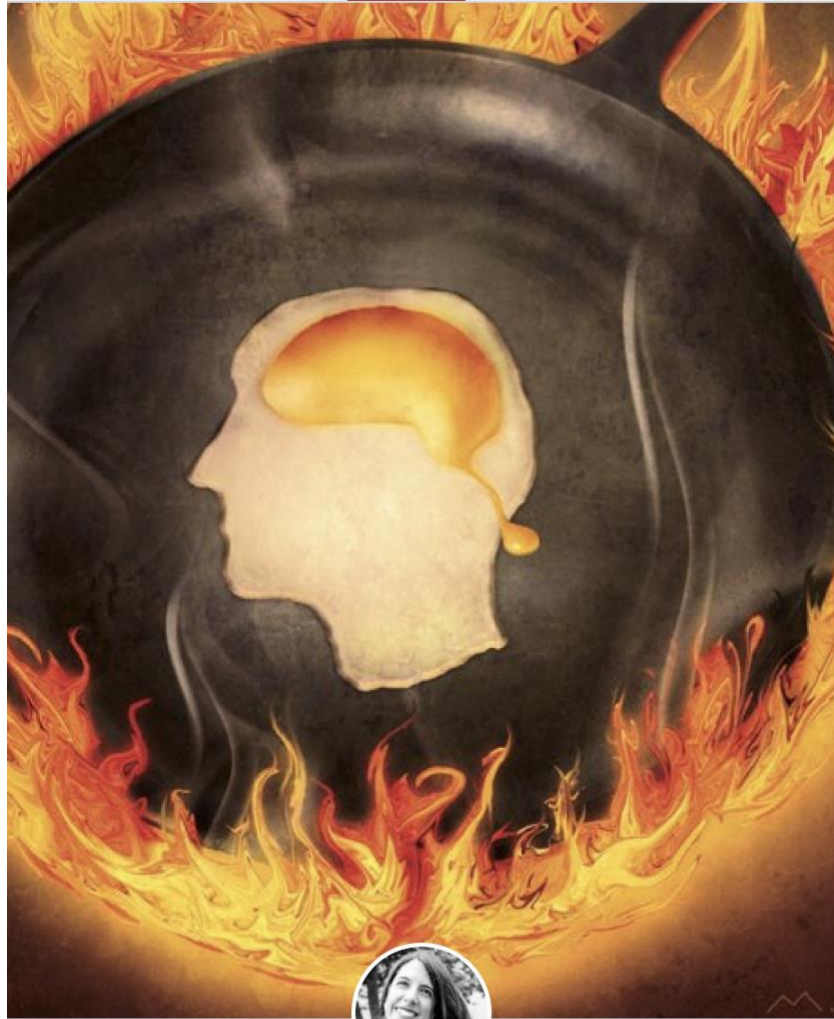
Man Swims Brooklyn's Polluted Gowanus Canal on Earth Day

Tweet Share on Facebook

BY DREW MACKIE

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Florence Williams

Mar 19, 2009

# This Is Your Brain on Adventure





When I ask Christopher Swain, a long-distance open-water swimmer who battles lightning storms and lamprey eels, to describe what happens when he's in the zone, his answer is less about adrenaline than spirituality. But it's still rooted in the cascade of natural opioids released from the brain. "I have trouble feeling where the river stops and my body starts," he says. "I feel very calm. It's a Zen state. I surrender."

"Chris scores very high for impulsivity but on the low side for sensation seeking."















# Viejo San Juan, Puerto Rico

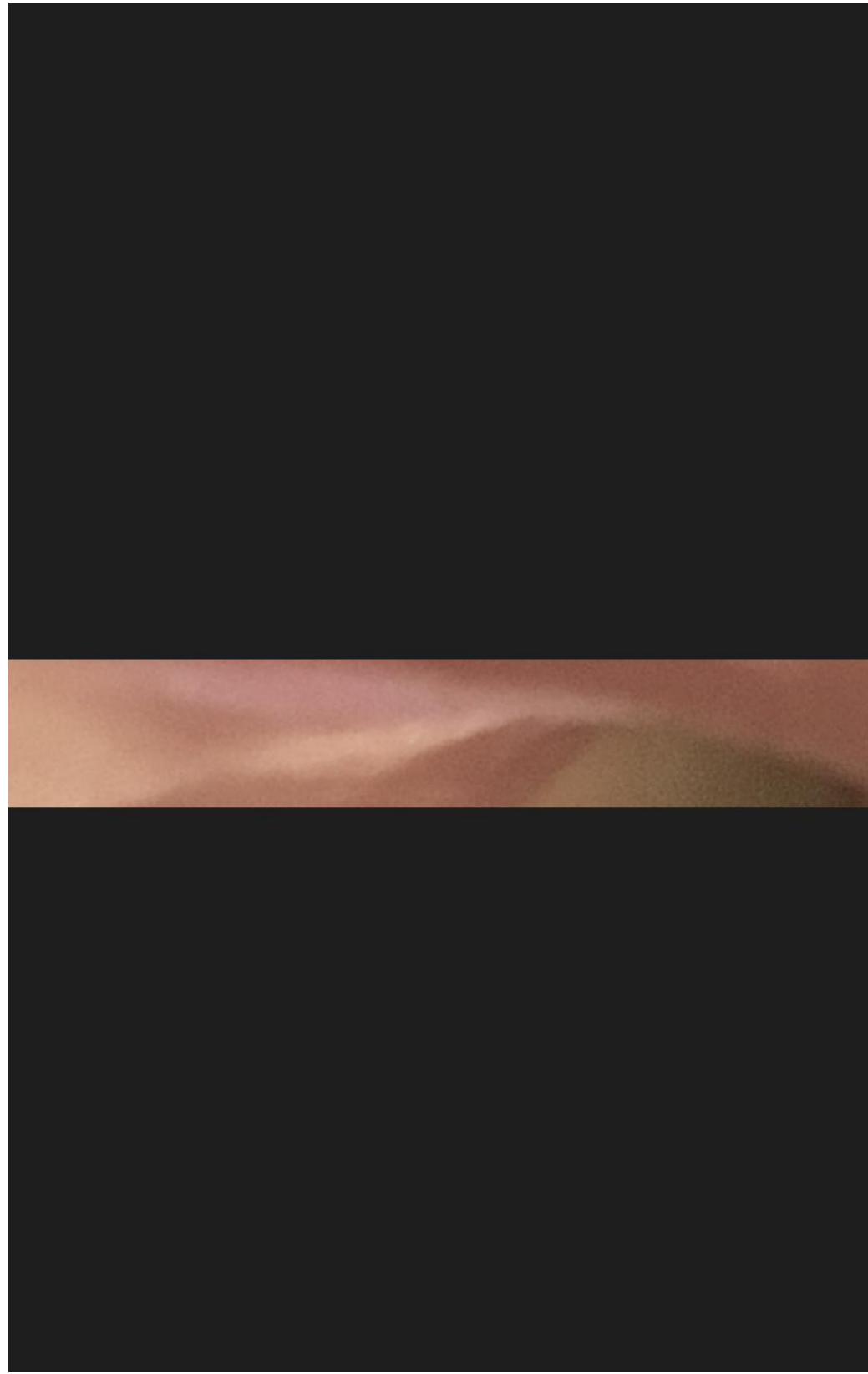


November 2018



























Only Kindness Matters















I lacked:

- Knowledge

- Key Qualities of mind and heart

- Practice

(And I wanted a shortcut.)











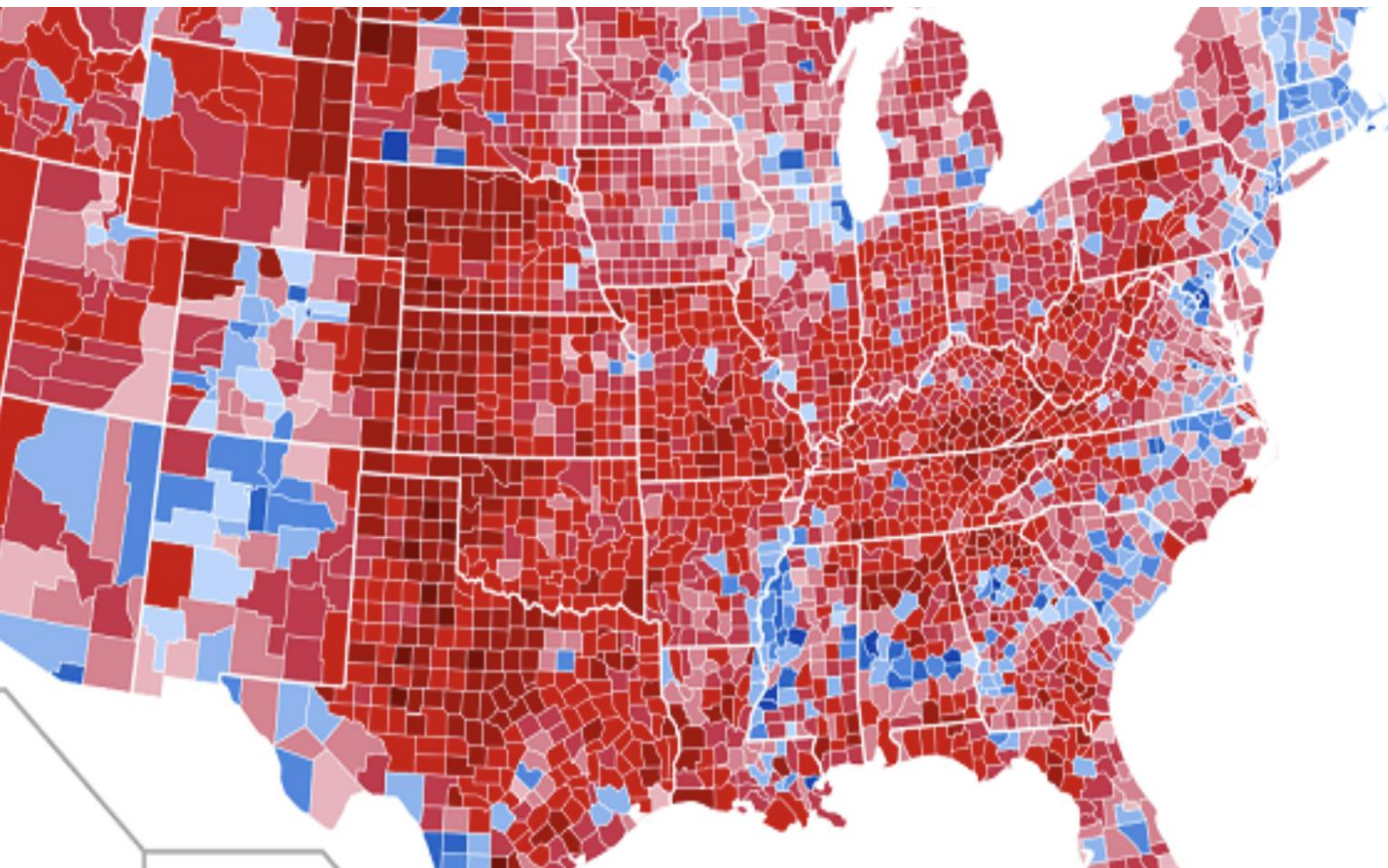




## What Would I Do If They Were My Children?

- Keep The Flames of Hope Alive
- Speak Their Names
- Share Their Stories
- Never Give Up







#findthekids

#freethekids

#findaway

#together



# Work Together?

- Twitter: @SwimWithSwain
- Instagram: SwimWithSwain
  - FB: SwimWithSwain