



42nd ANNUAL WAIKIKI ROUGHWATER SWIM

Labor day
September 5th, 2011

2.4 miles
San Souci Beach
to Hilton
Hawaiian Beach

Register on-line
www.wrswim.com



SWIMMING TO THE BEAT By Tai Blechta

Trying out H2Oaudio's new Interval 4G waterproof music system



So amazing that you you need to make sure you don't start singing along in mid-stroke... (and drown).

Music makes my workouts fly by and even seems to have the power to make me fly faster and farther at times. Up until now my music has been land locked, but not now, not with the new Interval mp3 player from H2Oaudio!

Things I noticed:
-As much as I like fast songs while running and cycling, when swimming, my stroke is no where near as fast as I thought it was and slower music actually seems to work a bit better.

I was looking forward to trying this for a while but also a bit skeptical on how it would work. Luckily it seems that this little waterproof sound box is all that it's hyped up to be and more.



-Swim caps are optional, the ear phones stay in just fine without one.
-Tuck the headphone cables in, the only thing that ever seemed to knock an ear phone out was a long dangling cable that I hit with my arm every stroke, tuck cables into the goggle straps (or wear a cap).

The Interval is a small waterproof case into which you pop a 4th generation Shuffle, plug in the internal ear phone cord, snap the case shut, strap it on your goggles, snug the waterproof ear phones into your ears and go. The only real adaptation I had to make was to loosen my goggle straps a bit to make room for the player and after that I was ready for some testing!

-If the ear phones don't fit right away H2Oaudio sells a pro fit kit with more foam and rubber ear tip options than you'll ever need.

Squish the ear phones into my ears, feel around on the back of my head for the very easy to use (important, when you're basically operating it by touch) and familiar buttons. Hit play, crank up the volume a bit and SPLASH off for a quick 2000m on a sunny afternoon at Ala Moana.

-THIS thing is like having SONAR!! The only disconcerting thing about swimming with headphones is that it seems like every little sound around you is piped straight into your ears. You can hear your hand enter the water, hear a swimmer swimming up next to you, the stand up paddler stroking the water with his paddle and I'm guessing if you're lucky you might even be able to talk to dolphins. This is a bit distracting at first but once I got used to it the benefit of having my favorite music with me more than made up for it.

Wow!! Music while swimming is cool! The headphones didn't seem to leak at all (a complaint I've heard in the past) and had a nice full and loud sound to them, perfect for a nice hard swim session.

The only issues I had while using this little wonder were, one, that the latch to open and close the heavily waterproofed case is a pain to open (likely so that it doesn't accidentally open underwater) and two that if you happen to be a reeeeeeally long and efficient swimmer who literally presses their arm to their ear when on their extension (I can only wish) you might knock the ear phones around a bit.

Wrapping things up:
-the Interval 4G by H2Oaudio
-available online at www.h2oaudio.com and at local specialty dealers
-msrp \$99
-you need a Shuffle 4G to make this work

Other than that, I'm loving this thing!

