

2009 Fat Salmon Open Water Swim – 10<sup>th</sup> Annual – 1.2 & 3.2 Mile Events

Saturday, July 18, 2009 Lake Washington, Seattle, WA

Sponsored by Green Lake Aqua Ducks (GLAD)

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 369OW-01

**EVENT:** The fattest swim of the summer...

***This is the 10<sup>th</sup> Annual Fat Salmon Open Water Swim!***

The 1.2-mile and 3.2-mile open water swims return once again to beautiful Lake Washington. The event has filled to capacity early two years in a row, so be sure to register EARLY!



**RACE-DAY SCHEDULE (July 18, 2009):**

**MADISON PARK**

6:15 - 7:15 am Pre-Race Check-in for *both* races

7:30 am **Mandatory** Competitors' Meeting for *ALL* swimmers

7:45 am 3.2 mile swimmers carpool to **Day Street Boat Ramp**.  
1.2 mile swimmers can relax for a while, and then walk or carpool to **Denny Blaine Park**.

**DAY STREET BOAT RAMP**

8:30 AM **Estimated** start of 3.2-mile race

**DENNY BLAINE PARK**

9:15 am **Estimated** start of 1.2-mile race

**LOCATION:** The event runs between the I-90 and 520 floating bridges along Seattle's Lake Washington waterfront. The 3.2 Mile Race starts at Day Street Boat Ramp at the west end of the I-90 Bridge span, and ends at Madison Park in Seattle (E. Madison St. & E. Howe St). The 1.2 Mile Race starts at Denny Blaine Park, 200 Lake Washington Blvd. E, and also ends at Madison Park. **Check-In at Madison Park** where both races end. **Swimmers are responsible for transportation from the registration area to the race starts.** Parking at both start areas is extremely limited; carpooling is encouraged.

See race map at <http://www.fatsalmonswim.org>

**RULES:** Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire *is* allowed. The use of fins or pull buoys *is not* allowed.

**SAFETY:** The course will be marked with large buoys. Motor boats, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start.

**AWARDS:** A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions of the 3.2-Mile Race. For the 1.2-Mile Race one-half of a salmon will be awarded to the fastest male and female swimmers in both divisions. Ribbons will be available for the top three finishers in all 5-yr age groups, in both divisions.

**ELIGIBILITY:** Swimmers must be 18 years of age as of July 18, 2009 **and:**

- Currently registered with USMS or Canadian Masters (CM), **or...**
- Pay an **additional** \$15 "One-Event USMS Registration" fee **if NOT-USMS or CM members.**
- Any USMS or CM swimmer not registered with PNA **must** submit a copy of their 2009 registration card to the race registrar.

**ONLINE REGISTRATION ONLY – starting May 1<sup>st</sup>**

**TO REGISTER:** Go to <http://www.active.com/swimming> and search for "Fat Salmon"

**FEES:**

\$35.00 – Early entry *before* July 1

\$45.00 – July 1 to July 15

\$15.00 – One-Event USMS registration (as needed, see eligibility)

**REGISTRATION CLOSES** at 11:59 pm Weds. July 15<sup>th</sup> *or sooner if race is FULL*

**A note about that USMS One-Event Fee...** Your \$15 lets you participate in this USMS-sanctioned event. For \$25 more, enjoy a full-year USMS membership including access to pool meets, clinics, coaches, open water swims and magazine subscription. Contact PNA registrar Arni Litt [PNARegistrar@usms.org](mailto:PNARegistrar@usms.org) for more info or to join.

If you don't know your USMS number to put on your entry form – look it up here: [https://www.clubassistant.com/club/forgot\\_usms\\_number.cfm](https://www.clubassistant.com/club/forgot_usms_number.cfm)

**THERE WILL BE NO DAY-OF-RACE REGISTRATION!!!  
EVERYONE MUST PRE-REGISTER ONLINE – no paper entry in 2009**

**QUESTIONS?** LOTS MORE INFORMATION at <http://www.fatsalmonswim.org>

*OR* contact Liz Rosen, Race Director

*via email:* [fatsalmonswim@gmail.com](mailto:fatsalmonswim@gmail.com) *or phone* 206.898.8992

**DIRECTIONS:**

From Northbound I-5: Take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th Avenue. Follow directions from 5th Avenue (see below).

From Southbound I-5: Take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5th Avenue. From 5th Avenue: Travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7th AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn SLIGHTLY RIGHT on to East Howe Street, travel 0.1 miles; Turn LEFT onto 43RD Avenue East. Park.