

Second Annual Open Water Swim and Potluck BBQ Sunday September 20, 2009 – 12:00pm, Lake Natoma



Please join us in an Open Water Swim at Lake Natoma followed by a Pot Luck BBQ!

This is a **FREE** event intended to have fun and cap off the Summer Swimming Season. This is a great way to swim with each other in a beautiful lake setting. Open to all Swimmers. Join us to try Open Water Swimming or use this for training. This year our swim is one week before the Sierra Marlins Cold Water Challenge and a few weeks before Luna Bar and Golden State Triathlons.

MEET=

The plan is to meet at the Nimbus Flats California State Park (adjacent to the CSUS Aquatic Center). Park at the East end of the first big parking lot. There are trees and picnic table at that location. Look for people with wetsuits. Parking fee is \$7.00, (optional walk in parking at the 'Park and Ride' lot)

DIRECTIONS=

Take the Hazel Ave exit from Hwy 50, and head North, after your first stoplight make the next right turn into Nimbus Flats California State Park. (adjacent to the CSUS Aquatic Center).

WETSUITS=

Recommended, as the water temperature is usually chilly (55 – 65 degrees), Wetsuits are available from Fleet Feet Sports, (8128 Madison Ave, Fair Oaks, 95628) for a weekly rental of approx \$45.00.

ROUTE=

The route will parallel the shoreline starting at the BBQ area and heading towards the rainbow bridge, our objective is to have swimmers buddy up and stay together for their distance of choice, distances may be 1/2 mile, 1 mile, 1.5 miles, 2 miles etc ..

DISCLAIMER=

This event is not sponsored by Broadstone or Coach Myron (swim at your own risk), boat volunteers to paddle along beside us are very welcome. (= Please e-mail or call me if you know of someone that would like to volunteer to paddle along side of us.

FUN and FOOD !=

After the swim, we'll join together for a potluck style BBQ picnic! Please bring something yummy to eat or throw on the grill. Last year there was everything from Orange Chicken to homemade cookies!

Hope to see you there!

-Coach Myron Dong (Broadstone Masters Swimming)
916-835-4444 www.Bike4FunandHealth.com