

SMITH MOUNTAIN LAKE OPEN WATER SWIM



September 26-27, 2009

www.lakeswim.net

LOCATION: Bernard's Landing at Smith Mountain Lake
775 Ashmeade Road
Moneta, VA 24121
540-721-8870

DIRECTOR: Doug Fonder
540-397-0505
dougfonder@gmail.com

EVENTS: Saturday – 5K all ages
Sunday – 1 mile all ages
Sunday – ½ mile 10 & Unders

COURSE: There will be an in-water start at the beach. Detailed directions with landmarks (including any changes) will be available at check-in. 10 & Under swimmers will be taken by boat to the half-way point of the course and swim their event from boat start to finish line.

DATE/TIME: Check-in for the 5K will be on Saturday September 26, 2009 from 3:00-3:45pm with a race start of 4:00pm. Check-in for the 1 mile (and ½ mile) races will be on Sunday September 27, 2009 from 9:45-10:45am with a race start of 11:00am.

ENTRY FEE: \$39 for one event or \$49 for both days. T-Shirts & tickets for food at the awards ceremony are included with registrations which have been sent in by the entry deadline.

LATE ENTRIES: On site entries are welcome, but must be submitted no later than 3:20pm on September 26th for the 5K event and no later than 10:20am on September 27th for the one mile (and ½ mile) races. Absolutely no entries will be accepted after these times on race days! T-Shirts WILL NOT be given for late entries, but will be available for purchase for \$15 at the event.

GENERAL INFO: 1. Rest rooms and dressing rooms are available at the site. 2. Water temperature will be approximately 80 degrees. 3. Wetsuits are permitted. 4. Cancellation due to weather is always possible. No Refunds. 5. Overnight accommodations are available at Bernard's Landing and other local establishments.

SAFETY: Rescue personnel will be beach side during all events. Kayakers will patrol the course during the race to keep swimmers from excessively departing the course route. Motorized boat will block off the main channel during events.

FOOD/DRINK: All paid participants, including on-site entries, will receive a ticket for food at the awards ceremony following Sunday's races. All paid participants in Saturday's 5K will also receive a snack meal after the race. Additional food tickets for Sunday's awards ceremony may be purchased for \$8 on site. Complimentary water for all participants will be provided on Saturday and Sunday.

PARKING: Parking spaces are available at Bernard's Landing.

AWARDS/SOCIAL: Awards will be given for first through third in each age group, male and female classification. Awards will be presented at the social, immediately after the finish of the last race on Sunday.

RESULTS: Results will be posted on site upon availability. Post-race results can viewed on our website at www.lakeswim.net.

ENTRIES: May be submitted via postal mail, online or at the race site up until 15 minutes prior to race start.

OVERNIGHT ACCOMMODATIONS:

Bernard's Landing Resort & Conference Center

Contact Person: Lori
775 Ashmeade Road
Moneta, VA 24121
(540) 721-8870

Bernard's Realty

Contact Person: Bobby Middleton
www.bernardsrealty.com
540-320-4127

Lake Inn Motel

45 Enterprise Lane
Hardy, VA 24101
(540) 721-3383