

Dear Athlete,

Thank you for signing up for the **LandShark Swim and Splash & Dash** this Sunday morning August 6th at Lake Gardner in Amesbury, MA. We've got over 125 swimmers signed up and Sunday's forecast looks beautiful, so we are all in for a treat!!

We would love to have a few addl. safety paddlers to add to our stellar water personnel if you know anyone or have someone coming with you, that would like to kayak or paddleboard for a few hours. Please email us at info@high5em.com

They'll receive a complimentary High5EM future race voucher, t-shirt, beer vouchers, other goodies



We ask that you please take a few minutes to read through the rest of this email, which will answer all questions you may have.

Quick Snapshot

Date: Sunday, Aug 6th

Wave Start Times:

08:00AM - Youth Splash & Dash

08:30AM - Adult Splash & Dash

08:35AM - 2.4 Swimmers

08:45AM - 1.2 Swimmers

09:00AM - 1/2 Mile Swimmers

Race Day Registration/Package Pickup: Opens at 7:15AM on the grass section towards the right side of the beach. **Please arrive a minimum of 30 minutes prior to your wave start.** Morning registration will close at 8:30AM.

Venue Location: Lake Gardner, 80 High Street, Amesbury MA

Parking: Lake Gardner had some major renovations done this Spring, one of which was the parking lot. The town eliminated approx. 30 parking spots so there is very limited parking now at the Lake. Give yourself plenty of time in the morning if you're not able to get a spot inside the lake when you arrive. **See recommendations below in order of convenience.**

- 91 High Street (Minimal parking here, business closed on Sunday)
- 24 High Street (Minimal parking here, business closed on Sunday)
- 21 Friend Street (Public Parking) – 1/4 mile away from race site
- 49 Friend Street (Town Hall Parking Lot) – 1/4 mile away from race site

Registration/Package Pickup: If you are pre-registered and already know you would like to change distances or change your wetsuit/non wetsuit distinction email info@high5em.com by Saturday at 4PM.

***If you already communicated this and received a response, you are all set.**

Any changes after that can be reported on race day registration after you check in at the pre-registration table. **At check-in you will receive your event swag, timing chip, silicone swim cap and index card.**

Please write your bib number on your index card. Hold on to that index card, as it's your ticket into the water, and also serves as your beer voucher and Wicked Awesome Brownie voucher. Ankle chips can go on either ankle, and we recommend tucking it under your wetsuit if you are wearing one.

Course Instructions

All waves will be in water starts!

All distances will be setup as an out and back. **Always, keep ALL buoys on your left shoulder!!** There will be a total of 9 buoys laid out on this .6 mile stretch of water to make sighting very easy.

1/2 mile swimmers and adult splash & dash participants will turn around at the **Green Buoy** and head back to the beach finish line.

1.2 mile swimmers will swim the .6 miles out from Lake Gardner Beach to a final **HUGE Orange/Yellow Triangular Buoy** before reaching Battis Farm and head back to the beach finish line.

2.4 mile swimmers will complete this entire out and back course twice. You will not exit the water for your second loop.

Youth Splash and Dash Details

Start time for the Youth Splash and Dash is 8AM! At checkin parents/guardina will sign a 1 day USAT waiver for your child.

There is a small amt of participants so the swim portion for each distance and the swim will be parrell to the shore.

Participants (7-10) will go first and when the last finisher crosses we'll start the (11-15) age group.

A timing clock will be at the finish line and participants will receive their total gun time, no timing chips needed and no splits will be given.

Participants will stage their shoes, shirts, etc. on the beach in a designated area for when they exit the water to head out on to the run. The run portion will be coned and all within the Lake Gardner venue. Participants will follow the orange cones for their out and back run to the finish line setup on the beach. All participants will receive a USAT swim cap at check in and a finishers medal at the finish line.

100 meter swim + 1KM Run (ages 7-10) and 200 meter swim + 2KM Run (ages 11-15)

Adult Splash and Dash Details

Your start time is at 8:30AM! Be sure to have your transition area set and ready before you enter the water to save time when you exit.

VERY IMPORTANT NOTE: YOUR TIMING CHIP IS TO BE LEFT IN TRANSITION!

It's a gun start for all swimmers and your recorded time is a FINISH TIME. (No splits)

A volunteer will be at transition to remind you to put it on when you get there!!

You will begin with a ½ mile swim (Turn Around at the Large Red/Yellow Triangular buoy)

Your transition area will be staged to the left of swim exit on the grass in the designated transition area.

There you will immediately begin a 2 mile out and back trail run finishing under the High5EM finish line.

Shoes or something protecting your feet is REQUIRED as it is a trail run.

The trail is rooty in spots so watch your footing! One large tree overhangs a portion of the trail, (YOU CAN'T MISS IT, It'll be smiling at you) You'll be following the red ground flags staged the entire way through the single-track trail, just past .75 you'll exit right, leading you out to Battis Farm where you will follow a narrow pathway up to the top of the hill, you'll see a High5EM right directional arrow and the next sign you'll see at the bulletin board (Battis Farm Parking lot) is your turn around sign. You will come straight back the same way to the beach finish line.

Water Temperature: It has been in the mid 70's lately. But with rain coming tomorrow and cooler temps the last few days we will measure the temperature on Saturday morning and post it on our Facebook pages. It will also be re-measured on race morning for those of you debating on whether to wear or not wear a wetsuit.

Please take a second to review the course maps located at registration when checking in morning of. There will be an athlete briefing at 7:45AM on the beach reviewing the courses in detail. Any last-minute questions or clarifications can be asked then. Please be sure you are checked in prior to then so you do not miss the instructions.

Swim Safety: There will be lots of safety vessels on the water including the Merrimac Fire Rescue in a boat. If you need help, or are feeling anxious, try not to panic. Put your hand up, and our safety personnel will get to you as quickly as possible. Each vessel will have a noodle if you would like to take a minute to rest. If you need to be brought back to shore for any reason let them know and they will assist you. We do encourage wetsuits for extra buoyancy, but they are not required. If you are nervous about the swim, please be sure to wear a pink swim cap so our safety volunteers keep an extra eye on you.

Bathrooms: Available at race site. No changing facilities.

Award Details:

Top 3 M/F Wetsuit in each swim distance - 1/2, 1.2 and 2.4 mile

Top 3 M/F Non-Wetsuit in each swim distance - 1/2, 1.2 and 2.4 mile

Top 3 M/F Adult Splash & Dash

Finisher Medals for all Youth Splash & Dash participants

No Double Dipping

Photography: We will have a professional event photographer on site taking pictures that we will upload as soon as we receive them back from him. Feel free to download those for your personal use! Any pictures you may take, tag us and use these hash tags. @high5em and #LandSharkAmesbury and #High5EM

Post Event: Pretzels, Bananas, Kate's Real Bars, Iced coffee, Wicked Awesome Brownies and more will be available for swimmers. For those of you who would like a cold beer after your swim, that will be available to you, courtesy of Rockport Brewing Company and Athletic Brewing for a non-alcoholic option. After the event we encourage you to head downtown Amesbury where there are several restaurants, bars, breweries, cafes, and boutique shops that are worth checking out.

Market Street Bakehouse if you are looking for a coffee or The Morning Buzz Cafe for breakfast. We have 4 breweries in our little City... Mill 77 Brewing, Outrider Beer Company, Brewery Silvaticus, and BareWolf Brewing.

Questions: Email info@high5em.com

See you on Sunday morning,

High5EM Team

