



30th ANNUAL DONNER LAKE

OPEN WATER SWIM



2.7 MILES SATURDAY, AUGUST 7, 2010 8:30 AM

Water temp. : 65-68° Truckee, CA. Altitude: 5933 ft.

**Sanctioned by: Pacific Masters Swimming for
USMS, Inc. #**

LOCATION: Donner Lake, Truckee, CA. Located 35 miles west of Reno, NV and 100 miles east of Sacramento, CA. via Interstate 80. The start is at the east end of the lake by Donner Memorial State Park; the finish is at West End Beach.

WARNING: Participants should be adequately trained for this competition, which combines high altitude, cool water temperatures, and a lengthy swim. Previous experience in similar conditions is highly recommended.

COURSE: Straight, point-to-point, 2.7 miles. Expect water temperature 65 – 68 degrees. Altitude is 5933 ft.

SWIM PROCEDURES: Pre-race instructions at 8:15 AM followed by a beach start. Non-motorized individual escorts are permitted. Life jackets and “man in water” flags are required on all craft. **A 2 hour 30 minute time limit will be STRICTLY enforced.** If you fail to finish the race within the time limit, you will be disqualified and removed from the water unless you have your own escort. If you think you cannot complete the swim in 2 hours 30 minutes, you **must** provide a personal escort to accompany you during the swim.



MEN WELDING FIRE



ENTRIES: This event is open to 375 swimmers. This event sold out last year and we expect it to sell out again this year. Non-refundable entry fees are \$40 per person if you pre-register; \$75 per person, for registration on race day. Registration opens June 1st. Registration for this event will only be available at www.active.com. **No mail in entries will be accepted.** Online registration closes Sunday, August 1st. **You must bring your 2010 USMS card or a copy of your card on race day so your membership can be verified.** If the Donner Lake Open Water Swim sells out before race day, registration will close early and there will be NO race-day registration.

SHIRTS: Shirts and sweatshirts may be pre-ordered with registration prior to July 20th. **Limited numbers will be available for purchase on race day.**

TIMING: Timing for this event will be provided by Lynn Mentzer and Dave Nolte.

CHECK-IN: Check-in and race day registration will begin at 6:30 AM and close at 8:00 AM. Remember to either bring a photocopy of your 2010 USMS registration or the actual card for verification of membership. Should you forget to bring your current USMS registration, you will be charged a lookup fee of \$3. Pre-race instructions will take place at 8:15 AM.

EQUIPMENT: The use of wetsuits shall render a swimmer **ineligible for awards.** Technical suits (Speedo Lazars, Blue 70's) are legal through the 2010 open water season. The use of fins, pull buoys or other swimming devices shall not be permitted except that soft hand paddles may be used as a prosthesis, provided that, they do not present a safety hazard to the other swimmers.

DIVISIONS: Masters divisions 18-24,25-29, 30-34, etc.; male and female. No entrants under 18 years of age are permitted.

AWARDS: Special awards will be presented to the first woman and man to finish (18+ and 40+) and the top three finishers in each age group. All entrants will receive an official race cap, post-race refreshments and complete results (if requested).



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PARKING: This is a point-to-point swim with parking available in designated parking areas at the start and at the finish. At the start of the race, you may park at the Donner Museum parking lot for a fee or on the south side of Donner Pass Road (absolutely NO parking on the north side of Donner Pass Road). At the finish, you may park at the West End Beach parking lot. A shuttle will operate between the start and finish from 6:30 AM to noon. Spectators must pay the West End Beach admission fee. Animals are not allowed in the park.

PICNIC LUNCH: SNM will provide post race recovery refreshments and lunch catered by Men Wielding Fire for all participants. Delicious BBQ chicken and salad will be served.

ACCOMMODATIONS: Accommodations in the area are limited, so make your reservations early! Campers should call 800-444-PARK for reservations for Donner Memorial State Park (located at the start of the race).

SAFETY: Bright colored caps will be provided and must be worn during the swim. The course will be patrolled by safety craft and non-motorized individual escorts are permitted. Life jackets and "man in water" flags are required on all craft.

KAYAK: If you want to kayak for the race, contact Cory Avery at WayneAvery@SBCglobal.net.