



*Swim a Mile for*



Hospice and Palliative Care of St. Lawrence Valley  
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[www.swimamileforhospice.org](http://www.swimamileforhospice.org)

## Swim a Mile for Hospice 2015

Saturday - August 1<sup>st</sup>

Postwood Park Beach, Hannawa Falls

### SWIM DAY INFORMATION

To all the swimmers who have signed up to swim in this, our first annual, Swim a Mile for Hospice event, THANK YOU! You have already made a significant contribution to the mission of Hospice and Palliative Care of St. Lawrence Valley.

We at Hospice realize it is no small feat to swim a mile. While some swimmers are quite practiced at this type of event, many participants have never before considered swimming this distance in open water. Everyone who is swimming has challenged themselves on many levels. Know that your hard work will benefit many in our community as you are supporting the Hospice mission to provide end-of-life and palliative care to our friends, families, and neighbors. **You** will be stronger having completed the swim, **Hospice** will be more secure having raised much needed funds, and **our community** will be that much richer for bringing together such wonderful people working for the common good.

We are excited to be hosting this swim and are grateful to Hospicare of Tompkins County for their inspiration. Their event titled "Women Swimmin' for Hospicare" has been in existence for some years now and has raised hundreds of thousands of dollars nearly every year.

Big thanks to Hospicare!

## Check In:

- All swimmers must check in at Postwood Park Beach the morning of the swim. **Check in will begin at 7 a.m.** at the Check In table on the beach.
- **The swim will begin at 8 a.m.**

## Swimming Assignments:

- All swimmers will be assigned to a “Pod” of between 4 and 10 swimmers.
- Each “Pod” will be issued a color-coded bathing cap, which you will be required to wear (as long as you do not have a latex allergy).
- Pod assignments will be based on the times and names of others you wish to swim with that you submitted on your initial registration form. This is to ensure that swimmers of equal abilities may swim together.

If you wish to swim with a friend or family member who is also registered for the swim, please let the organizers know in advance by calling Hospice at 265-3105.

**ALL SWIMMERS MUST BE REGISTERED. THE DEADLINE FOR REGISTRATION IS FRIDAY, July 31st.**

## Swimming the Course:

- Buoys marking the lane will easily identify the course.
- Swimmers’ names will be checked off a list when the swimmers enter the water. (Swimmers’ names will also be checked on a list when the swimmers complete the course and return to the beach.)

You will be traveling with your pod and swimming only in one direction (there will not be swimmers swimming toward you).

The first Pod of swimmers will start to swim at 8 a.m. The remaining Pods of swimmers will leave the beach every few minutes. The fastest swimmers will go first and will likely finish the course in about 30 minutes. The slowest swimmers might take as long as 1.5 hours.

Pods have been assigned to swim together. Each Pod will be identified by color of the bathing cap. Please try to stay within your Pod as much as possible so volunteers and lifeguards can keep track of the numbers of

people they know have been assigned to each Pod. **Remember this is not a race.**

There will be boaters in the water to ensure your safety. They will be evenly spaced along the course and within a safe distance should you need assistance.

**Wave your arm overhead if you need assistance and a boater will come to you. They will give you a flotation device to allow you to rest if you request one.**

### Completing the Course:

Please exit the water as soon as you reach the shore **and be sure to have your name checked off the list of swimmers so we can account for all participants.**

**WHEN YOU FINISH** please join us for a continental breakfast on the beach. Coffee, juice, water, bagels and fruit will be served starting at 7 a.m. until the end of the event.

Once everyone has completed the swim, we will have a brief awards ceremony, which will include an announcement of the total amount, raised by the swimmers, the top fundraisers for the event, and their prizes.

### What to Bring:

Swimsuit! For ease of operations, please wear your swimsuit under your clothes.

Swim gear:

- We will issue bathing caps that you **must** wear in order to identify you in your "Pod". This is a safety issue to help us keep track of the swimmers. **The caps are made of latex so, if you are allergic to latex, please let us know at registration.** If you prefer to wear your own cap, we will ask that you wear your own cap **under** the cap we have assigned you.
- Swimmers **can** wear wet suits, goggles, nose plugs, and swim fins.

- A plastic bag with your name on it for any clothing, glasses, etc. (See Facilities, page 5, for more details about storage.)
- You may want to bring warm clothes, as morning swims can be cool.

**For safety reasons, we cannot allow use of personal flotation devices (life jackets or noodles), snorkels or masks or inner tubes; you must be able to swim the entire distance without any such device. A tethered flotation device will accompany each small craft should you require a rest.**

#### Weather:

- If the weather is inclement (i.e. pouring rain, thunder, lightning, high winds or forecasts of such), a decision to cancel the swim will be made by 6 a.m. on August 6<sup>th</sup>.
- Check the website: [www.swimamileforhospice.com](http://www.swimamileforhospice.com) the morning of the swim for updates.
- We will send an email to all registered participants the morning of the swim if it is necessary to cancel the swim.
- If you do not have email or computer access, **we will phone you at the number you have provided to us.** Otherwise, please phone **(315) 244-1801** on the morning of August 1<sup>st</sup> for further information.

**There will be no rain date for the swim!**

#### In case of cancellation:

Please join us for a breakfast reception and awards ceremony at 9 a.m. at the office of Hospice and Palliative Care of St. Lawrence Valley on Route 11 between Canton and Potsdam just beyond (or before) the Valero Gas station.

Directions to Postwood Park: Take Route 56 to Hannawa Falls. At Church St. (across from the Country Store) travel approx. ¼ mile and take the first right hand turn. Go 200 yards and take the next Left hand turn into the Postwood Park Beach parking lot.

#### Facilities:

- There are NO SHOWER facilities at Postwood Park.
- There is a changing room for both men and women. However, it is recommended that you wear your bathing suit under your clothes and use the changing room to change from your bathing suit to your clothes.
- If you wish to secure your belongings, we will be happy to keep them at the check in table. Please put your personal belongings in a bag and identify them as yours. We recommend you keep your purse or wallet secure in a car or with someone you trust.

#### After the Event:

- Please check the website for a recap of the swim, photos, final amount raised, and prize winners.
- Continue to check the website for information regarding next year's swim. We will be sure to recruit you again!
- Tell your friends what a great time you had and encourage them to participate next year.

**Thank you from everyone at Hospice and Palliative Care of St. Lawrence Valley for your support and inspiration. We couldn't have this much fun without you!**