

## Open Water Swimming Opportunities for Summer 2017

### Central Zone Open Water Championship (LESI Sponsored Event)

Pleasant Prairie, WI: June 15, 2017 Clinic; June 16, 2017 Race

Website: <https://www.teamunify.com/TabGeneric.jsp?tabid=47719&team=cenzone>

- Traditionally, numerous athletes from the Lake Erie LSC have attended this event. All LSCs in the Central Zone are invited.
- There is a clinic on Thursday afternoon to introduce swimmers to open water swimming and offer them an opportunity to practice on the course.
- The race takes place on Friday morning in a flat lake with water temperature between 70 and 75 degrees. The course is triangular and well-marked.
- Hotel room blocks are available at a nearby hotels – please see race application.

### Lake Erie LSC Open Water Championship (LESI Sponsored Event)

College Corner (Near Oxford), Ohio: June 28, 2017

Website: <http://www.lakeerieopenwater.com/>

- This event is held in an inland lake in the Hueston Woods State Park near Oxford, Ohio. Water temperature ranges from 70-75 degrees and the lake is calm and flat.
- Out-and-back course along a marked row of buoys, easy to navigate.

**In addition to the events listed above, there are several other excellent opportunities for swimmers to gain open water experience. Here are a few suggestions:**

### **Open Water Festival**

Miromar Lakes, Florida: April 29 – 30

Website: [https://www.teamunify.com/EventsCurrent.jsp?\\_tabid\\_=74457&team=flowf](https://www.teamunify.com/EventsCurrent.jsp?_tabid_=74457&team=flowf)

- This festival involves various events, culminating in a 5K race on Sunday, April 30
- Flat course, comfortable temperature, easy to navigate – this event is well-run and offers an excellent opportunity to race other open water swimmers from across the country.

### **Swim Across America**

Chicago, IL: July 29, 2017

Website: [http://www.swimacrossamerica.org/site/TR/OpenWater/Chicago?pg=entry&fr\\_id=4363](http://www.swimacrossamerica.org/site/TR/OpenWater/Chicago?pg=entry&fr_id=4363)

- This is a fundraiser for cancer research – swimmers are required to obtain donations in order to participate.
- Various distances are offered and the course is in Lake Michigan, just off the Ohio Street Beach in downtown Chicago.

### **Coastal Crawl**

Harbor Springs, MI: August 13, 2017

Website: <https://www.facebook.com/coastalcrawl/>

- Well-organized, family-friendly event with a festival surrounding the open water races.
- Cold water, partially flat but also partially choppy – swimmers should be comfortable in an open water setting if they choose to do the longer (5K) distance.
- Beautiful vacation spot in Michigan, approximately 8 hours north of Cleveland.

### **Swim to the Moon**

Pinckney, MI: August 20, 2017

Website: <https://epicraces.com/event/swim-to-the-moon/>

- This race takes place in a string of lakes, all relatively flat and warm. Various distances are offered and the race is well-organized.
- Pinckney is approximately a 3-hour drive from Cleveland.

### **Big Shoulders**

Chicago, IL: September 9, 2017

Website: <http://www.bigshouldersswim.com/>

- Registration opens March 1 and this event fills up quickly.
- 5K race, extremely well-attended, fast swimmers present.
- Water temperature and conditions vary – experience with open water swimming would be helpful to navigate and enjoy this course.

**If you are interested in any of the events listed above or have questions about them, please reach out to Erica Rose Dancik at [EricaDancik@Gmail.com](mailto:EricaDancik@Gmail.com)**

