



2023 SAA-SEATTLE SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

*Event Day Schedule is subject to change. Please arrive before check in closes at 7:30 am.

Event Day Timeline
6:15 am: Swimmer Registration - Please be sure to bring your completed waiver form (neatly and legibly) to ensure a smooth registration process (Closes at 7:30 am)
6:20 - 6:40 am: Warm up, hydrate, meet your friends, take group photos
7:00am - 7:15 am: Mandatory Water Safety Volunteers briefing. Meet at LB South Beach Area (next to finish arch)
7:20 am: Welcome and Why I Swim presentation
7:30 am: Registration closes for all distances
7:40 am: Safety Briefing for all swimmers, all distances and giant group photo
8:00 am: 2 mile swimmers start
8:20 am approximately: 1 mile swimmers start
8:25 am approximately: 1/2 mile swimmers start
9:30 am: Kids register for the Kids' Splash at the main stage tent.
10:00 am: Swim completed! 10-15 minute awards ceremony and celebration!

VENUE INFORMATION

Registration Location

[Luther Burbank Park Swim Beach](#)

2040 84th Avenue SE
Mercer Island, WA 98040

Parking

Please park at Luther Burbank Beach South, Luther Burbank Beach North, [Mercer Island Community Center](#) or the [Mercer Island Park and Ride](#). Parking will be on a first come, first serve basis and South and North lots will fill fast. Parking volunteers in orange vests will be at each location to assist.

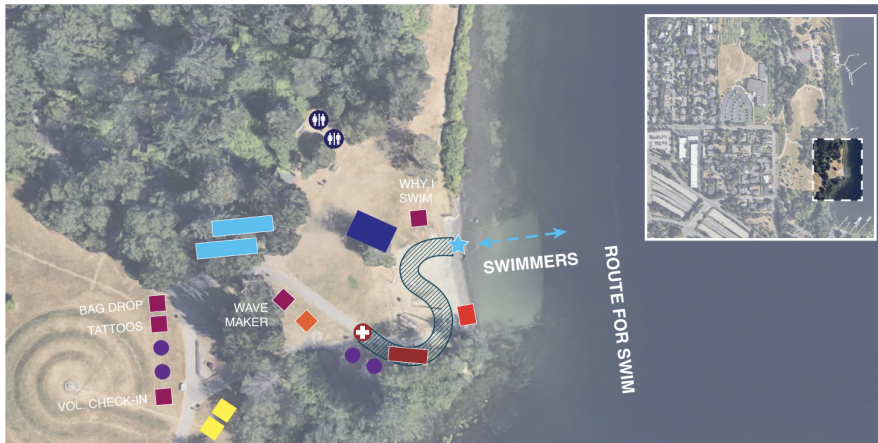
UPDATE: There are only 70 parking spots available at the Mercer Island Community Center. If that lot is full, please proceed to the Merck Island Park and Ride. We encourage all participants to carpool, if possible. We can do this!

IMPORTANT NOTICE: I-405 Closure. All lanes of I-405 in both directions will be closed between Coal Creek Parkway (Exit 10) in Bellevue and SR 900/Sunset Boulevard Northeast (Exit 5) in Renton from 11:30 p.m. Friday, Sept. 8 to 4 a.m. Monday, Sept. 11. **This closure will affect travel the morning of the event. Please be sure to plan accordingly!** Read the WSDOT notice [here](#).

VENUE & COURSE MAPS

Site Venue Map

SAA-SEATTLE EVENT LAYOUT MAP 2023
LUTHER BURBANK – SOUTH BEACH

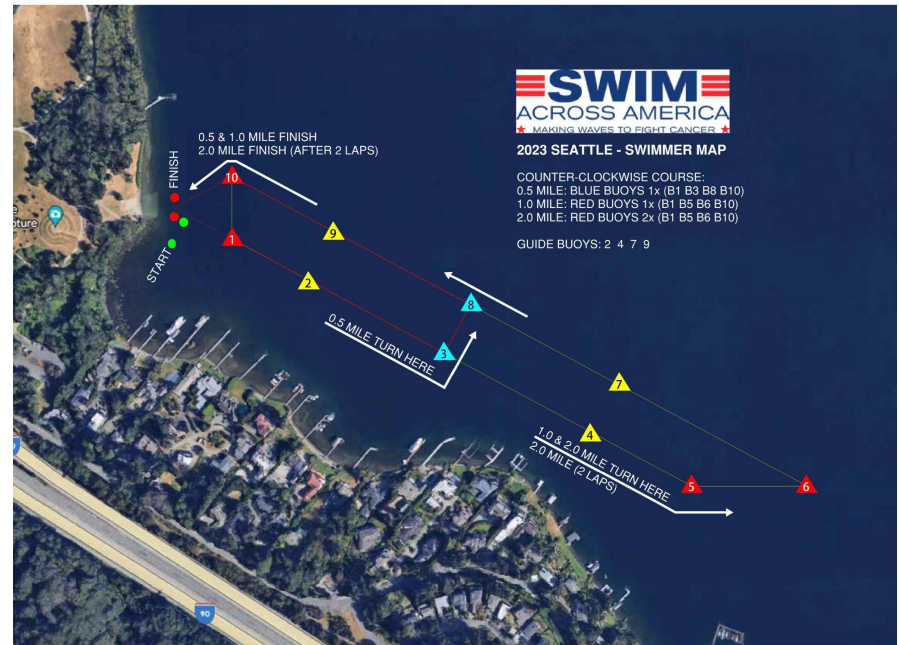


Site Logistics Key

- ★ Start & Finish Arch / Timing Mats
- ▨ Swimmer lane chip into water & chip out of water / Snow Fencing
- Main Stage 20' x 20' tent / Emcee Dignitaries / Outdoor Speakers / PA System
- Registration & Check-in and out (2) 10' x 20' tents / Tables, paper work & SWAG
- 10' x 10' Tents for Wave Maker, Tattoo, Why I Swim Tents, Volunteer Check-In, and Swimmer Bag Drop
- Fred Hutchinson Cancer Center 10' x 10' Tent
- Ambulance & MIFD
- Food 10' x 20' Pop Ups, all tenting secured by concrete blocks & sandbags
- Timing Truck
- Medical Tent
- First Aid
- Porta Potties (2)



Course Map



CHECK-IN & WHAT TO BRING

Upon arrival at Luther Burbank Park, proceed directly to the SAA Village, where you will find the Registration Area, which will be clearly marked. **Registration opens at 6:15 am and closes at 7:30 am.**

Be sure to follow the signs and check in *as soon as you arrive* to receive your cap, safety chip, t-shirt and get body marked. **All swimmers and volunteers must check in and sign a [waiver](#).**

Once checked in, visit our Tattoo Table, sign our Why I Swim banner and individual triangular Pennants.

What to Bring

1. **WAIVER** - Please print, fill out LEGIBLY and COMPLETELY and bring with you in order to swim. If you are under 18, your legal guardian must sign your waiver. [Click here for waiver form](#).
2. **DONATIONS**- Please bring any additional donations you have in a sealed envelope labeled with your name clearly written on it, as well as the total amount, to present at Registration check in. We also accept credit card donations, venmo and apple pay.
3. **WATER** - please bring your own filled water bottle/container. We are hoping to minimize plastic bottle use.
4. **ADDITIONAL ITEMS** - Directions, swimsuit, wetsuit, 2 pair of goggles, sunscreen and a smile!
5. **PATIENCE** - when you are checking out of the water. Volunteers are doing their best to make sure everyone is accounted for. Please do not exit the course without checking out with the officers, and be aware that sometimes a line might form.

Each finisher will receive a beach towel when they come out of the water, compliments of our beneficiary:
Fred Hutchinson Cancer Center!

Communication - Important! Please follow us on social media to get weather-related event changes.

Any updates leading up to the event will be posted on the SAA - Seattle [website](#), [Facebook page](#) and [Instagram page](#). Be sure to follow us if you are not doing so already! Additionally, in the event of a cancellation due to extreme weather or unexpected circumstances, an email will be sent out to all participants as quickly as possible. Additional event information is available on our website but is not updated as rapidly as on our social media feeds.

VOLUNTEERS

Thank you for helping us Make Waves to Fight Cancer!

Upon arrival, please proceed directly to the beach, where you will find the Registration Area and a dedicated Volunteer Check-in table. **All volunteers must check in and sign a [waiver](#).**

Land Volunteers: Requested arrival time on **Saturday, September 9 is 5:45 am** to allow enough time to check in at Registration, sign waiver, and prepare your station. Suggested arrival times vary by role and you will receive more information via email from Alyssa Hochman and Deci Evans. Should you have any questions or need to update us on your status for Saturday, please [email](#) Alyssa Hochman at alyssa.hochman@gmail.com or call (757) 621-6540 Deci Evans or call (206) 605-1873.

Water Volunteers: Suggested arrival time on **Saturday, September 9, is 6:45-7:00 am** with enough time to check in and register, sign waiver, get your needed materials and prepare your vessel. You will receive an email with specific information in regards to your role and where to deploy your vessel. There is a **mandatory water safety meeting at 7:00-7:15 am** at the main South beach at Luther Burbank swim beach next to the finish arch.. **Details will follow in an email.** Should you have any questions or need to update us on your status for Saturday, please contact Kim Thunen, kthunen@gmail.com or (206) 755-8782 and Neil McDonald, neil@desser.tv or (206) 356-4812 immediately.

Parking

Please park at Luther Burbank Beach South, Luther Burbank Beach North, [Mercer Island Community Center](#) or the [Mercer Island Park and Ride](#). Parking will be on a first come, first serve basis and South and North lots will fill fast. Parking volunteers in orange vests will be at each location to assist.

SAFETY

Safety is our top priority at all SAA events and we ask that you comply with all SAA safety personnel and procedures*.

- All swimmers are **required** to sign a waiver at Registration Check-in.
- 18 & under swimmers -- You must have a parent/guardian sign your [waiver](#). We recommend that you print the waiver IN ADVANCE, have a parent/guardian fill out, sign the waiver and bring the completed waiver with you to Registration check-in.
- **All swimmers are required to attend the Mandatory Safety Talk.**
- All swimmers are **required** to wear the safety chip distributed at check-in.
- All swimmers must wear the correct cap color assigned at registration. (Cap colors coordinate with distance.)
- All swimmers must be body marked.
- Wetsuits and swim skins are permitted as are swim safe buoys.
- Mp3 players and headphones are **not allowed** on the course. Snorkels are not allowed on the course.
- All swim distances will begin at the direction of the Safety Director. For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by SAA personnel.
- ALL swimmers must adhere to the discretion of SAA safety personnel*.
- All swimmers are **required** to visit the Check-out table after swimming to ensure proper sign out and return of safety chip to ensure that ALL Swimmers are properly accounted for after the event. Spectators are not permitted inside the start/finish chute unless otherwise approved.
- Angel Swimmers will be present to help support swimmers who feel less comfortable in open water. If you are concerned about your ability to swim in open water, please contact [Scott Whelan](#) or [Beth Hykes](#).
- Reminder: this is **NOT** a race. Please be courteous to and collaborative with the other swimmers.

*Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and personnel as determined appropriate, or make any other operational changes thereof. All swimmers must follow the directions of SAA personnel. Noncompliance may endanger the participant or others, and may make the participant ineligible to participate in future Swim Across America events.

POLICIES

Water Temperature and Wetsuit Policy

Expected water temperature is in the low 70's. Wetsuits are **permitted**. Swim skins are permitted.

Inclement Weather Policy

The safety of our events is our top priority. Due to the nature of open water swimming events taking place outdoors, safety concerns, including inclement weather, can necessitate a change to the original event plan. In the event of adverse weather conditions, the Safety Director and Safety Coordinator, in conjunction with SAA National, local safety entities and/or law enforcement, may delay the event, modify the course, cancel the event, or move venue location. If safety concerns necessitate a change to the original event plan, Swim Across America will promptly notify participants via the event website, email and social media.

If you have questions about our policies regarding inclement weather, swim equipment or wetsuits, please consult our [Policies page](#).

FUNDRAISING REMINDERS & TOOLS

Fundraising reminders

Thanks to all of you for your fabulous fundraising efforts so far! Please remember this event is about 'Making Waves to Fight Cancer' and the commitment you made to meeting the **fundraising minimum** when you registered for the event. (2 mile swimmers: \$500 minimum for adults, \$250 minimum for those under 18 or in college; 1/2 and 1 mile swimmers: \$300 minimum for adults, \$150 minimum for those under 18 or in college).

Please bring any donated checks delivered directly to you or cash in a secure envelope with your name, amount, and donor details to the swim on Saturday. We also accept check(s), cash or credit cards on event day.

Fundraising Made Easy

Here are some [great ideas](#) and [fundraising resources](#) any participant can use to improve their fundraising. Did you know most employers have a matching gifts program? Ask donors to check our [matching gifts](#) portal to see if they qualify.

SAA Fundraising Mobile App

Fundraising gets easier with the [SAA Mobile App](#). With a few clicks, you can reach out to your donor contacts via text message, email or social networks and have a larger impact. Don't wait - [download](#) today!

Be A WaveMaker at Your Swim

This year we are pulling out all the stops for our \$1,000+ fundraisers known as our WAVEMAKERS! If you have raised \$1,000 by Saturday, you are a WAVEMAKER! Make sure to stop by our **WaveMaker table** to get your [special SAA WaveMaker prize](#).

Get Social and Win with @SwimOutlet

Contest Details: Want to show your love for Swim Across America and win a \$100 SwimOutlet.com gift card? It's as easy as taking an awesome SAA-spirited photo and tagging [@saaswim](#) and [@swimoutlet](#) when you post on Instagram. Show us the best the SAA community has to offer and we'll select the best [Instagram](#) photo that's posted from the swim.

Top Fundraiser Wins an SAA x Gill Aqua Parka

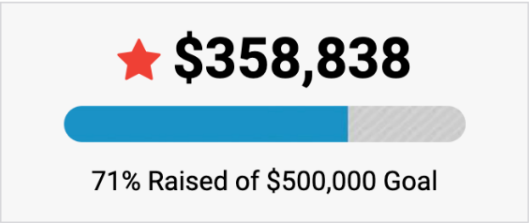
This year, the top individual fundraiser will receive an SAA-branded [Gill Aqua Parka](#). Get to the top of the leaderboard to win yours!

FUNDRAISING OPPORTUNITY

EVENT DIRECTOR'S MATCH

From now until noon on Saturday, **every single donation of \$500 or over will be matched up to \$10,000**. That's 20 possible matches to Fight Cancer! We are all in this together! Let's GO!

★ TOTAL RAISED TO DATE



[DONATE](#)

★ TOP FUNDRAISERS

1. Neil Butler	\$16,593
2. Matthew Benoit	\$15,706
3. Rob Eleveld	\$11,282
4. David Day	\$7,596
5. Jean Bryant	\$7,204
6. Nina T	\$6,191

★ TEAM HONOR ROLL

1. Team Benoit	\$65,825
2. MIBC	\$34,604
3. Team TBD	\$27,340
4. Team Shelly	\$20,955
5. Team Fred Hutch	\$9,890
6. Team Martha Ries	\$9,845

YOUR IMPACT

SAA-Seattle funds benefit immunotherapy clinical trials and cancer research at the [Fred Hutchinson Cancer Center](#). Established in 2009, SAA - Seattle has raised over \$4.9 million to support cancer care in the Seattle community.

RESEARCH MILESTONE: [Dr. Sita Kugel receives V Foundation Translational Research Award](#)

Fred Hutchinson Cancer Center pancreatic cancer researcher Sita Kugel, PhD, has received an inaugural Translational Research Award from the V Foundation for Cancer Research. The \$800,000, four-year grant will allow Kugel to pursue an innovative Phase 1b clinical trial to translate from the lab to the clinic breakthroughs her group has made in developing a tailored treatment for a subtype of pancreatic cancer. Dr. Kugel's lab was a recipient of an SAA-Seattle grant.

Read the 2023 Fred Hutch [impact report](#) to learn about the early stage projects and investigators being funded with grants from SAA-Seattle. Learn about the [2023 updates](#) from SAA Funding at the Lee Lab at Fred Hutch.

Learn more about our beneficiary and your impact [here](#) or on the SAA-Seattle [homepage](#).



**Fred Hutch
Cancer Center**

*****SPECIAL THANK YOU TO OUR 2023 SPONSORS AND URBAN SURF*****