



2023 SAA-ST. LOUIS SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

*Event Day Schedule is subject to change. **Please arrive before Check In closes at 7:45 am.**

Event Day Timeline
6:45 am - 7:45 am: Swimmer Registration & Check-in
7:30-8:15 am: Team Photos at Arch (first come, first served)
8:00 am: Angel Swimmer Orientation & Pairing with Swimmers (next to Wavemaker Tent)
8:20 am: Swimmer Safety Talk at Main Stage (please be prompt)
8:30 am: Greetings & Olympian Introductions
8:40 am: Check Presentation to Siteman Cancer Center
8:45 am: Awards Presentation
8:50 am: "Why I Swim"
9:00 am: National Anthem / 2 mile swim starts
9:10 am: 1 Mile Swim Starts
9:20 am: .5 Mile Swim Starts

****Course cutoff for all swimmers is 10:45 am.**

VENUE & COURSE MAP

Innsbrook Resort

[Alpine Lake](#)

Directions:

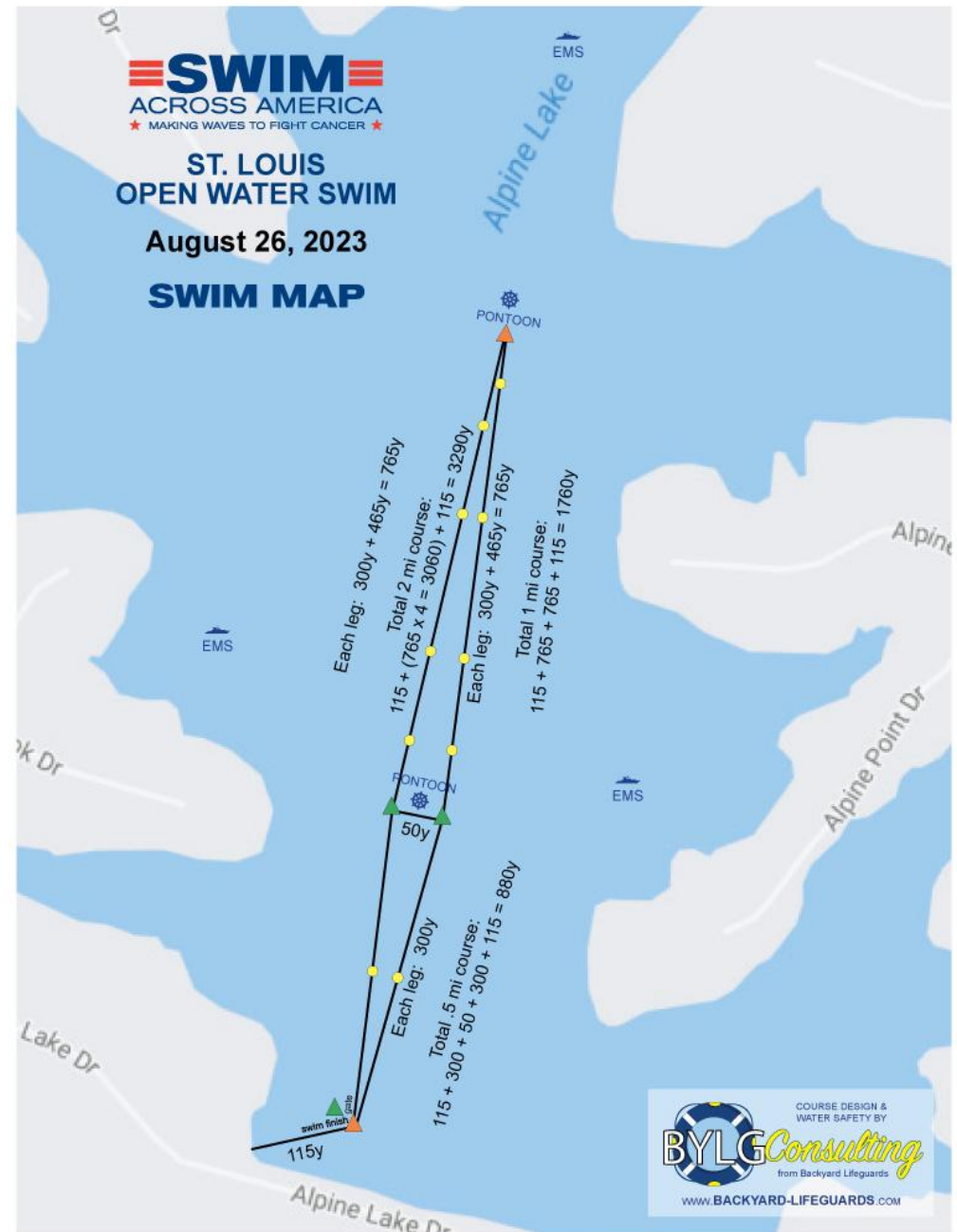
<https://www.innsbrook-resort.com/about/directions>

Be sure you are entering Innsbrook Resort from the main entrance on Highway F. **Don't let Google maps direct you to a different entrance, the gate will be unmanned!**

Signage will be posted to guide you to the swim site on Alpine Lake after entering Innsbrook.

VENUE NOTES: Siteman Cancer Center will again be providing **free skin screenings** at their tents from **7am to 9 am** for anyone at the event. See the map on the next page for the location.

Also, whether you're a participant, volunteer or spectator, look for our **merchandise tent**, which will feature great SAA swag and apparel for purchase.





CHECK-IN & WHAT TO BRING

Upon arrival at Alpine Lake, please park as directed by the attendants. Shuttle transportation will be available from the parking area to the SAA Village where you will find the Registration Area. Greeters will be available at the entrance of the Village to answer any questions. **Registration opens at 6:45 am. Please allow at least 20 minutes to park, board the shuttle and arrive at the SAA Village. Registration will close promptly at 7:45 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, we invite you to enter the Event Village area. In the village, you can visit the Tattoo Table and Why I Swim table, enjoy a light breakfast and meet and greet the Olympians by the event stage!

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 and Venmo donations.
3. **ADDITIONAL ITEMS** - Directions, swimsuit, 2 pairs of goggles, sunscreen and a smile!
4. **A PHOTO OR MESSAGE FOR OUR WHY I SWIM BOARD** if you are swimming in honor or memory of someone. Seeing this board filled up to remind everyone of why we are there makes a very powerful and moving message.

Each finisher will receive a **beach towel** when they come out of the water, compliments of our beneficiary:
Siteman 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 - St. Louis [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! This event could not happen without all of you offering your time and talents.

Upon arrival, please park as directed and proceed directly to the SAA Village, 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 is dependent on your assignment. You should already have received an email containing information and arrival time for your specific assignment. Please allow for enough time to check in at Volunteer Check-In with Marc Lindauer, sign your waiver, and prepare your station. Should you have any questions or need to update us on your status for Saturday, please email Marc Lindauer directly: marclindauer@swimacrossamerica.org.

Water Volunteers: Arrival time on Saturday is no later than **7:45 am**, to allow enough time to check in at Volunteer Check-In, sign waiver, and prepare your vessel. You should have received an email with specific information in regards to your role and where to deploy your vessel. Should you have any questions or need to update us on your status for Saturday please email Marc Lindauer at marclindauer@swimacrossamerica.org.

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 bring a signed [waiver](#) to Registration Check-in. **Please print ahead of time, sign and bring with you on Saturday** to simplify your check-in process.
- 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.
- All swimmers must be body marked.
- All swim distances will begin at the direction of the Swim Director. For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by SAA personnel.
- **Headphones and Mp3 players are not allowed on the course.** Snorkels are **not allowed** on the course unless approved by SAA safety personnel*.
- If a swimmer decides to exit the water onto a boat on his/her own accord, or if a swimmer is removed from the water by Swim Across America personnel for any reason; that swimmer will not be allowed to re-enter the water. 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 and 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 available to accompany and help support swimmers who feel less comfortable in open water. If you are concerned about your ability to swim in open water, please contact kathy@swimacrossamerica.org

*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 around 81°F. **Wetsuits are not 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 Event 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 that 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. (Swimmers 18 years of age and over: \$300; Swimmers under 18: \$100). 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, credit cards or Venmo on event day.

Fundraising Made Easy

SAA now gives you the option to link your participant center to Facebook and **automatically sync donations made to your SAA personal fundraising thermometer!** You can find this when you [log in](#) to your participant center and follow the directions to connect and reach your Facebook network. It will automatically begin fundraising for you - watch your donations add up! Here are some additional [great ideas](#) and [fundraising resources](#) any participant can use to improve their fundraising. Have you checked if all your donors have secured potential [matching gifts](#) from their companies?

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 the **WaveMaker table** to get your [special SAA WaveMaker prize](#) and your Wavemaker tattoo. Wavemakers will be recognized during the awards presentation as well.

Visit the "Why I Swim" tent

Visit the "Why I Swim" tent to commemorate who or what you are dedicating your swim to. Bring photos of loved ones and honorees and post them on the "Why I Swim" board. You can also select and sign a river stone with the name of someone you are swimming in honor of, or in memory of. As your heat of swimmers enter the water, you can add your stone to Lake Alpine as a permanent testimony to them. Markers are also available to mark your bodies with the names of your loved ones and honorees.

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.

YOUR IMPACT

Since 2016 Swim Across America St. Louis has raised more than \$1,300,000 to support cutting edge research and clinical trials at [Siteman Cancer Center](#). SAA's scientific advisory committee of renowned cancer MDs and PHDs help us select projects and researchers who are the pioneers to curing cancer, and provide seed money to the projects that present the best opportunities for a breakthrough. Here are some highlights from our recent visit to Siteman Cancer Center where we received an update on a few of the projects SAA funds have supported:

- According to Siteman Cancer Center Director Dr. Timothy Eberlein, survival rates are 30% better than just 10 years ago, and our goal is to make cancer a chronic disease in our lifetimes. The money SAA contributes funds cutting edge projects that would otherwise not get funding, and every dollar we contribute attracts \$3 in additional funding.
- The funds raised here stay here. 100% of each SAA grant must be applied to the approved clinical trial or research project.
- Our scientific advisory committee of MDs and PhDs has chosen the research projects at Siteman we will be funding this year that have the best promise of collecting vital data that researchers need when applying for other sources of cancer funding. This year we will be funding two projects, both headed by women doctors. Dr. Neha Mehta-Shah is working on a therapy for skin lymphoma patients. Dr. Nusayba Begegni is working in research and trials concerning breast cancer. Both doctors are excited to attend the event this Saturday and we look forward to hearing them tell us more about their research.
- Dr. David Denardo, is a previous recipient of SAA St. Louis funding and we continue to follow his progress of a stage 1 clinical trial that studies immunotherapy on pancreatic cancer patients. The early stage results of the trial are showing promising outcomes. Our \$258,000 SAA grant allowed Dr. Denardo to obtain additional research data that has resulted in an additional \$2.8 million in funding!

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

