

Dear Athlete,

Thank you for signing up for the **LandShark Swim and Aquathlon** this Saturday morning June 11th at Lake Gardner in Amesbury, MA. We've got over 125 swimmers signed up and Saturday's forecast looks beautiful, so we are all in for a treat!!

We would love to add a few more safety volunteers to our water personnel if you know anyone or have someone coming with you, that would like to kayak or paddleboard for a couple hours, we will certainly welcome them if they can bring their own vessel. Email info@high5em.com

Please take a few minutes to read through the rest of this email, which will answer all questions you may have.

Quick Snapshot

Date: Saturday, June 11th

Start Time: 9AM

Race Day Registration/Package Pickup: Opens at 7:45AM on the grassy area by the beach

Location: Lake Gardner, 80 High Street, Amesbury MA

Registration/Package Pickup: ONLY available on race day. If you are pre-registered and already know you would like to change distances or change your wetsuit/non wetsuit distinction email info@high5em.com by Friday at 4PM. ***If you already communicated this and received a response, you are all set.**

Any changes after that can be reported on race day registration after you check in at the pre-registration table. **At check-in you will receive an envelope that will contain your index card and timing chip. Don't lose that index card, it's your ticket into the water, and also serves as your beer voucher and other surprise.** Ankle chips can go on either ankle, and we recommend tucking it under your wetsuit if you are wearing one. You will also receive your swim cap and t-shirt at check in. No size changes till post event!

Wave Start Times:

09:00AM - Aquathlon Participants

09:05AM - 1/2 Mile Swimmers

09:10AM - 2.4 Swimmers

09:15AM -1.2 Swimmers

Water Temperature – On Wednesday the water temperature was 67 degrees. It will be taken on Friday afternoon and posted on the event Facebook Page.

Course Instructions!

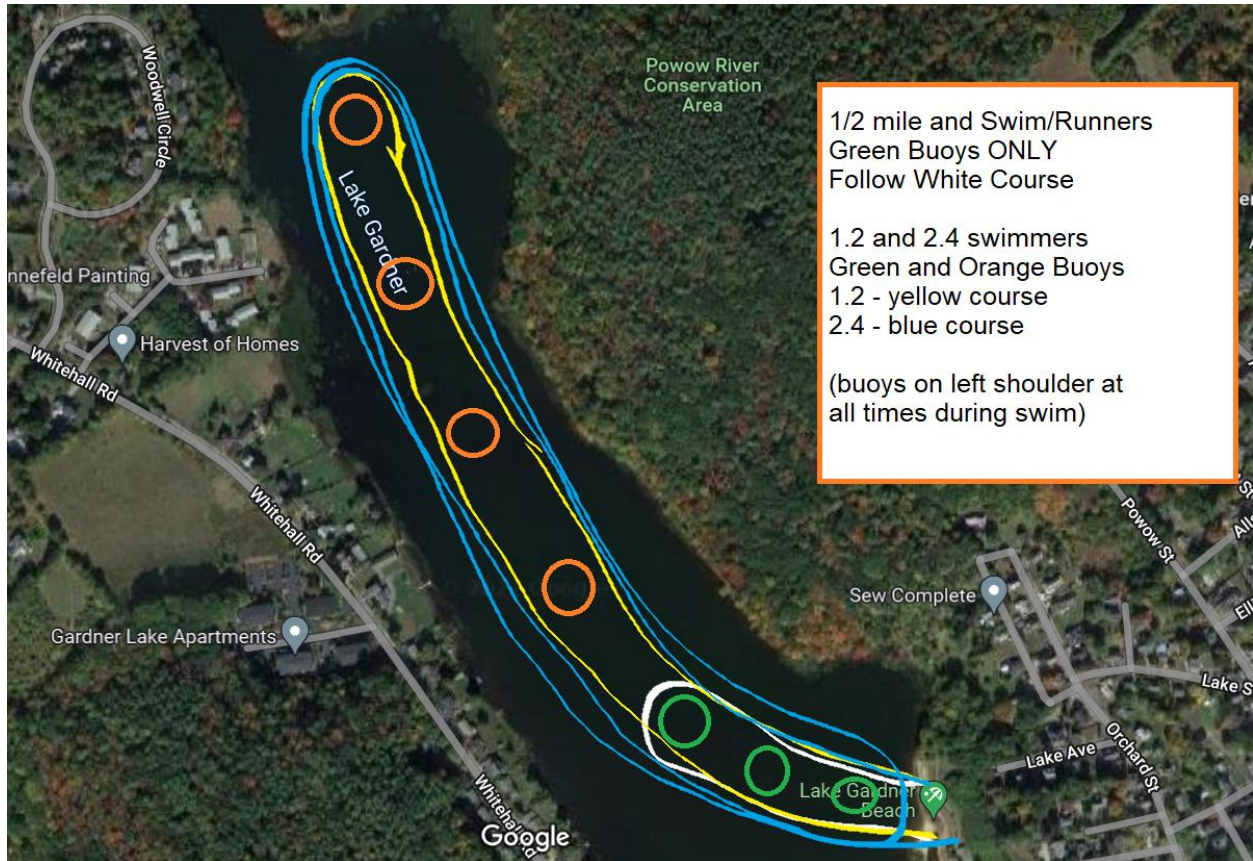
All distances will be setup as an out and back course. **Always keeping ALL buoys to your left shoulder at all times!!**

The 1/2 mile swimmers and aquathlon participants will follow the green buoys.

The 1.2 mile swimmers will swim the .6 miles out from Lake Gardner Beach to a final orange turn around buoy right before reaching Battis Farm.

Endurance swimmers completing the 2.4 mile swim will complete this out and back course, twice. 2.4

mile swimmers will not exit the water for their second loop, you'll circle the final green turn buoy closest to the beach and head out for your 2nd loop.



Aquathlon Details:

Your start time is at 9AM! Be sure to have your transition area set and ready before you enter the water to save time when you exit.

VERY IMPORTANT NOTE: YOUR TIMING CHIP IS TO BE LEFT IN TRANSITION!

It's a gun start for all swimmers and your recorded time is a FINISH TIME. (No splits)

A volunteer will be at transition to remind you to put it on when you get there!!

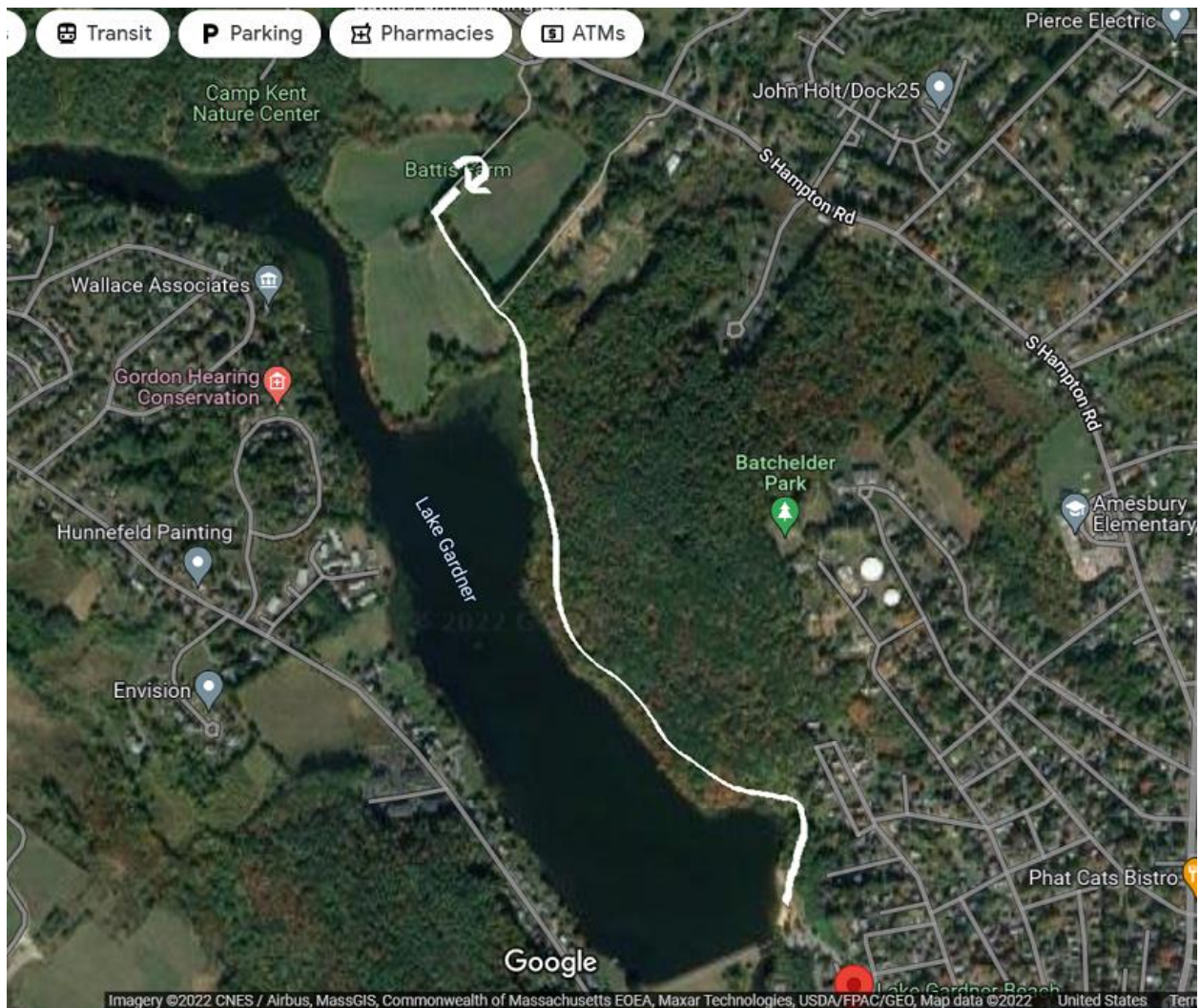
You will begin with a ½ mile swim (following the green buoys)

Your transition area will be staged to the left of swim exit on the grass in the designated transition area.

There you will immediately begin a 2 mile out and back trail run finishing under the High5EM finish line.

Shoes or something protecting your feet is REQUIRED as it is a trail run.

The trail is rooty in spots so watch your footing! One large tree overhangs a portion of the trail, (YOU CAN'T MISS IT) You'll be following the red ground flags staged the entire way through the single-track trail, just past .75 you'll exit right (a high5em right arrow sign) leading you out to Battis Farm where you will follow that narrow pathway up to the top of the hill, hang a right till you see the turnaround sign, and come straight back the same way to the beach to finish.



Please take a second to review the course map at registration when checking in morning of. There will be an athlete briefing at 8:45AM on the beach reviewing the course in detail. Any last-minute questions or clarifications can be asked then. Please be sure you are checked in prior to then so you do not miss the instructions.

Swim Safety: There will be lots of safety vessels on the water including Amesbury Fire Rescue in a boat. If you need help, or are feeling anxious, try not to panic. Put your hand up, and our safety personnel will get to you as quickly as possible. Each vessel will have a noodle if you would like to take a minute to rest. If you need to be brought back to shore for any reason let them know and they will assist you. We do encourage wetsuits for extra buoyancy, but they are not required. If you are nervous about the swim, please be sure to wear a pink swim cap so our safety volunteers keep an extra eye on you.

Parking: We do encourage carpooling if possible. There is a large lot, but we do encourage arriving on the earlier side for guaranteed onsite parking. Additional parking is available just a short walk downtown. There will be an Amesbury Police Officer on detail out front of Lake Gardner if you have any questions concerning parking. **(Please don't park on High Street in front of the houses)**

- 21 Friend Street, Amesbury MA (Public Parking) – 1/4 mile away from race site
- 49 Friend Street in Amesbury, MA (Town Hall Parking Lot) – 1/4 mile away from race site

Bathrooms: Available at race site. No changing facilities.

Award Details:

Top 3 M/F Wetsuit in each swim distance - 1/2, 1.2 and 2.4 mile

Top 3 M/F Non-Wetsuit in each swim distance - 1/2, 1.2 and 2.4 mile

Top 3 M/F Aquathlon Participant

No Double Dipping

Photography: We will have a professional event photographer on site taking pictures that we will upload as soon as we receive them back from him. Feel free to download those for your personal use! Any pictures you may take, tag us and use these hash tags. @high5em and #LandSharkAmesbury and #High5EM

Post Event: You will have several packaged food items to choose from. Hot and iced coffee will be available for swimmers. For those of you who would like a cold beer after your swim, that will be available to you. We encourage you to head downtown Amesbury where there are several restaurants, bars, breweries, cafes and boutique shops that are worth checking out.

Market Street Bakehouse if you are looking for a coffee, The Morning Buzz Cafe for breakfast, Bean & Cone for a beer or Crave Brasserie & Wine Bar for lunch! We also are fortunate enough to have two breweries in town: Brewery Silvaticus and BareWolf Brewing!!

Questions: Email info@high5em.com

See you on Saturday morning,

High5EM Team

