

## ➔ **FREE** Open Water Swim Clinic & Training Session **FREE** ←

WHEN	Sunday, June 30, 2019 from 8:00AM to 9:15AM. Please <b>ARRIVE BY 7:45AM</b> for check-in, to execute Liability Release, and to receive handouts.
WHERE	West Neck Beach ("WNB") protected bay on Long Island's north shore (see attached directions). Restrooms and outdoor showers to rinse off under are available at WNB venue.
FOR	★Clinic for novice open water swimmers and triathletes who are venturing from the pool to open water who need to build confidence, learn navigational skills and prepare for an upcoming event. Clinic will be held in shallow section near shore. ★Separate training session for intermediate to advanced-skill swimmers and triathletes.
ELIGIBILITY	Must be 13 years of age or older. This is NOT a learn-to-swim session; you must know how to swim.
LIMIT	Clinic/training session will be <b>limited to 100 participants on a first-received basis</b> .
RSVP	<b>Required by Wednesday, June 26, 2019</b> to <a href="mailto:excelswimming@aol.com">excelswimming@aol.com</a> .
SPECIAL	Arrangements have been made for WNB access gates to open at 6:00AM to accommodate multi-sport athletes who wish to park their car in the lot and go out for a bike ride or run prior to the start of the 8:00AM clinic/training session (please return by 7:45AM).
SWIM CAP	A bright-colored swim cap will be provided that each participant must wear.
BRING	Swim suit, goggles (tinted for sunny day; clear for cloudy day), towels, sunscreen, wetsuit (if you intend to wear one), BodyGlide (to prevent wetsuit chafing) and flip-flops/sandals.
WETSUIT	If you wish to wear a wetsuit but don't own one, you can rent a wetsuit for the weekend for a modest fee from Runner's Edge (516-420-7963) located at 242 Main Street, Farmingdale 11735. Rental fee is deducted from purchase price if you choose to buy it.
WATER TEMP	<a href="https://www.seatemperature.org/north-america/united-states/cold-spring-harbor.htm">https://www.seatemperature.org/north-america/united-states/cold-spring-harbor.htm</a> .
GOODIES	This clinic/training session is sponsored by TYR, with post-swim breakfast food and beverages generously provided by Swim Across America.
QUESTIONS	Direct any clinic/training session inquiries to Lisa Baumann at <a href="mailto:excelswimming@aol.com">excelswimming@aol.com</a> .



## WEST NECK BEACH DIRECTIONS WITH MAPS

**West Neck Beach** (also known as Quentin Sammis Beach): For GPS purposes, use **450 West Neck Road, Lloyd Harbor 11743**. Shortly after the Seminary on your **RIGHT**, at the bottom of the hill you will see **West Neck Beach entrance sign on your LEFT**.

**Driving directions from the West:** Take the LIE/495 to Exit 41 Routes 106/107 North. Bear **RIGHT** at fork to continue north on Route 107 Jericho/Oyster Bay to Route 25A Northern Boulevard. Turn **RIGHT** onto 25A Northern Blvd. and drive east for about five (5) miles. Just past Cold Spring Harbor Lab at bottom of hill, bear **LEFT** to continue on 25A. Continue east 1-2 miles through Village of Cold Spring Harbor to Huntington Village. At bottom of hill (St. Patrick's on right) in Huntington Village turn **LEFT** onto West Neck Road (CitiBank on corner) and drive north to beach on left. See map below for additional reference.

**Driving directions from the East:** Take LIE/495 to Exit 51 North. Turn **RIGHT** onto Deer Park Avenue and drive north about two (2) miles. After Northern State Parkway underpass, bear **LEFT** (Dix Hills Fire Dept. on right) and continue north about a 1/2 mile. Cross Route 25/Jericho Turnpike (Deer Park Avenue becomes Park Avenue). Continue north on Park Avenue about two (2) miles and cross railroad tracks. Four traffic lights after RR tracks at bottom of hill turn **LEFT** onto Route 25A Main Street (Village Green on your left). Continue west on Route 25A Main Street passing YMCA and Town Hall into Huntington Village. Three traffic lights after Starbucks (on right) turn **RIGHT** onto West Neck Road (CitiBank on corner) and drive north to beach.

