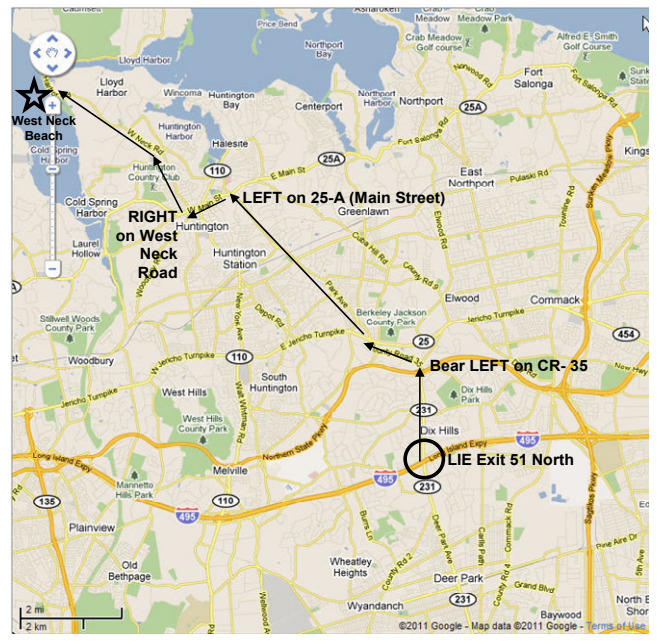
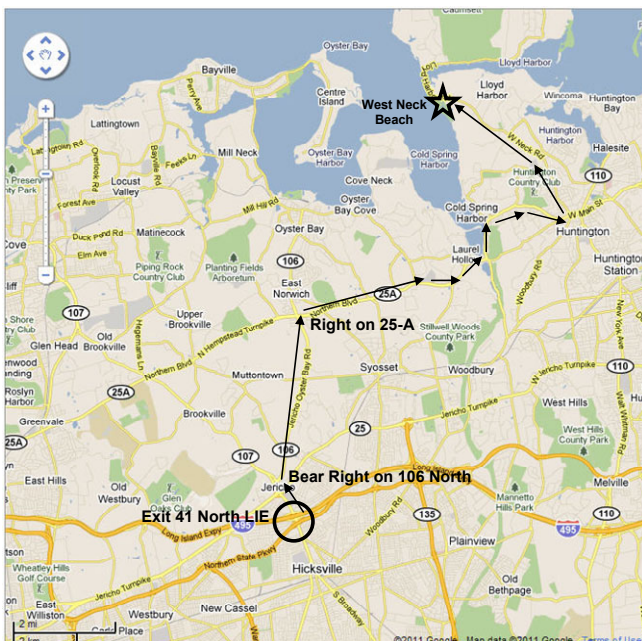


8:00AM on Sunday 26 June 2022 • Excel Open Water Swim Practice at West Neck Beach

West Neck Beach [a/k/a Quentin Sammis Beach] is a protected bay swim venue a few miles north of Huntington Village. For GPS purposes use **450 West Neck Road, Lloyd Harbor 11743**. Restrooms and outdoor showers on site. Beach access gates open at 8:00AM. Excel coach David Kaufman (917-449-3774) & Swim Across America swim course director Rob Ripp (631-335-4629) are typically your WNB open water swim leaders. Wetsuits are recommended since cold front moved in with wind blowing from the north. Group swims are point-to-point from shore to south buoy, back & forth as often as you wish. Water should be relatively calm/slack since you're in the middle of low tide at 4:31AM and high tide at 10:35AM. Any sweep will be WITH you as you swim towards the south buoy and AGAINST you when you swim back to the shore/starting point. Bring clear goggles for cloudy day & tinted goggles for sunny day. For those of you wishing to do a combo workout, Caumsett State Park (toll booths open 7am) is just north of WNB to bike or run in before swimming. Just make sure to remove your vehicle from the WNB parking lot before 10AM. All Excel members & friends are welcome! All open water swims are weather-dependent. Group will swim in light rain, but not in heavy downpour or dense fog or extremely windy conditions.

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.

Directions from the East: Take LIE/495 to Exit 51 North. Turn RIGHT onto Deer Park Avenue and go north about two 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, pass 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.



General Open Water Swimming Tips, Gear & Shopping Links

TIPS:

Never swim alone in open water. Find a buddy of the same speed to swim with. Look for in-water and on-land navigation reference points. Know the venue, especially where you enter & exit the water.

Be prepared for “equipment failure” – pack multiple goggles (clear for cloudy day & tinted for sunny day).

Wear a white or brightly colored swim cap. Using a swim safety buoy is highly recommended.

Don't swim too far out and remain aware of where there might be boat traffic. It's best to swim point-to-point parallel with the shore. Check weather and marine forecasts in advance.

GEAR & SHOPPING LINKS:

Open Water Swim Safety Buoy:

<https://www.newwaveswimbuoy.com/>

Swim Safety Buoys (less expensive)) on Amazon:

https://www.amazon.com/s?k=swim+safety+buoy&crd=23UQ97X6R10J&srefix=swim+safety+buoy%2Caps%2C62&ref=nb_sb_noss_1

BodyGlide: Apply generously (especially around your neck & shoulders/armpits) to avoid wetsuit chafing. Never use Vaseline or any petroleum based product with a wetsuit (it degrades the neoprene material).

<https://www.bodyglide.com/product/body/>

Xterra Wetsuits Weekly Special Sales:

<https://www.xterrawetsuits.com/pages/weeklysentials>

Wetsuit Wearhouse Discount Wetsuits:

<https://www.wetsuitwearhouse.com/>

BlueSeventy Wetsuits:

<https://www.blueseventy.com/>

SwimOutlet wetsuits & swimskins:

<https://www.swimoutlet.com/search?q=wetsuit>

Booties (for early or late season cold water temps in the 50's or low 60's):

<https://www.swimoutlet.com/search?q=surf+booties>

Gloves (for early or late season cold water temps in the 50's or low 60's):

<https://www.swimoutlet.com/search?q=thermal+swim+gloves>