

Hello Everyone, welcome to the first open water swim clinic of the season. The weather forecast is for a beautiful day with light early morning fog.

Here's some information that you'll need to be prepared for this weekend.

Where to Meet

We will be meeting at 8:00 am by the stairs down to Cowell Beach right by the parking lot. If you are not sure where this is you can follow the map below to find the location. It also includes the quickest path through downtown Santa Cruz to get to the beach. It's right between the entrance to the Santa Cruz Municipal Wharf and the Dream Inn Hotel.

We may get in the water right at Cowell Beach by the lifeguard tower, or go over to Main Beach depending on water conditions. If you get there late and miss the meet-up at the stairs look for us over by the lifeguard tower in front of the Dream Inn.

Where to Park

At the beach: There are some spaces in the Cowell Beach parking lot, on the street on Beach Hill, and right in front of the National Marine Sanctuary Center. The city has installed meters in those locations that now start at 8:00am, not 10:00am as in previous years. If you want to park there bring lots of quarters because you get 10 minutes for each one!

Depot Park: Our suggestion is to park a block away at Depot Park and walk down to the beach. You can purchase a cheaper ticket for an hour, half day or full day. You drive right by it on your way to the wharf.

What to Bring

Bring your wetsuit, towels, flip flops, and goggles, bodyglide, whatever you think you will need to get in the water. We will have swim caps for you but if you get cold feel free to bring a neoprene cap to wear as well.

What to Expect

The format will be introductions, orientation, and strategy for open water swimming and will wrap up with a swim that covers entry and exit skills, sighting and drafting. Depending on your comfort level and ability you will either swim to the first buoy and back, or swim first and second buoy before returning to the shore.

If you have any questions at all send us an email at info@finishlineproduction.com

See you all on Saturday morning!

MAP OF SANTA CRUZ AREA



