

Liberty to Freedom Swim

2.2 Miles | September 13, 2014



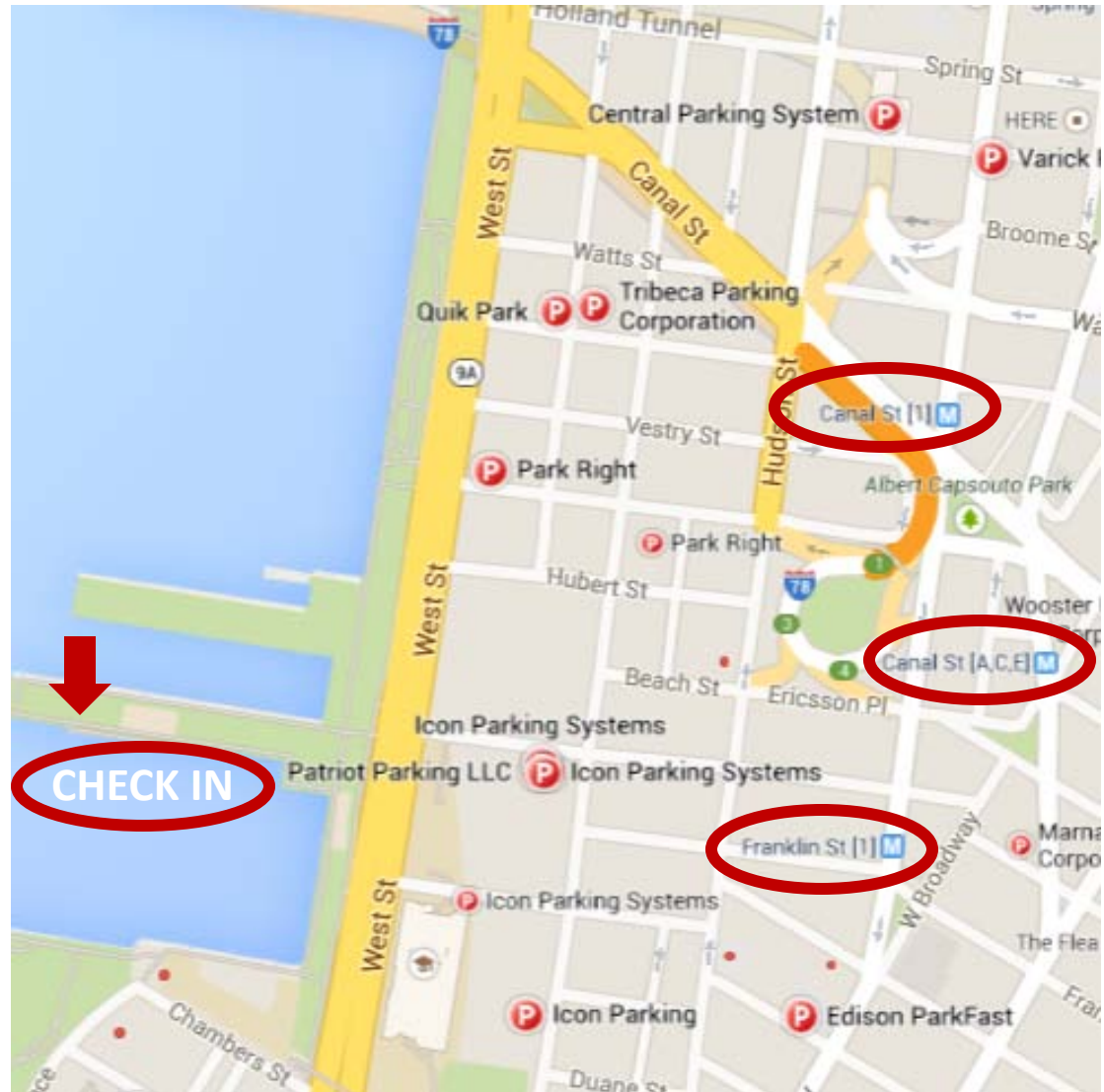
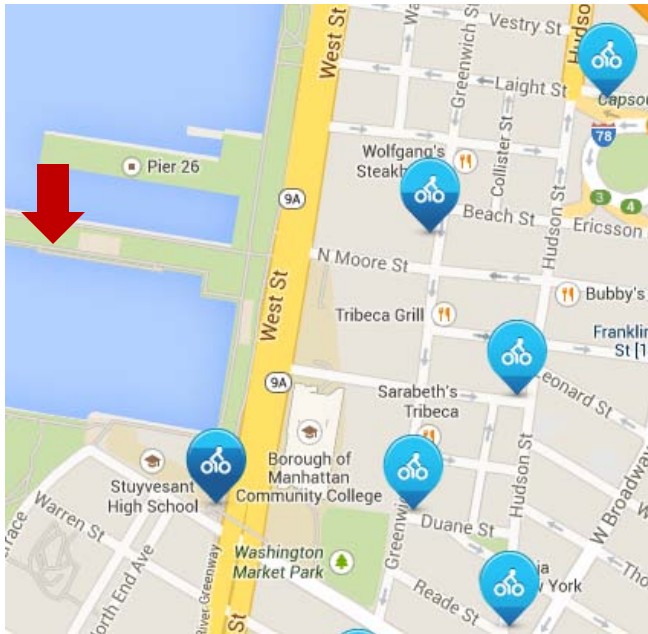
Swimmer Briefing

September 9, 2014

URBANSWIM
YOUR CITY. YOUR WATER.

CHECK IN:

- Swimmer check in is at **Pier 25** on the Hudson River.
- Pier 25 is at **N Moore Street** in Tribeca.
- Check in is at **7:00 AM**.



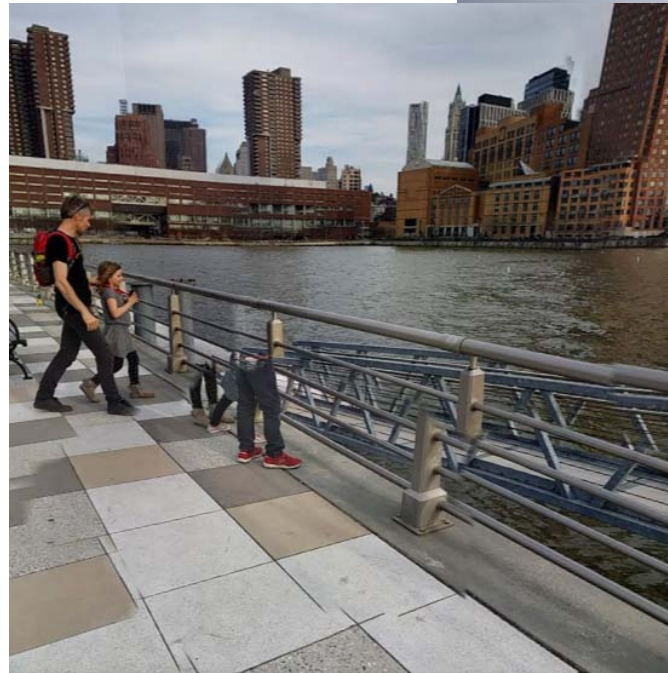
CHECK IN:

- Check In is on the south side of Pier 25. toward the west end of the Dock.
- Look for the **URBANSWIM** banners at check in - there will be other events happening in the same location, so make sure to find us!



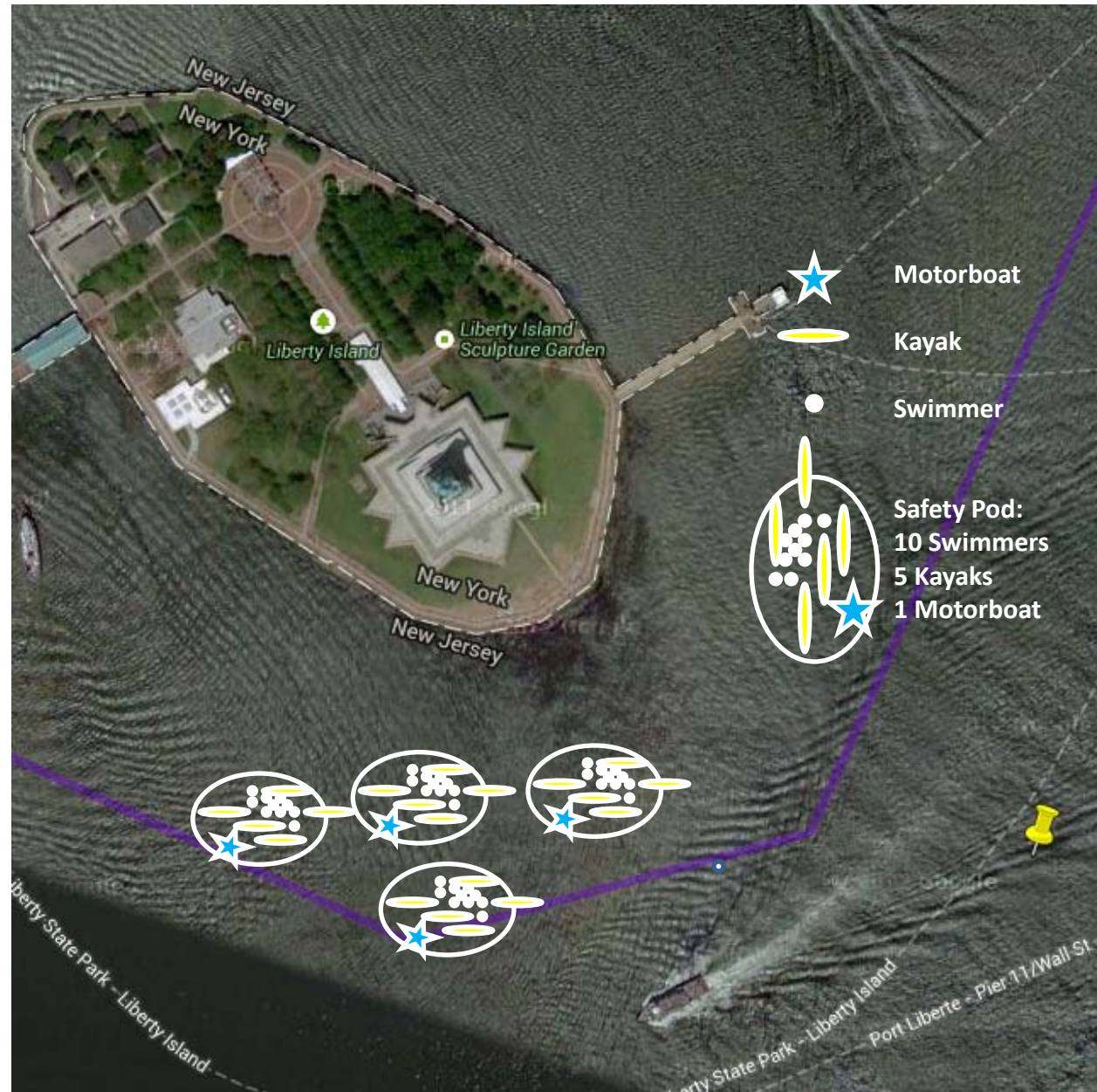
CHECK IN AND BOARDING:

- You will be seeded into four pods, based on your swim speed. (Please let us know your swim speed if you have not done so yet!)
- You will be notified of your pod number (1-4) prior to event day.
- On event day, please print out your waiver (which will be emailed to you), sign it, and bring it with you, along with id, to check in.
- You will check in at the table labeled with your pod number.
- You will receive a swim cap, timing chip, and body marking.
- There will be a bag check.
- The person who checks you in will be your Observer, and will escort you to your motorboat for boarding.
- Boarding will occur in pods of 10 starting at 7:45 AM.
- Please know your Observer and be ready to board after check in.



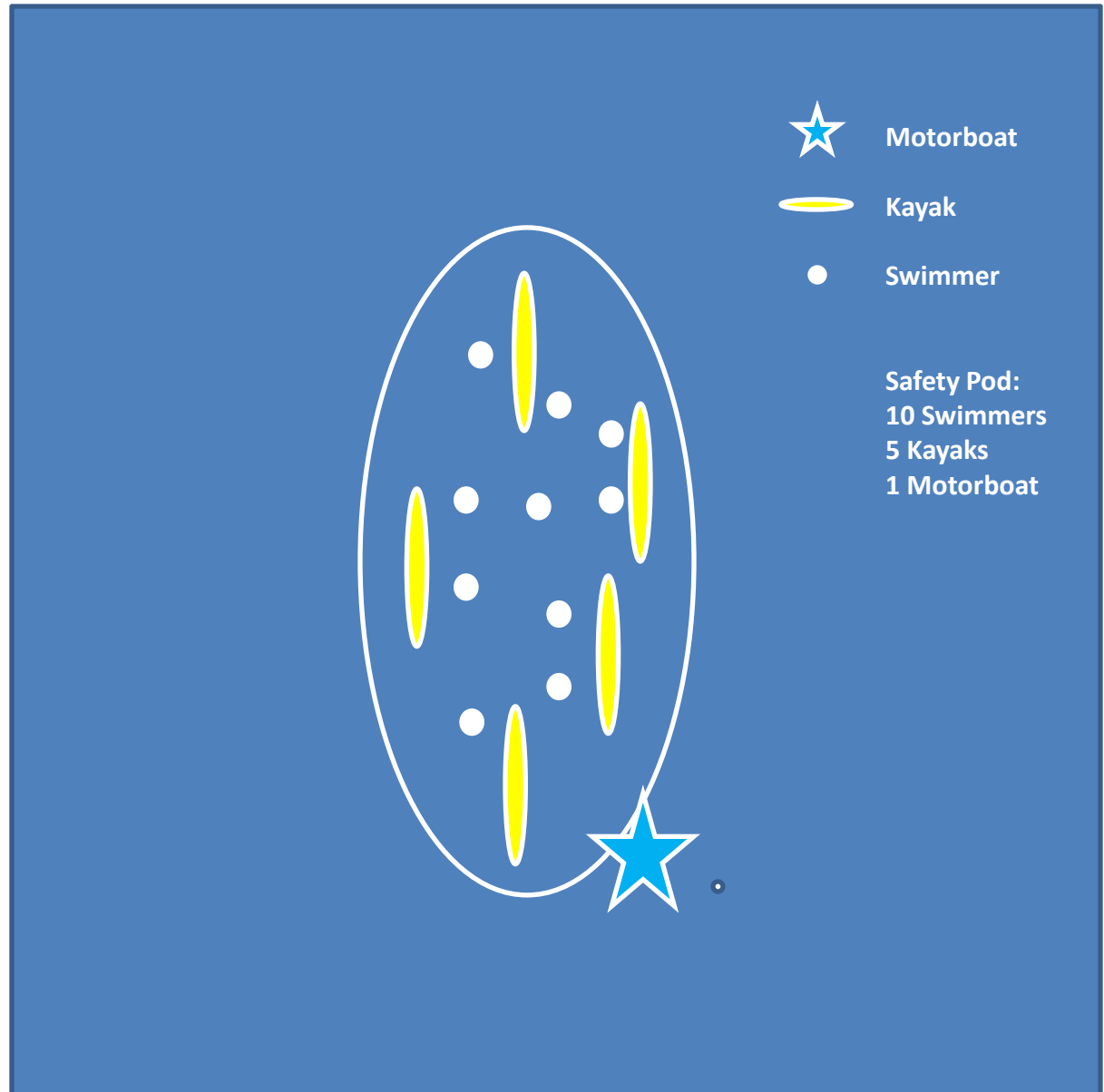
SWIM START:

- Motorboats will proceed to the Statue of Liberty.
- Once the kayaks are in place around designated motorboats, Fleet Command will direct swimmers to enter the water one boat at a time and begin swimming in waves with their “Safety Pod”.



POD CONFIGURATION:

- The course line will be defined by the lead kayaker
- Swimmers are responsible for sighting off one of their pod kayaks, and remaining within their pod.
- The lead kayaker will stay with the first swimmer, and the last kayaker will stay with the last swimmer.
- All four non lead kayaks will sight off the lead kayak, and will ensure that swimmers stay within the pod.
- Ideally, two swimmers pair up and stick with a single kayak throughout the swim.
- This is an experiential SWIM, not a RACE.
- Swimmers are seeded with others of similar speed, you will have a timing chip, and pods can accommodate a range of swim speeds, but for safety reasons swimmers must not leave their pod.



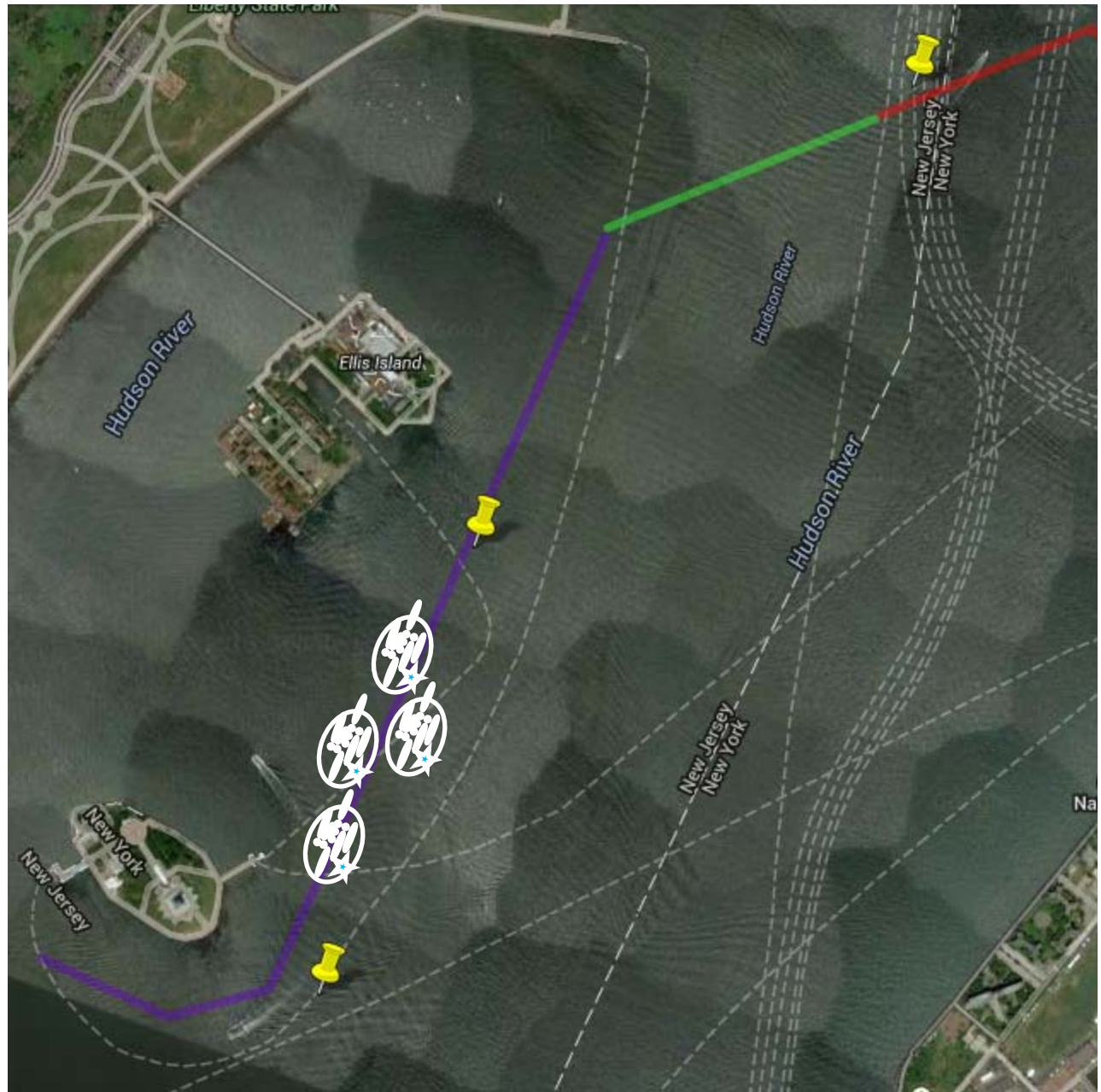
SWIMMER IN DISTRESS

- **IF YOU ARE A SWIMMER IN DISTRESS: Notify your kayaker immediately, and hold on to your kayak until help arrives.**
- IF A SWIMMER IS IN DISTRESS: The Kayaker, Crew Member, or Observer will communicate that the Swimmer is in distress to Fleet Command, the Assigned Motorboat Captain and each other.
- In case of a dispute about whether a Swimmer can continue, the Observer makes the final call.
- In a non-medical situation, the Swimmer will climb on to Assigned Motorboat.
- In a medical situation, Swimmer will immediately be extracted from the water by jet ski on to Fleet Command.
- Assigned Motorboat Captain will report the Swimmer in distress information to Fleet Command on VHF Channel 68.
- Fleet Command will contact Emergency Services Team (NYPD Harbor Control and USCG Vessels) and will call 911
- Fleet Command will coordinate optimal medical treatment based on direction from Emergency Services Team and 911



STAGE ONE: PROCEEDING UP THE HUDSON ALONG NJ

- Once all waves/Safety Pods have been launched, Swimmers will proceed up the NJ side of the Harbor.
- Since we are starting at slack there will be minimal current assist at the start of the swim.
- As the swim progresses, you will experience a current assist heading north, toward your destination.
- Stage one is the time to pick your swim partner based on pace, and your sighting kayak.



STAGE TWO: CROSSING THE HUDSON

- During the crossing, it is very important to be aware of direction from your kayaker, and to stay in your pod.



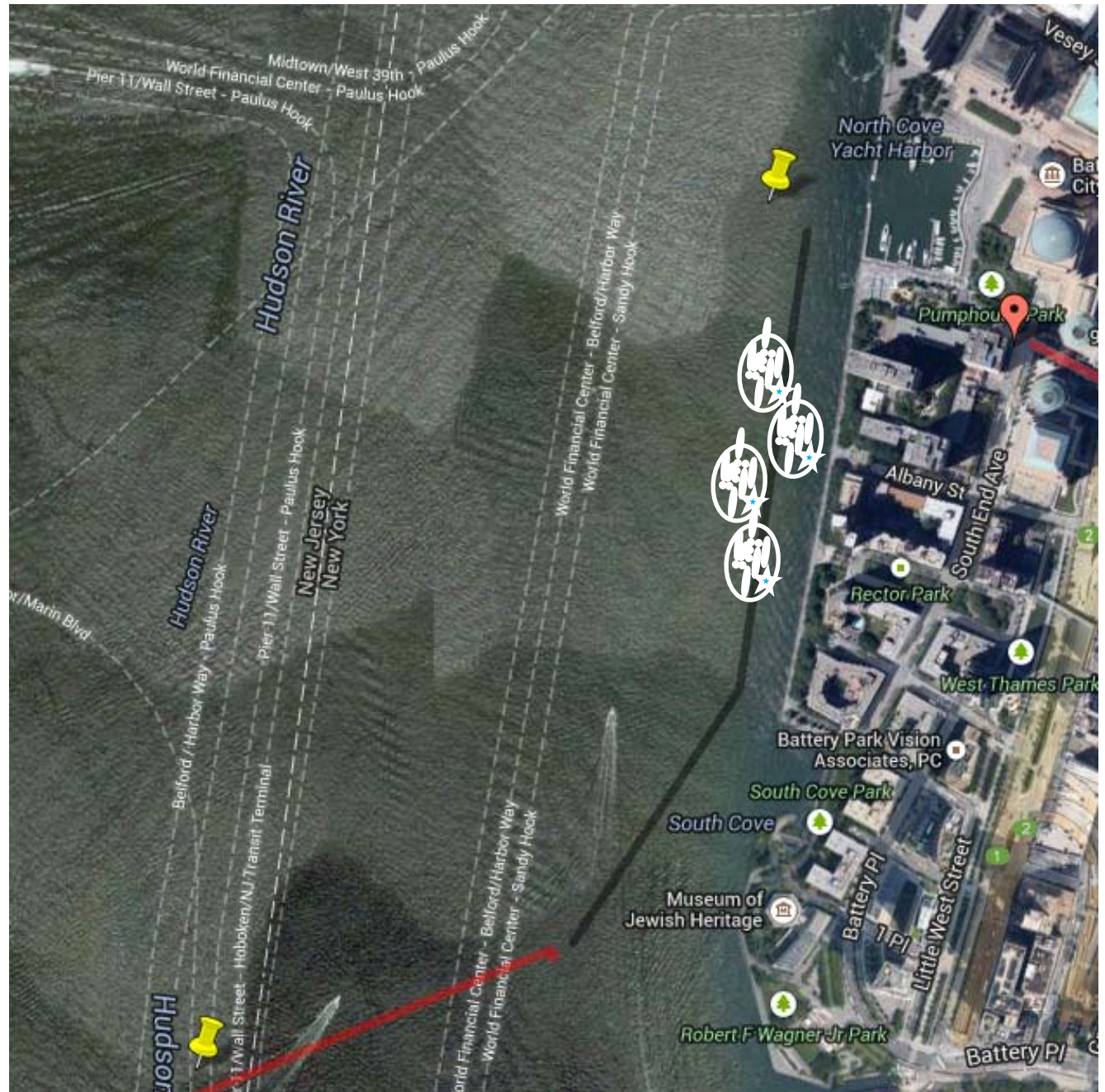
STAGE TWO: CROSSING THE HUDSON

- This is a critical juncture in the swim. It is during this stage that it is most likely that you may be asked to stop swimming to accommodate Harbor traffic.



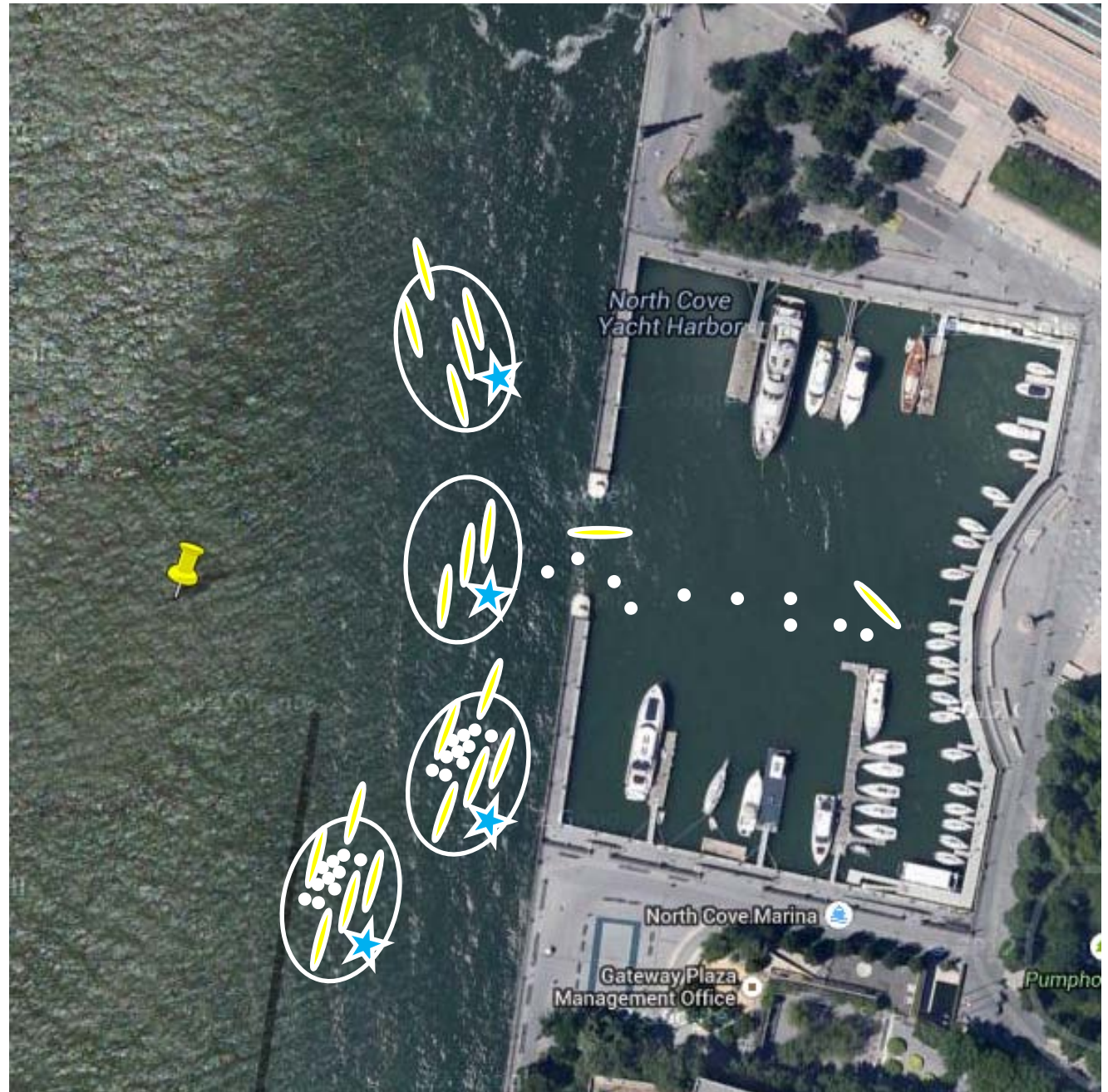
STAGE THREE: NYC SHORE TO FINISH

- After Hudson River crossing, Safety Pods will proceed to North Cove for Swimmers to exit water.
- You should be experiencing a current assist at this point.



SWIM FINISH

- Your Pods will approach the mouth of North Cove at a slight angle.
- Your two lead kayakers will guide you into the Marina.
- Aim for the southern entrance of North Cove, as this is the point in the Swim when the current will be fastest, pushing you north.



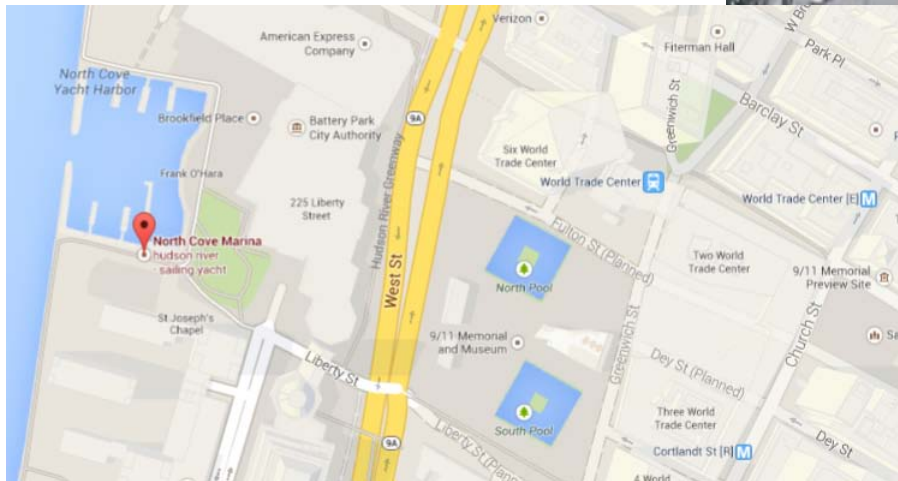
SWIM FINISH:

- Swimmers will exit at dock in **North Cove Marina**

- North Cove Marina is located at **385 South End Ave**, at the intersection of **Liberty Street** and the Hudson River

- Swimmer reunion will occur nearby swim exit.

- Swimmers can pick up bags dropped off before the start of the swim at the reunion area.



FREQUENTLY ASKED QUESTIONS:

- The water temperature should be in the low 70's on event day.
- Wetsuits are allowed, and their use will be noted in your results.
- The Swim will go on even if it rains. Only in the case of lightning will we utilize the rain date (September 20th).
- The water quality should be fine. Tides cleanse the Harbor in 6 hour cycles

SWIMMER TIMELINE:

- 7:00 AM: Check In Opens
- 7:45 AM: Motorboat Boarding Begins
- 8:15 AM: Last Motorboat heads to Statue of Liberty
- 8:45 AM: Pods Congregate at Statue, and Swimmers prepare to enter water
- 9:00 AM: First Pod enters water, and begins swimming
- 9:03 AM: Second Pod enters water, and begins swimming
- 9:06 AM: Third Pod enters water, and begins swimming
- 9:10 AM: Fourth Pod enters water, and begins swimming
- 10:00 AM: First Swimmers arrive at North Cove
- 10:45 AM: Final Swimmers arrive at North Cove
- 11:00 AM: Swimmers and Family congregate for a snack and informal awards ceremony

CONTACT INFO:

On Water:

Greg Porteus

914-490-2753

gregporteur@gmail.com

Deanne Draeger

646-408-5843

deanne@urbanswim.org

Ted Gruber

347-277-9999

LICBoathouse.TG@gmail.com

On Land:

Wendy-Lynn McClean

917-257-3675

wendy-lynn@urbanswim.org

Gerry Louw

917-653-4962

gerry@urbanswim.org

Media:

Matt Gurry

917-753-9435

matt@urbanswim.org

urbanswim.org

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