



2023 SAA-MOTOR CITY MILE SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

*Event Day Schedule is subject to change. ALL Swimmers, please arrive before **Check In closes at 8:00 am**.
Unless otherwise noted, all events take place at Belle Isle Beach.

Event Day Timeline
6:00 am: Land Volunteer Registration Opens
7:00 am: Swimmer Registration/Check In (Closes at 8:00am)
7:30 am: Boater safety briefing & equipment check (DYC Outdoor Patio)
7:30 am: Lifeguard safety briefing (at Belle Isle Beach)
8:00 am: Kayak safety briefing (at Belle Isle Beach)
8:00 am: Welcome and Why I Swim Program
8:30 am: Mandatory Pre-Swim Briefing for all swimmers
8:45 am: 2 Mile Swim Start
8:55 am: 1 Mile Swim Start
9:05 am: 0.5 Mile Swim Start
10:00 am: Post Event Lunch at the Beach!

VENUE & COURSE MAPS

Swim Location [Belle Isle Beach](#)



Riverbank Drive
Detroit, MI 48207

Venue Parking

Parking is available in the Belle Isle Beach House lot. Please ensure to obey all posted signage and only park in designated parking spots.

Please note: Belle Isle is a state park managed by the State of Michigan Department of Natural Resources. Michigan DNR requires a recreation passport for all vehicles visiting state parks. More information can be found [here](#).

If purchasing your recreational passport the day of, note the visitor booth at the park entrance may not be open yet when you arrive. Please proceed to Belle Isle Beach House, park and attend the event. Michigan DNR may place a notification on your vehicle to return to the visitor booth to purchase after the event. The cost of a day pass is \$13 (cash, credit accepted). We suggest that **participants make plans to carpool**, where possible.

Motor City Mile Swim Course



CHECK-IN & WHAT TO BRING

Upon arrival, please park and proceed directly to the Registration Area, which will be clearly marked. Swimmer registration opens at **7:15 am** and closes at **8:00 am**.

Be sure to follow the signs and check in *as soon as you arrive* to receive your cap, safety chip, t-shirt and get your body marked. **All swimmers and volunteers must check in** and sign a [waiver](#).

What to Bring

1. **Donations** - Please bring any additional donations you have in a sealed envelope labeled with your name clearly written on it, as well as the total amount, to present at Registration check in. We also accept credit card donations.
2. **WAIVER** - Please print, fill out LEGIBLY and COMPLETELY and bring with you in order to swim. If you are under 18, your legal guardian must sign your waiver. [Click here for waiver form](#).
3. **Wetsuit** - Water temperature is expected to be in the low 70s. **Wetsuits are recommended, but not mandatory.**
4. **Other items** - Directions, swimsuit, 2 pair of goggles, Vaseline or BodyGlide (for under the arms, neck area), sunscreen, and folding chair or blanket if desired.

Each finisher will receive a **beach towel** when they come out of the water, compliments of our beneficiary: University of Michigan Rogel Cancer Center

Food will be provided for all participants and volunteers at the beach after the swim!

Communication - Important! Please follow us on social media to get weather-related event changes.

Any updates leading up to the event will be posted on the SAA - Motor City Mile [website](#), [Instagram](#) and [Facebook page](#). Be sure to follow us if you are not doing so already! Additionally, in the event of a cancellation due to extreme weather or an emergency, an email will be sent out to all participants as quickly as possible. Additional event information is available on our website but is not updated as rapidly as on our social media feeds.

VOLUNTEERS

Volunteers

Thank you for helping us Make Waves to Fight Cancer!

Upon arrival, please park and proceed directly to the Volunteer Check-in table. **All volunteers must check in** and sign a [waiver](#).

Land Volunteers: Please be on the lookout for an email with reminders and time of arrival from Kathy Denton. Should you have any questions or need to update us on your status for Friday, please [email Kathy](#) immediately.

Water Volunteers: You should have already received an email with specific information in regards to your role, arrival times and mandatory event day safety briefings. Should you have any questions or need to update us on your status for Friday, please [email Lindsey Newell \(Byers\)](#) immediately.

Please arrive with enough time before the safety briefing to check in, sign a [waiver](#), and prepare your vessel.

The mandatory water safety meeting **for boaters will be at 7:30am at the DYC Restaurant Patio / Harbor Boardwalk.**

The mandatory water safety meeting **for lifeguards will be at 7:30am at Belle Isle Beach.**

The mandatory water safety meeting **kayakers/SUP will be at 8:00am at Belle Isle Beach.**

SAFETY

Safety is our top priority at all SAA events and we ask that you comply with all SAA safety personnel and procedures*.

- All swimmers are **required** to bring a signed [waiver](#) to Registration Check-in. **Please print ahead of time, sign and bring with you on Friday.**
- 18 & under swimmers -- You must have a parent/guardian sign your [waiver](#). We recommend that you print the waiver IN ADVANCE, have a parent/guardian fill out, sign the waiver and bring the completed waiver with you to Registration check-in.
- **All swimmers are required to attend the Mandatory Safety Talk.**
- **All swimmers are required to wear the safety chip distributed at check-in.**
- All swimmers must wear the correct cap color assigned at registration.
- All swimmers must be body marked.
- **Water temperature will be in the low 70s. Wetsuits are recommended, but not mandatory.**
- All swim distances will begin at the direction of the Swim Director. For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by SAA personnel.
- **Headphones and Mp3 players are not allowed on the course.** Snorkels and flippers are **not allowed** on the course unless approved by SAA safety personnel*.
- If a swimmer decides to exit the water onto a boat on his/her own accord, or if a swimmer is removed from the water by Swim Across America personnel for any reason; that swimmer will not be allowed to re-enter the water. ALL swimmers must adhere to the discretion of SAA safety personnel.
- All swimmers are **required** to visit the Check-out table after swimming to ensure proper sign out and return of safety chip and to ensure that ALL Swimmers are properly accounted for after the event. Spectators are not permitted inside the start/finish chute unless otherwise approved.
- Angel Swimmers will be present to help support swimmers less comfortable in open water. If you are concerned about your ability to swim in open water, please contact [Patrick Weiss](#) or [Lindsey Newell \(Byers\)](#).

*Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and personnel as determined appropriate, or make any other operational changes thereof. All swimmers must follow the directions of SAA personnel. Noncompliance may endanger the participant or others, and may make the participant ineligible to participate in future Swim Across America events.

POLICIES

Water Temperature and Wetsuit Policy

Expected water temperature will be in the low 70's. Wetsuits are recommended, but not mandatory.

Inclement Weather Policy

The safety of our events is our top priority. Due to the nature of open water swimming events taking place outdoors, safety concerns, including inclement weather, can necessitate a change to the original event plan. In the event of adverse weather conditions, the Event and Safety Directors, in conjunction with SAA National, local safety entities and/or law enforcement, may delay the event, modify the course, cancel the event, or move venue location. If safety concerns necessitate a change to the original event plan, Swim Across America will promptly notify participants via the event website, email and social media.

If you have questions about our policies regarding inclement weather, swim equipment or wetsuits, please consult our [Policies page](#).

FUNDRAISING REMINDERS & TOOLS

Fundraising Reminders

Thanks to all of you for your fabulous fundraising efforts so far! Please remember that this event is about 'Making Waves to Fight Cancer' and the commitment you made to meet the **fundraising minimum** when you registered for the event. (Swimmers 18 years of age and over: \$500; Swimmers under 18: \$200)

Please bring any donated checks delivered directly to you or cash in a secure envelope with your name, amount, and donor details to the swim on Sunday. We also accept check(s), cash or credit cards on event day.

Fundraising Made Easy

Here are some [great ideas](#) and [fundraising resources](#) any participant can use to improve their fundraising. Did you know most employers have a matching gifts program? Ask donors to check our [matching gifts](#) portal to see if they qualify.

SAA Fundraising Mobile App

Fundraising gets easier with the [SAA Mobile App](#). With a few clicks, you can reach out to your donor contacts via text message, email or social networks and have a larger impact. Don't wait - [download](#) today!

Be A WaveMaker at Your Swim

We pull out all the stops for our \$1,000+ fundraisers known as our WAVEMAKERS! If you have raised \$1,000 by Friday, you are a WAVEMAKER! Make sure to stop by our **WaveMaker table** to get your [special SAA WaveMaker prize](#).

Get Social and Win with @SwimOutlet

Contest Details: Want to show your love for Swim Across America and win a \$100 SwimOutlet.com gift card? It's as easy as taking an awesome SAA-spirited photo and tagging [@saaswim](#) and [@swimoutlet](#) when you post on Instagram. Show us the best the SAA community has to offer and we'll select the best Instagram photo that's posted from the swim.

Top Fundraiser Wins an SAA x Gill Aqua Parka

This year, the top individual fundraiser will receive an SAA-branded [Gill Aqua Parka](#). Get to the top of the leaderboard to win yours!

YOUR IMPACT

SAA-Motor City Mile benefits cancer research at the [University of Michigan Rogel Cancer Center](#), where roughly 500 researchers are working to prevent cancer, improve outcomes for those diagnosed, and improve quality of life for cancer patients and survivors. Established in 2019, SAA - Motor City Mile has donated over \$225,000 to Rogel Cancer Center.

Learn more about our beneficiary and your impact [here](#) or on the SAA-Motor City Mile [homepage](#).

