



2024 SAA-MOTOR CITY MILE SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

*Event Day Schedule is subject to change. **All swimmers must 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 Volunteers Arrive
7:00 am: Swimmer Registration/Check In (Closes at 8:00 am)
7:30 am: Boater safety briefing & equipment check (DYC Outdoor Patio)
7:30 am: Lifeguard safety briefing (at Belle Isle Beach)
7:45 am: Kayak & SUP 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
9:15 am: 0.25 Mile Swim Start
10:00 am: Post Event Lunch at the Beach!

VENUE & COURSE MAPS

Swim Location

[Belle Isle Beach House](#)

Riverbank Drive
Detroit, MI 48207



Venue Parking

Parking is available in the Belle Isle Beach House lot. Please ensure to obey all posted signage.

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 \$9 and annual passes for Michigan residents are \$11 (cash, credit & check accepted). **We suggest that participants make plans to carpool, where possible.**

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 7:00 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](#).**

Once you are checked in, we invite you to visit our tattoo table, sign the Why I Swim banner and check out the Wavemaker table (for our Wavemakers!). Help yourself to snacks at the food table. Be sure to tag **@saamotorcitymile** in any photos you take!

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 required.**
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

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 Tara Shantz. Should you have any questions or need to update us on your status for Friday, please [email Tara](#) 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 7:30 am at the DYC Restaurant Patio / Harbor Boardwalk.**

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

The mandatory water safety meeting **for kayakers/SUP will be at 7:45 am 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 sign a waiver at Registration Check-in.**
- 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 just prior to the swim.**
- **All swimmers are required to wear the safety chip distributed at check-in.**
- All swimmers must wear the correct cap color assigned at registration. (Cap colors coordinate with distance and pace groupings.)
- All swimmers must be body marked on each shoulder and hand.
- **Wetsuits: Water temperature is in the low 70s. Wetsuits are recommended but not required.**
- All swim distance groups will begin at the direction of the Event Safety Liaison. For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by SAA personnel.
- Participants are **not permitted** to use Mp3 players, headphones, or any device that could impede hearing while swimming or on the course at any time.
- Participants are **not permitted** to use fins, paddles, buoys, and/or kickboards at Swim Across America open water events. Equipment may be used with approval from the [National Safety Director](#), local safety director, or event director.
- Snorkels may be used with approval from the National Safety Director or local safety director.
- Swim Across America-provided safe swimming buoys are recommended, however, are not considered life saving devices.
- 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 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 who feel less comfortable in open water. If you are concerned about your ability to swim in open water, please contact julia@swimacrossamerica.org.

*Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and as personnel deems appropriate, or make other operational changes, as needed. All swimmers must follow the direction of both National and local Swim Across America personnel. Noncompliance that endangers the participant or others may make the participant ineligible to participate in future Swim Across America events.

POLICIES

Water Temperature and Wetsuit Policy

Expected water temperature is approximately 71-73° F. Wetsuits are recommended but not required.

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 Director and Safety Coordinator, 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.

Course Compliance and Procedures

Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and as personnel deems appropriate, or make other operational changes, as needed. All swimmers must follow the direction of both National and local Swim Across America personnel. Noncompliance that endangers the participant or others may make the participant ineligible to participate in future Swim Across America events.

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: \$400; 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 Friday. We also accept Apple Pay, 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.

New! SAA Good Move Fundraising App

Fundraising gets easier with the new [Good Move 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

This year we are pulling 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 on Event Day and Win with @Block.Cancer and Elizabeth Beisel

Swim Across America and Block Cancer are proud to [partner](#) to offer an amazing giveaway to one lucky participant from each of our community charity swims in 2024. The rules are simple: post your best photos from the event on Instagram and tag @saaswim and @block.cancer. One winner will receive a Block Cancer Ted hoodie and Army Green beanie.

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.

RESEARCH MILESTONE! Dr. Kyoung Lee [received](#) a \$1.4M grant from NCI to study the role of low oxygen supply in pancreatic cancer. Initial funding for this project was granted by SAA-Motor City Mile.

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

