



SWIM
ACROSS AMERICA
★ MAKING WAVES TO FIGHT CANCER ★

2024 SAA-ST. LOUIS SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

*Event Day Schedule is subject to change. **Please arrive before Check In closes at 7:45 am.**

Event Day Timeline
6:45 am - 7:45 am: Swimmer Registration & Check-in
7:30-8:15 am: Team Photos at Arch (first come, first served)
8:00 am: Angel Swimmer Orientation & Pairing with Swimmers (next to Wavemaker Tent)
8:20 am: Swimmer Safety Talk at Main Stage (please be prompt)
8:30 am: Greetings & Olympian Introductions
8:40 am: Check Presentation to Siteman Cancer Center
8:45 am: Awards Presentation
8:50 am: “Why I Swim” Stories and National Anthem
9:00 am: Swims start based on distance: 2 mile swimmers, then 1 mile swimmers, then .5 mile swimmers.

****Course cutoff for all swimmers is 10:45 am.**

VENUE & COURSE MAP

Innsbrook Resort
[Alpine Lake](#)

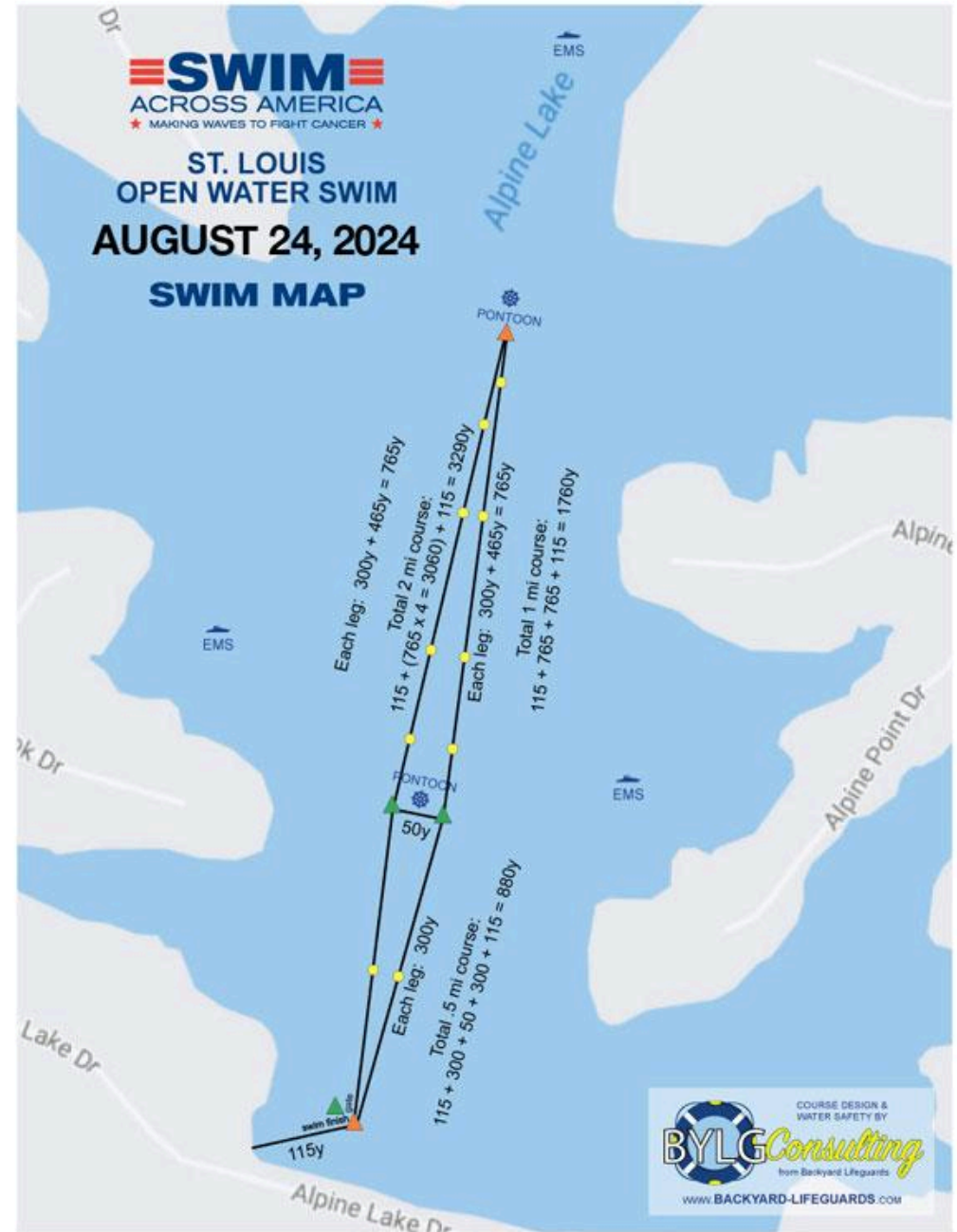
Directions:
<https://www.innsbrook-resort.com/about/directions>

Be sure you are entering Innsbrook Resort from the main entrance on Highway F. **Don't let Google maps direct you to a different entrance, the gate will be unmanned!**

Signage will be posted to guide you to the swim site on Alpine Lake after entering Innsbrook.

VENUE NOTES: Siteman Cancer Center will again be providing **free skin screenings** at their tents from **7am to 9 am** for anyone at the event. See the map on the next page for the location.

Also, whether you're a participant, volunteer or spectator, look for our **merchandise tent**, which will feature great SAA swag and apparel for purchase.





CHECK-IN & WHAT TO BRING

Upon arrival at Alpine Lake, please park as directed by the attendants. Shuttle transportation will be available from the parking area to the SAA Village where you will find the Registration Area. Greeters will be available at the entrance of the Village to answer any questions. **Registration opens at 6:45 am. Please allow at least 20 minutes to park, board the shuttle and arrive at the SAA Village. Registration will close promptly at 7:45 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 body marked. **All swimmers and volunteers must check in** and sign a [waiver](#).

Once checked in, we invite you to enter the Event Village area. In the village, you can visit the Tattoo Table and Why I Swim table, enjoy a light breakfast and meet and greet the Olympians by the event stage!

What to Bring

1. **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](#).
2. **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 and Venmo donations.
3. **ADDITIONAL ITEMS** - Directions, swimsuit, 2 pairs of goggles, sunscreen and a smile!
4. **A PHOTO OR MESSAGE FOR OUR WHY I SWIM BOARD** if you are swimming in honor or memory of someone. Seeing this board filled up to remind everyone of why we are there makes a very powerful and moving message.

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

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 - St. Louis [website](#), [Facebook page](#) and [Instagram 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 unexpected circumstances, 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! This event could not happen without all of you offering your time and talents.

Upon arrival, please park as directed and proceed directly to the SAA Village, where you will find the Registration Area and a dedicated Volunteer Check-in table. **All volunteers must check in and sign a waiver.**

Land Volunteers: Requested arrival time on Saturday is dependent on your assignment. You will receive an email containing information and arrival time for your specific assignment. Please allow for enough time to check in at Volunteer Check-In with Marc Lindauer, sign your waiver, and prepare your station. Should you have any questions or need to update us on your status for Saturday, please email Marc Lindauer directly: marclindauer@swimacrossamerica.org.

Water Volunteers: Arrival time on Saturday is no later than 7:45 am, to allow enough time to check in at Volunteer Check-In, sign waiver, and prepare your vessel. You will receive an email with specific information in regards to your role and where to deploy your vessel. Should you have any questions or need to update us on your status for Saturday please email Marc Lindauer at marclindauer@swimacrossamerica.org.

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.**
- **Swimmers are not permitted to increase their swim distance on event morning due to safety policies.**
- 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.
- 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, snorkels, 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](#).
- 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 kathy@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 around 81°F. **Wetsuits are not permitted.** Swim skins are permitted.

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 meeting the **fundraising minimum** when you registered for the event. (Swimmers 18 years of age and over: \$300; Swimmers under 18: \$100).

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 Saturday. We also accept check(s), cash, credit cards or Venmo 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 Saturday, 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

Since 2016 Swim Across America St. Louis has raised more than \$1,800,000 to support cutting edge research and clinical trials at [Siteman Cancer Center](#). SAA's scientific advisory committee of renowned cancer MDs and PHDs help us select projects and researchers who are the pioneers to curing cancer, and provide seed money to the projects that present the best opportunities for a breakthrough. Here are some highlights from our recent visit to Siteman Cancer Center where we received an update on a few of the projects SAA funds have supported:

- According to Siteman Cancer Center Director Dr. Timothy Eberlein, survival rates are 30% better than just 10 years ago, and our goal is to make cancer a chronic disease in our lifetimes. The money SAA contributes funds cutting edge projects that would otherwise not get funding, and every dollar we contribute attracts \$3 in additional funding.
- The funds raised here stay here. 100% of each SAA grant must be applied to the approved clinical trial or research project.
- Every year SAA-St. Louis supports a specific, cutting edge project at Siteman Cancer Center carefully selected by our scientific advisory committee of MDs and PhDs. We have sponsored projects in the areas of pancreatic, breast, blood and skin cancers;
- This year we are proud to announce our efforts will support the research of Dr. Melissa Reimers in the area of malignancies in prostate, bladder and kidney cancer. Her project goal is to evaluate the safety and efficacy of therapies in reducing tumor burden in high-risk prostate cancer patients before surgery, trying to increase the chances of shrinkage or cure during that time. The patients are selected to proportionally represent the minority groups most likely to be diagnosed with cancer. "I am delighted to be part of Swim Across America this year and am honored to have my research supported by this wonderful group!" says Dr. Reimers. We look forward to meeting her at our event and hearing more about her research.
- Dr. David Denardo is a previous recipient of SAA St. Louis funding and we continue to follow his progress of a stage 1 clinical trial that studies immunotherapy on pancreatic cancer patients. The early stage results of the trial are showing promising outcomes. Our \$258,000 SAA grant allowed Dr. Denardo to obtain additional research data that has [resulted](#) in an additional \$2.8 million in funding!

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

