



2019 SWIMMER'S PACKET

Nassau Suffolk Long Island SOUND TO COVE Swim

½ MILE, 1 MILE, 5K, 10K and KID'S SPLASH
AUGUST 3, 2019





Summer 2019

Dear Swimmers and Volunteers,

SAA Nassau Suffolk, LI

Executive Committee

Gerry Oakes
Kevin Shine (STC)
Pamela Danbusky
Joe & Vickie Stanco (STC)
Alexa Stanco
Darcy Belyea
Daniel Cavallo, III
John Coyle
Mike Ford
Jessica Foschi Gallo
Joe Kasper
Ellen Leondis
Tony Leondis
Eileen & James Liddy
Carol Maroney
Maureen McAdam (Pool)
Don Regan
Rob Ripp
Bethany Shine
Paul Van Valkenburg

STC Team Captains

Team STACEY

Leondis Family

Team HOPE

Mike Ford

Cold Spring Harbor Laboratory

Diane Fagiola

Dad's Aquatic Warriors

Suzanne Sullivan

Heal The World

Gary Lehman

KPMG New York

Lauren Afflixio Kuchler

Our Answer To Cancer

Jim Sirignano

Siegler Strong

Timothy Valentine

St. Dominic Bayhawks Swim Team

Kaira Kilpatrick

Team CommScope

Dan Kennedy

Team Dream

Hanna Sandor

Team Merck - Sound to Cove

Brian Donahue

TEAM UBS

Joseph Kasper

Team West Neck Pod

Carol Moore

TOAST

Chris Schuler

TRI-ing to Beat Cancer

Conor Kelly

On **Saturday, August 3, 2019** we will hold our 18th Annual “Sound to Cove” Open Water swim at beautiful Morgan Memorial Park in Glen Cove, NY. In addition, we will host more than 10 other pool and club swims throughout the summer here on Long Island in support of Swim Across America. Clearly, we are making lots of waves in the fight against cancer!

Since 2001, our swimmers, volunteers and local corporate sponsors from NYC to Montauk Point have raised over \$9.4 million in the fight against cancer. In doing so, we have made a direct impact here on Long Island, supporting treatment facilities and world class research projects that are helping cancer patients and their families here and across the globe.

Over 81% of ALL donations made by our swimmers, volunteers and sponsors have gone directly to our beneficiaries. We are a completely volunteer organization here on Long Island, and we take pride in enabling our donors to have a direct impact in the fight against cancer. In addition, you **know EXACTLY WHERE YOUR DONATIONS ARE GOING.**

In this “swimmers’ packet” is all of the information you will need to prepare for your Swim. You can also visit our website for the most up to date information: <http://www.swimacrossamerica.org/NS> and go to “Sound to Cove Swim”.

Contents of the Swimmer’s Packet:

1. Directions to Morgan Park
2. Event Timeline
3. Day of Event Waiver
4. Swimmer Guidelines and Instructions
5. Swim Course Maps
6. Fundraising Instructions
7. Fundraising Sample Letter
8. Donor Tracking Form
9. Donation Form

We look forward to seeing you on August 3rd !

Thank you again for your interest and support for SAA!

Sincerely,
SAA-Nassau Suffolk Committee



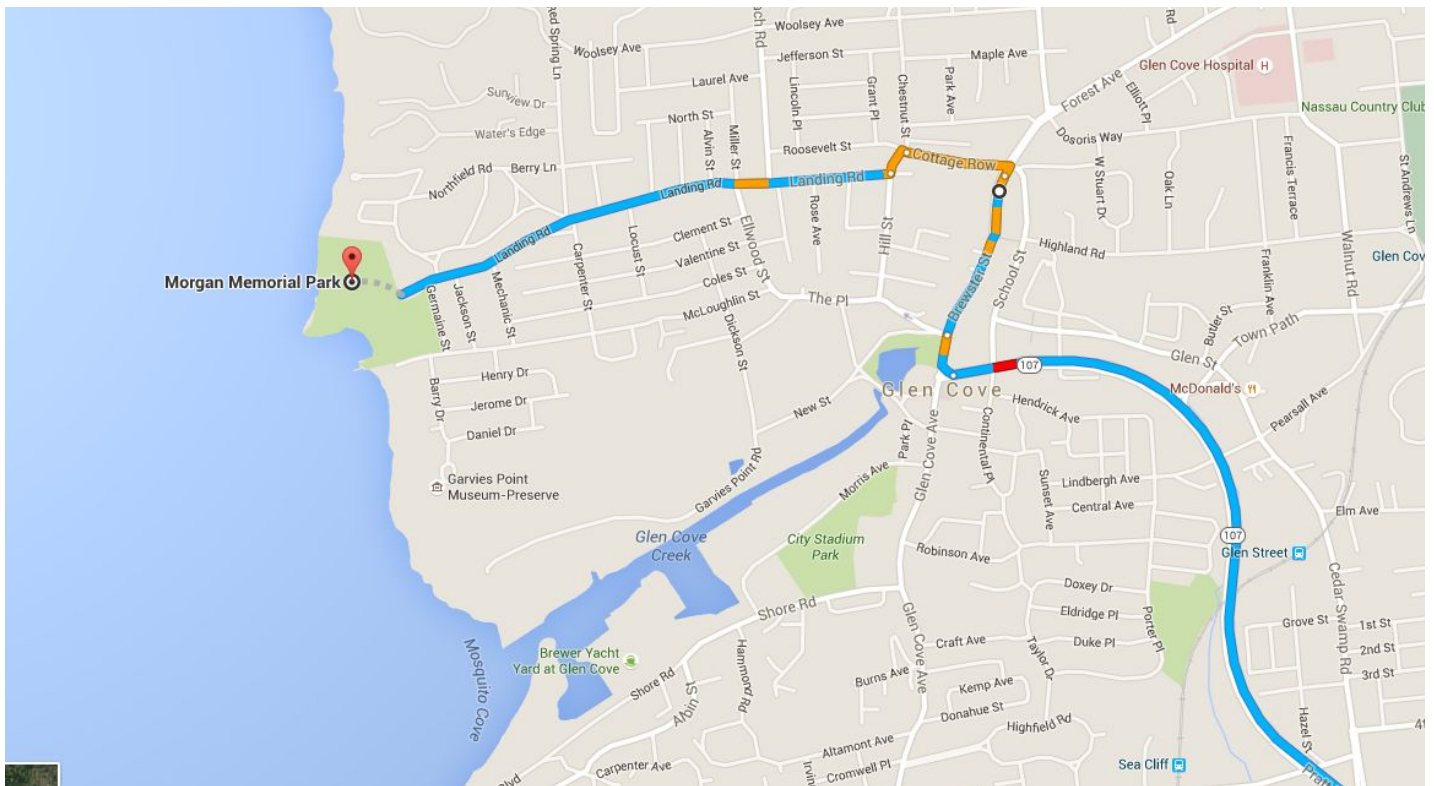
SWIM ACROSS AMERICA NASSAU SUFFOLK

Location: Morgan Park is a spectacular facility in the City of Glen Cove, on the North Shore of Nassau County, situated on the northeast corner of Hempstead Harbor, facing Long Island Sound.

DIRECTIONS TO MORGAN MEMORIAL PARK

For Door-to-Door Directions, you can use, <http://maps.google.com/>
Address: Morgan Memorial Park, Glen Cove, NY

From both East and West, take Exit 39 off the Long Island Expressway, and follow Glen Cove Road north. After approximately 1.75 miles, you will cross Rt. 25A (Northern Blvd). Continue North approximately 2 miles and Glen Cove Road merges with Rt. 107. Take Rt. 107 to the end (Glen Cove Fire Station). Make a right on Brewster Street. Go 3 lights and make a left on Cottage Row. Go 1 block, and make a left on Landing Road. Go 1 block, and follow Landing Road to the right. Follow Landing Road approximately 1 mile, and make a left on Germaine Street. The entrance to Morgan Park will be on your right. (*gYY'a Ub*) Please park in the lot at the entrance to Morgan Park.



SOUND TO COVE (GLEN COVE, NY)

AUGUST 3, 2019

EVENT DAY TIMELINE

- **4:15 am:** 10k Swimmers/Boaters/Kayakers Arrive Glen Cove Yacht Club (GCYC) Dock
 - 10K swimmers should park at Glen Cove in the AM; they will take the boat over to Larchmont for the swim back to Glen Cove.
- **4:40 am:** 10K Mandatory Swimmer Briefing (On Dock prior to boarding Boat to Larchmont)
- **5:00 am:** 10K Group Leaves GCYC Dock - Boat to Larchmont for Swim Start
- **6:00 am:** 10K Swim Start - Larchmont, N.Y. back to Glen Cove
- **6:00 - 7:00 am:** Registration (Stage Area)
 - Swimmers need to Register 1 Hour Prior to their swim start (see below)
 - **6:00 am:** Land Volunteer Meeting and Assignments (Morgan Park Stage Area)
- **6:00 am:** 5K / 1 Mile / .5 Mile Kayakers Arrive at GCYC Dock
- **7:00 am:** Mandatory ALL Water Safety Meeting (Morgan Park Beach) - Volunteers, Lifeguards, 1st Responders
- **7:15 am:** 5K Swim Briefing (Morgan Park Beach)
- **7:30 am:** 5K Swim Start (Morgan Park Beach)
- **7:35 am:** 0.5-Mile & 1-Mile Mandatory Water Volunteer Safety Meeting (Morgan Park Beach)
- **7:50 am:** National Anthem (Morgan Park Beach)
- **8:00 am:** 1-Mile Swim Briefing (Morgan Park Beach)
- **8:15 am:** 1-Mile Swim Start (Morgan Park Beach)
- **8:20 am:** 0.5-Mile Swim Briefing (Morgan Park Beach)
- **8:30 am:** 0.5-Mile Swim Start (Morgan Park Beach)
- **8:45 am:** Kids' Swim Splash! (Morgan Park Beach)
- **10:00 am:** ALL Swimmers Out of Water
- **10:30 - 11:30 am:** Post-Swim Ceremony and Brunch (Morgan Park Stage Area)

SOUND TO COVE (GLEN COVE, NY)

AUGUST 3, 2019

EVENT DAY TIMELINE

Swim Across America Saturday August 3, 2019 Glen Cove NY					
	10K	5K	1 Mile	1/2 mile	Kids Splash
	Wave 1	Wave 2	Wave 3	Wave 4	
Check In	4:15-4:30 am	6:7:00 am	6:7:00 am	6:7:00 am	
Warm up	NA	6:30-7:00	6:30-7:00	6:30-7:00	
Swim Brief	5:00	7:15	8:00	8:20	
Swim Chute	NA	7:25	8:10	8:25	
Swim Start	6:00 AM	7:30	8:15	8:30	
Kids Splash					8:45
CAP Colors					
	CAP Colors	Chute Line-up	Start Time	Swimmer Numbers	
Wave 1 10K	PINK	NA	6:00 AM	1-9	
Wave 2 5K	BLUE	7:25 AM	7:30 AM	10-99	
Wave 3 1 Mile	YELLOW	8:10 AM	8:15 AM	101-299	
Wave 4 1/2 Mile	GREEN	8:25 AM	8:30 AM	301-400	
Kids Splash			8:45 AM		
High Tide: 1:51 PM					
Low Tide: 7:47 AM					



SWIMMER NUMBER

SWIM ACROSS AMERICA - NASSAU/SUFFOLK EVENT DAY WAIVER FORM

SWIMMERS BOATERS, KAYAKERS, SPOTTERS, LAND VOLUNTEERS

5@@GK A A 9F GZ6C5H9F GZ? 5M5? 9F GZ5B8 @5B8 JC@ BH99FGA I GHF 958 H<G: CFA 75F 9: I @M69: CF 9Gz B-B; s
H<9'57?BCK @98; A 9BHZK 5-J 9F '5B8 F 9@95G9: FCA @56-@Mf15K F@ L'' H<-G: CFA 'A I GH'69DF 9G9BH98 '5H<9s
9J 9BH'7 <97?!-B 'H56@9 DF -CF 'HC 'D5F H7 -D5HCB -B 'H<9'GK -A 'CF '5BM9J 9BHJC@ BH99F '57HJ #9G's

Swimmer <input type="checkbox"/>	Kayaker <input type="checkbox"/>
Boater <input type="checkbox"/>	Land Volunteer <input type="checkbox"/>

I, the undersigned volunteer, participant or parent or legal guardian if participant or volunteer is under age 18 (collectively referred to hereinafter as "Participant" or "I"), intending to be legally bound, do hereby understand and agree that volunteering or swimming the distance and in the conditions involved with this Event (including training for and participation in the swim) is rigorous activity that involves risks including, but not limited to: weather and water conditions, interaction and/or collision with other people and/or things in the water, and other hazardous and/or life threatening conditions. By signing this Release Agreement below, Participant or Volunteer assumes any and all risks of injury and/or damages that may occur as a result of such participation in the Event.

By signing this Release Agreement below, I certify that the Participant is physically fit, has not been informed otherwise by a physician and has adequately trained to participate in this Event. I acknowledge that I am aware of the risks inherent in open water swimming (including those listed above) which could result in permanent disability or death, and agree to assume all of those risks. I further certify that it is Participant's responsibility to dress appropriately for this event, and Participant is solely responsible for Participant's health and safety.

In consideration of my participation in the Event, and/or any activities incident thereto, I, for myself and my heirs, executors and administrators, hereby release and discharge from liability Swim Across America, including the Nassau / Suffolk Committee (SAA), and all SAA Beneficiaries including Memorial Sloan Kettering Cancer Center, The University of Texas MD Anderson Children's Cancer Hospital (Stacey Leondis Fellowship), Mercy Medical Center, Cold Spring Harbor Laboratory, The Feinstein Institute of North Shore LIJ, SHARE; all officers, employees, volunteers and agents; and the host facilities, transportation vendors, corporate sponsors, and other individuals assisting with the Event or related clinics (the "Released Parties") and waive any and all rights to claims for loss or damages or rights of future action, including all claims for loss or damages against the Released Parties. By signing below, Participant or Volunteer agrees to indemnify, defend and hold harmless the Released Parties from and against all claims, demands, causes of action, damages and expenses (including reasonable attorneys fees) related to the Event.

I grant SAA and all Beneficiaries permission to use my name and/or likeness in any medium, including the right to use any photographs and/or video taken by photographers/film crews for any purpose including advertising, publicity, in house publications and promotions. Any rights thereto shall remain the property of SAA and our Beneficiaries.

G[[buH fy'cZDUfjV]dUbs	8Uhs
s	s
Df]bhBUa Y'cZDUfjV]dUbs	Df]bhBUa Y'cZDUfjV]dUbs
s	s
9a Uj' cZDUfjV]dUbs	7Y''D\cbY' cZDUfjV]dUbs
s	s
5XXFYgg'cZDUfjV]dUbs' iUXFYggz V]m'ghUVZ'ndts	5XXFYgg'cZDUfjV]dUbs' iUXFYggz V]m'ghUVZ'ndts
s	s
BUa Y'cZ9a Yf[YbVh7cbHMs	FYUj'cbg\jd'rc' DUfjV]dUbs
s	s
D\cbY'Bi a VYf'cZ9a Yf[YbVh7cbHMs	7Y''D\cbY'Bi a VYf'cZ9a Yf[YbVh7cbHMs
s	s

SWIMMER GUIDELINES AND GENERAL INFORMATION

● Registration:

- Online registration available at www.swimacrossamerica/ns
 - Online registration closes July 31, 11:59pm EST.
- Day-of-Event Registrations
 - The **minimum fundraising** level for each distance will be required upon registration.
 - Please **arrive at least 1.5 hours prior to your selected distance swim start** to register. Day-of-Event Registrations **will not be allowed after 7:00 AM.**
 - There will be no Day-of-Event 5K or 10K registrations permitted
- All swimmers are required to **sign a waiver at Registration** Check-in.
 - **Swimmers under 18 years of age** -- You must have a parent/guardian sign your waiver. We recommend that you print the waiver IN ADVANCE to have a parent/guardian fill out, sign, and bring with you to Registration check-in.

● What to Bring

- **Donations** - Please bring a sealed envelope with your collected check/cash donations, along with your sponsor tracking sheet to present at Registration Check-in. Note your name and the amount on the front of the envelope.
 - We also accept credit card donations.
- **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](#) or see the **Waiver form included in this packet**
- **Additional items** - Directions, swimsuit, swimming appropriate wetsuit (permitted, but NOT required), 2 pair of goggles, Vaseline or BodyGlide (for under the arms, neck area), sunscreen, folding chair or blanket (if desired), and a smile!
- **Personal belongings** - Please be sure to store any personal belongings in your car, or give to a family member for safe-keeping while you swim. 10K swimmers, please only take necessary personal possessions with you on the boats, avoiding any valuables. Your personal belongings will be transported to the registration area for you to pick up after the swim.

● What's available?

- Fruit, juices, coffee and bagels will be available prior to the swim.
- Swim Across America will provide water and a beach towel to all swimmers at the finish.
 - Please plan to remain at the finish and cheer your fellow swimmers on!
- Outdoor showers will be available at the beach.
- A post-swim brunch will be provided after the swim on the lawn at Morgan Park. We encourage all swimmers and volunteers to join the post-swim festivities. During the Brunch, the SAA Committee will recognize the people and organizations that helped create this event. We will also hear from our event's beneficiaries, and present them with funds raised.

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

- All Swimmers (Except Kids Splash participants) must complete the online **“SAA Swimmer Questionnaire”** at least **THREE (3) days prior to the event day (i.e. 7/31)**, providing details of swim experience and preparedness for the event.
- Event-day “walk-on” registrations will be interviewed at the check-in desk by the SAA Team.
- All swimmers are required to **wear the safety chip distributed at check-in.**
- All swimmers must **wear the cap assigned at registration.**
- All swimmers must be **body-marked with Swimmer # on their Cap, and/or Arm or Hand.**
- 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.

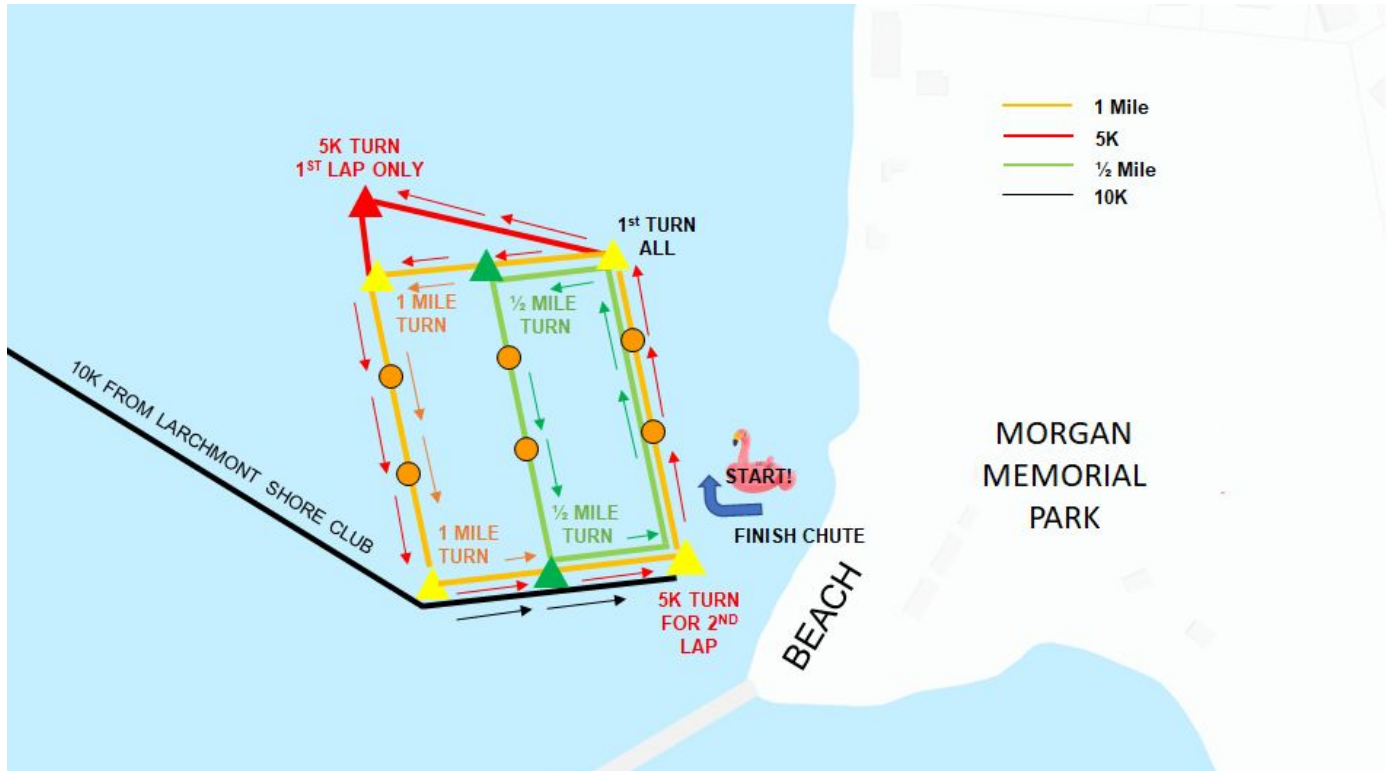
I Gk Ja 5VWcgg5a YfjWjYgYfj Yg'h Y f][\ htc fYa cj Y'cf'a cj Y'Ugk Ja a Yf g'dcglhcb Ucb[hAYVti fgY j]Us Uldfcj YX'gUZYma Yh cXg'UbX'dYfgcbbY Ug'XYWfa]bYX'Uldfcdf]UWZcf'a U_Y'Ubmch Yf'cdYfUf]cbU'WUUb[Yg'h YfYcZ's 5''gk Ja a Yfg'a i ghZ'ck hAYX]fVW]cbg'cZG55'dYfgcbbY'' BcbVta d]UbW'a UmYbXUb[Yf'h Y'dUf]M]kUbhcf'ch Yfg's UbX'a Uma U_Y'h Y'dUf]M]kUbh]bY][]VY'hc'dUf]M]kUW]b'Z hi fY'Gk Ja 5VWcgg5a YfjWjYj Ybhg's

- 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.

Water Temperature, Wetsuits, & Policies

- **Water Temperature:** Expected water temperature is in the low 70's.
- **Wetsuits:** Wetsuits are permitted, but NOT required
 - SAA strongly encourages swimmers to choose an open water swimming / triathlon specific wetsuit over a general water sports wetsuit. Participants should practice swimming in a supervised open water test swim prior to event day with their anticipated swimsuit and/or wetsuit.
- **Equipment:**
 - Goggles - Tinted goggles are recommended, given the bright morning sun.
 - Mp3 players while swimming and are not allowed on the course at any time.
- [SAA Policies](#) - weather, equipment, water temperatures, etc.
- **Inclement Weather Policy:**
 - 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. In the event of inclement weather, contingencies may include delay of start time, altering the course, or moving indoors.
 - In the event that the weather prevents us from holding the event outdoors on August 3rd, the swim will be relocated to the NCAC (Nassau County Aquatic Center)
 - We will update the website at approximately 9 PM on Friday, August 2nd in the case of any event changes.

SOUND TO COVE – 2019 SWIM COURSES



Swim Starts

- **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.
 - 10K Swimmers will be boated to Larchmont for the 10K Swim Start.
 - 5K, 1 Mile, 0.5Mile and Kid's Splash Swims Start on the Morgan Park Beach.

1/2 Mile Swim: Start at Morgan Park Beach. Turn right after the first marker (**Pink Flamingo**). Then, proceed in a counterclockwise direction by turning **LEFT** at the 1st **YELLOW** ALL turn buoy, **LEFT** at the 1st **GREEN** turn buoy (1/2 Mile 2nd turn), **LEFT** at the 2nd **GREEN** turn buoy (1/2 Mile 3rd Turn), then proceed straight to the finish.

1 Mile Swim: Start at Morgan Park Beach. Turn right after the first marker (**Pink Flamingo**). Then, proceed in a counterclockwise direction around 3 **YELLOW** marker buoys (#1 = 1st Turn ALL, #2 = 1 Mile 2nd Turn, and #3 = 1 Mile 3rd Turn). Keep all **YELLOW** buoys on your left shoulder. Proceed straight to the finish, completing 1 Lap of the course.

5K Swim: 5K = 3 Laps of the course. Start at Morgan Park Beach. Turn right after the first marker (**Pink Flamingo**). Then, proceed to the 1st **YELLOW** ALL-turn buoy and make a left. For the first lap, 5K swimmers will proceed to the **5K RED Turn Buoy**. Turn **LEFT** and continue on the course in a counter-clockwise direction to follow 1 Mile **YELLOW** marker buoys. Complete 2nd and 3rd Laps by following the 1 Mile Course around the Yellow Buoys. On the final lap, proceed straight to the finish.

10K Swim: Swimmers will be transported by Boat from Morgan Park to the Start at the Larchmont Shore Club. Swimmers will proceed across the Sound, escorted by designated support vessels. Once nearing the finish, swimmer will sight to the 1 Mile 3rd turn **YELLOW** triangle buoy, then proceed straight to the finish.

Our primary objective is to have a safe and fun event. **Please remember that SWIM ACROSS AMERICA “SOUND TO THE COVE” SWIM IS NOT A RACE.** We are coming together to “MAKE WAVES TO FIGHT CANCER!”

DURING THE SWIM:

- Safety teams and volunteers will be on the course for your assistance; do not hesitate to request help if necessary.
- **Swimmers must stay on the marked course.**
 - If a swimmer goes off the marked course or is lagging too far behind the main group, **Swim Across America reserves the right to regroup the swimmer.** This will be done in the interest of safety for all swimmers, and to stay within the time limits for the open water swim.
- **If a swimmer is in distress or needs assistance, swimmer should remove their swim cap and wave it in the air, or wave arm back and forth.** With that signal, you will be assisted by a nearby support personnel. Remember, “if you see something out of the ordinary, SAY SOMETHING.” Please alert assistance.
- 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 a Swim Across America representative, the swimmer **will not be allowed to re-enter** the water.
- SAA Safety resources have the discretion to remove a participant for any reason. ALL swimmers must adhere to their decisions.
- In the event of an emergency, including a water evacuation, 5`Gk ja a Yfg`AI GH: C @CK `H Y` jbgfi Wjcbg`cZH Y`G5 5 `GUZmiFYgci fWg`cb`H Y`k UHf`UbX`cb!g\ cfY.

POST SWIM:

The Event Check-Out process is critical to ensure ALL Swimmers are properly accounted for after the event!

- Once on the beach at Morgan Park, **all swimmers must proceed through the finish line to the Check-out table.**
- Swim Across America volunteers will be there to direct you, once you exit the water.
 - A greeter in the finish chute will ensure that you **return your Safety Chip.**
 - Proceed to **SIGN OUT at the Check-out table.**
 - Swimmers who are unable to finish the event under their own power should plan to proceed to the finish / Check-out table as soon as they arrive.



SWIM ACROSS AMERICA 2019 - FUNDRAISING INSTRUCTIONS

Fundraising – Challenge Yourself!

SAA is a grassroots fundraising organization. We ask swimmers (and volunteers) to communicate our message to their personal network of family, friends, co-workers, neighbors, and ask for their financial support of your swim and volunteer efforts. It is our experience that when you communicate your passion for our cause, the first class quality of our beneficiaries, and the fact that since 2002, 81% of all funds raised goes directly to our beneficiaries (truly World-Class), you will experience enthusiastic support from your network. While each distance has a 'minimum' for entry, we're hopeful that all of our swimmers set personal fundraising goals in excess of the minimum required.

Swimmer Fundraising Minimums:

- 1/2 mile swimmers: \$250 minimum
- 1 mile swimmers: \$500 minimum for adults, \$250 minimum for those under 18
- 5k swimmers: \$1,000 minimum
- 10k swimmers: \$5,000 minimum
- Family Fun Swim: \$100 minimum, \$50 for 10 & Under

Instructions:

- **ONLINE Fundraising** - We suggest that you consider fundraising online. It is the most efficient and effective way to communicate and solicit donations from your personal network of friends and supporters. And it is easy to set up, once you register online.
 - o First, go to our website at: www.swimacrossamerica.org/ns and REGISTER for the event in which you would like to swim or volunteer. Once you complete the online registration, you can create your own personal web page, add a photo, a personal message, and establish a fundraising goal.
 - o Finally, it is best to **send a personal email/note to your supporters, including the web-link (URL) of your Personal Fundraising Page** that you have created.
 - o Supporters can use Weblink to make secure online donations, immediately tracked to your fundraising.
 - o **If Supporters prefer to send a check**, they can be sent to
Swim Across America
734 Franklin Ave #301
Garden City, NY 11530
 - o Please ensure that folks note on their check, the participant/Team to which they want to donate.
- **Letters/Checks** - If you choose to send a physical letter to your potential supporters, be sure to include a copy of the 'Swim-Donation Form' with each letter for your supporters to complete. On this form, be sure to add your name and address on the top right so your supporters can send their donation back to you. It might also be a good idea to include a stamped self-addressed envelope for your sponsors to return to you!
 - o It is your responsibility to bring all these forms and cash/check donations with you the day of the Swim. Please note your name and the total \$\$ contained in the envelope, on the outside of this envelope! Also, **include a completed 'Sponsor's Donations Form'** for these offline donations, including the donor names, addresses, and \$ amount of donations. Any online donations will be tracked automatically – we just want to make sure we get the details for anyone giving you cash or checks provided on the event day.
- A **"Sample Fundraising Note"** is included in the package for your reference. You are encouraged to customize and personalize your message to your supporters via email or Letter, but this provides you with some facts and figures to help you get started.

Additional Fundraising Awards will be provided to those swimmers/volunteers who achieve the following fundraising levels: Adult - \$2000, Child 18 and Under - \$1000



SAMPLE EMAIL TO SPONSORS

Dear **xxxx**,

I am writing you this letter to ask for your support for a great cause in the fight against cancer. On Saturday August 3rd, 2019, I will be participating with Swim Across America (SAA) (and **Team XXXX**) in the annual Sound to the Cove swim at Morgan Park in Glen Cove, NY to raise money for cancer research and treatment priorities. Like many of the other participants, **I/we** swim in the honor of friends and relatives currently battling cancer, and in the memory of those whose lives were lost to this terrible disease.

The Nassau/Suffolk chapter of **Swim Across America** was founded in 2001, and since then we have raised over **\$9.4 Million in support of our beneficiaries.**

I am asking friends to donate whatever they can and whatever they feel appropriate. In addition, if you would like to join the team as a swimmer or volunteer, please register online at the website noted below. We welcome swimmers, kayakers, volunteers and anyone willing to help out with the fundraising efforts. This year, my personal fundraising goal is **\$XX,000**, and I need your help. Our swimming and fundraising efforts are nothing compared to the struggle that cancer patients face every day. With your help, we have the chance to bring the cure closer.

I want folks to know that your donations are going to support some of the most dedicated and renowned beneficiaries in the world of cancer research, treatment and prevention. They include:

- Memorial Sloan Kettering Cancer Center's Swim Across America Research Laboratory
- Cold Spring Harbor Labs
- The University of Texas MD Anderson Children's Cancer Hospital (Stacey Leondis Fellowship)
- The Feinstein Institute at North Shore LIJ

Swim Across America has achieved a 4-star rating from Charity Navigator (the highest possible rating), and a GuideStar Platinum status (highest possible rating). The team at SAA Nassau Suffolk Long Island is an all-volunteer team, dedicated to maximizing the direct donations to our beneficiaries, and over 81% of every dollar raised by SAA-NS goes directly to the cause. That is truly world-class!

This is a tough fight and we need your help – please accept the challenge!! There is a link to the Swim Across America Home Page below, providing you with more information on the organization and our beneficiaries.

You can donate online via a secure credit card donation ... Just use the following weblink to my personal fundraising page and use the Blue DONATE NOW Button toward the Top Right.

<https://www.swimacrossamerica.org/site/TR/OpenWater/....> (This should be updated to include your fundraising page)

If for any reason you are uncomfortable doing this transaction on the web, please feel free to send your checks directly to me. Please Make Checks Payable to **Swim Across America, Inc.**, and forward to,

Swim Across America, 734 Franklin Ave #301, Garden City, NY 11530

Make sure to include a note with the name of the swimmer you are donating to.

Your dedication to this event is a living testament to your commitment to helping all those less fortunate. Swim Across America is all about empowering individuals to make a difference in the fight against cancer. Through your participation and fundraising, we are making that difference, and Swim Across America will not stop until we reach our goal of finding a cure to cancer!

Sincerely,

MORE ABOUT SWIM ACROSS AMERICA

S

Our Mission Statement

WE UNITE THE SWIMMING COMMUNITY BY HOSTING BENEFIT SWIMS THAT RAISE MONEY TO FUND LIFE SAVING CANCER RESEARCH AND CLINICAL TRIALS.

Every 15 minutes, 50 Americans are diagnosed with cancer. This is a sobering reality. But, the good news is that every year millions of Americans are beating cancer through advancements in treatments. Swim Across America, the official charity for swimmers, exists to raise money for our network of doctors and researchers who are the pioneers developing new cures and treatments to this dreaded disease. Michael Phelps and over 100 Olympians support SAA.

And We Continue to Evolve!

Since our inception, we have grown from a single event in Nantucket, MA, to dozens of events across the U.S. From New York to California, we are swimming across America. To date, Swim Across America has raised over **\$80 million** for cancer research, prevention and treatment. Our major research beneficiaries- Dana-Farber Cancer Institute in Boston, Memorial Sloan-Kettering Cancer Center in NYC, Rush University Medical Center in Chicago, Cancer Support Team of Westchester County, Children's Hospital of New York-Presbyterian, the Seattle Cancer Care Alliance, The Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins, Moffitt Cancer Center in Tampa, Baylor Charles A. Sammons Cancer Center in Dallas, UCSF Benioff Children's Hospital in San Francisco, Women & Infants Hospital in Rhode Island, Aflac Cancer & Blood Disorders Center at Children's Healthcare of Atlanta, The Alliance for Cancer Gene Therapy in Stamford, CT, Cold Spring Harbor Lab in NY, Fighting Chance in Long Island, and Children's Hospital & Research Center in Oakland, CA - all recognize our funding source as instrumental to their success. Without Swim Across America, much of their research would be left with no monetary support.

Our events unite recreational swimmers, competitive swimmers, Masters swimmers, Olympians, kayakers, boaters and hundreds of volunteers all committed to pursuing a cure for this devastating disease. In all, over 5,000 swimmers, ranging in ages from 4 to 78, participate on an annual basis in our events.



Donation

Please make your donation payable to **Swim Across America, Inc.** and return it to your swimmer/volunteer with this sheet.

Thank You!

Please fill this form out completely and legibly to prevent processing delays. Donations are tax deductible to the fullest extent allowed by law.

Matching Gifts

Many companies provide their employees with matching gifts/ pledges. Check with your employer on its specific guidelines.

Our Beneficiaries Include:

*A Ya cfU`G`cUb?YHYf]b[s
 7UbVWf7YbhYf g`Gk Ja `5Vlcggs
 5a Yf]WJF YgYUWV @UWcfUhcfn
 S
 7c`X`Gdf]b[`<UVcf`@Ugs
 S
 I b] Yfg]mcZHL `A 8`5bXYfgcbs
 7\]Xfyb g7UbVWf<cgd]Uss
 S
 HAY: Y]bgY]b`+g]h] Hys
 S*

Please visit our Website www.swimacrossamerica.org/ns for a complete list or our beneficiaries.

*G]bWV`k Y VY[Ub]b`&\$\$&k Y`Uj Y`gYbhs
 , % `ci f`gk Ja a YfgzJci bhYfg `UbXs
 GdcbgcfG `XcbU]c]bgX]fYV]m]tc ci fs
 VYbYZ]U]Yg's*

Donation Form
A Swim to Fight Cancer
 Nassau/Suffolk Events

 Name of Person Being Sponsored

 Address

 Team Name (if applicable)

Sponsor's Information (please print)

Mr. & Mrs. Mrs. Mr. Ms. Miss Other:_____

 Last Name First Name

 Business Address (if business donation)

 Mailing Address

 City State Zip

I'm Behind You Every Stroke!

- Honorary Swimmer..... \$1,000
- Inspiration \$500
- Commitment..... \$250
- Spirit..... \$100
- Other Amount..... Single Payment in full.... \$_____

THANK YOU!
 (This form may be copied as needed.)

Make Checks Payable to: Swim Across America, Inc.
 Swim Across America, 734 Franklin Avenue #301, Garden City, NY 11530
 Please include a note mentioning the name of the swimmer or team you are sponsoring.
 email: kevin@swimacrossamerica.org www.swimacrossamerica.org