

## **Swimmer / Kayaker Pre-Race Planning**

Here is a start of questions that you can ask each other to help plan for the upcoming event across Geneva Lake.

The Kayakers should know some preferences about the swimmer on how they want to be guided...

- 1) Which side should the kayak be on, some swimmers breath on different sides.
- 2) How often will the swimmer be provided fluids and nutrition? Will you have pre-set locations, or will you use some form of a signal?
- 3) Come up with hand signals to show the swimmer if they should angle to the right or left. Typically, they should guide from the support craft, but if you are coming up on a object, you may need to direct them faster then you can maneuver.
- 4) Does the swimmer want the support to watch for anything on them? Stroke counts?
- 5) Does the swimmer have a pace goal?
- 6) Do you have enough fluids to deal with a hot day?
- 7) Does the swimmer have any medical conditions? Any emergency medicines?
- 8) Does either person need Tums to ward off cramping?
- 9) Does the swimmer want a second pair of goggles on the kayak? Anything else for gear?
- 10) What else might your swimmer want to talk about?

Kayakers should know the swimmer number and what wave they are taking off of. This will all be finalized at the start of the race.

Do either need sun screen? The kayaker may also want a large sun hat, and I would highly recommend good sun glasses.

The kayaker needs to have enough fluids and nutrition to get to the finish for themselves. Our relay pontoon boats will have extra, but you should not depend on having to stop for it.

The swimmers will start at the end of the Fontana beach pier. The kayakers will meet up with them a few hundred feet into the race near the south end of the beach.

The swimmers will finish by going under an arch anchored in shallow water at Big Foot Beach. The kayakers should detour to either side and then beach. Leg stretching will be allowed at this point.

We will have people to assist crossing the road to the grass area of the beach for the meal and awards.