



*Minnesota Masters Swimming presents:*



# 2017 Lake Phalen

## Open Water Swim Workouts

### What:

- Supervised Open Water Swim Workouts in Lake Phalen

### When:

- Saturday June 10, June 17, and July 8
  - 10:30 AM to 11:00 AM Check in and instructions
  - 11:00 AM to 12:00 PM Swim workout
- Wednesday June 21 and July 12
  - 6:30 PM to 7:00 PM Check in and instructions
  - 7:00 PM to 8:00 PM Swim workout

### Where:

- Lake Phalen Beach, 1000 Wheelock Pkwy E, Saint Paul, MN  
<https://www.stpaul.gov/departments/parks-recreation/aquatics/phalen-park-beach>
- Parking is available in the Phalen Beach parking lot.
- Please do not bring valuables as there is not a secure locker room.

### What:

- Two courses offered: You can complete the courses multiple times within the scheduled hour. Courses are subject to change.
  1. Approximately 900 yard triangular course across lake
  2. 100–300 yard beach course
- Course will be monitored by certified lifeguards.
- Courses will be marked with large orange buoys.
- Coaching for beginner course will be offered by certified swim coaches and experienced open water swim volunteers.
- All participants will receive and be required to wear a free swim cap.
- Swim may be cancelled due to inclement weather. No refunds available.
- You must check in volunteers upon completing your swim so we know you are safely OUT of the water.

### Who:

- All abilities welcome from beginners, to triathletes, to experienced open water swimmers.
- Must be over age 18 and a United States Masters Swimming (USMS) member or covered by a trial membership or one-day registration (see below for details).

## Registration:

- Register at [minnesotamasters.com](http://minnesotamasters.com) or ([Registration link](#))
- A complimentary 30 day trial USMS membership will be offered to first time non USMS members.
- Trial membership can be found [here](#). Please turn in the trial membership paperwork to a volunteer prior to entering the water.
- For any subsequent workouts after 30 days, you must become a registered USMS member or complete a [one-event registration form](#) (\$15 fee in addition to registration cost).
- Online registration will close three days before each workout.
- Same-day registration will be based on availability.

## Cost:

- \$10 per workout:
  - June 10 Registration ([link](#))
  - June 21 Registration ([link](#))
  - June 17 Registration ([link](#))
  - July 8 Registration ([link](#))
  - July 12 Registration ([link](#))
- **Volunteers swim free with USMS membership!** Volunteer information and registration can be found [here](#).

## What to bring with you:

1. Upon arrival, please sign in with a volunteer with your USMS membership number.
2. Swimsuit and/or wetsuit. (Wetsuits are optional. The water temperature will vary throughout the summer.)
3. Goggles
4. Towel
5. [Inflatable swim buddy](#) if you have one