

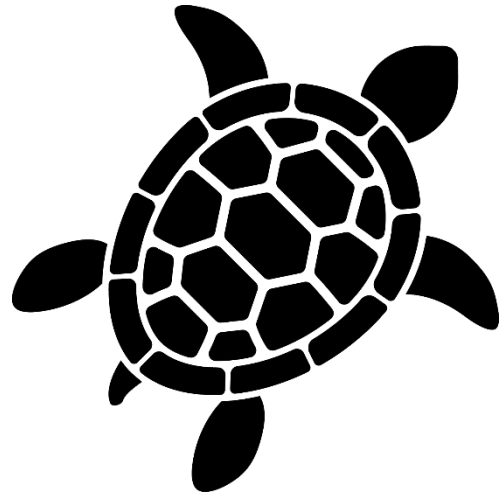
MACKINAC ISLAND SWIM



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Swimmer Requirements

- **Wetsuits are mandatory***
 - Required as outlined by event permit from US Coast Guard
 - You may use shortie wetsuits (sleeveless with short leg)
 - Check out our TYR discounts if you still need a wetsuit.
www.swimaroundmac.com/discounts
 - *Those with registered kayak support may swim without a wetsuit.
- **A swim buoy is mandatory**
- Swimmers must have name and emergency contact listed on their swim buoy or race bib (which will be placed in or attached to the buoy)
- Swim caps must be worn and will be provided at packet pick-up
 - Orange caps – individual swimmers
 - Pink caps – relay swimmers
 - Black/pink silicone caps are available to those that have latex allergies
- Emergency whistles will be provided. Please recycle these at the end of the swim.
- Relay exchanges must be made at exchange points or from a kayak.
- **SWIMMERS & REGISTERED KAYAKERS will be EMAILED THEIR FERRY TICKET** by Shepler's Ferry approximately 10 days before the swim.
 - Ferry ticket will be emailed to the account you registered with
 - If you registered multiple people (i.e. relay teams) but used one email address, be aware that all the ferry tickets will be sent to that address if it is not changed on RunSignUp
 - Friends and family should purchase ferry tickets online at SheplersFerry.com using the code "MIS23"
 - Using the code gets you an \$8 discount (\$9 for children).
 - Using the code **guarantees you seating on the reserved 6:30am ferry on event morning**. However, you can use the code for other ferry rides as well.



- **Exiting the water before the finish**

- You **MUST** let a volunteer know you are done swimming.
- Please proceed to the finish line and check your bib # in.
- You will be responsible for walking to the finish line. If you need assistance, please alert an MIS staff member.
- Another option upon exiting the water is to text your name and bib# to **616.422.7955**

**WE NEED TO ACCOUNT FOR ALL SWIMMERS THAT
HAVE EXITED THE WATER BEFORE THE FINISH LINE**

MIS Itinerary

For all participants & spectators

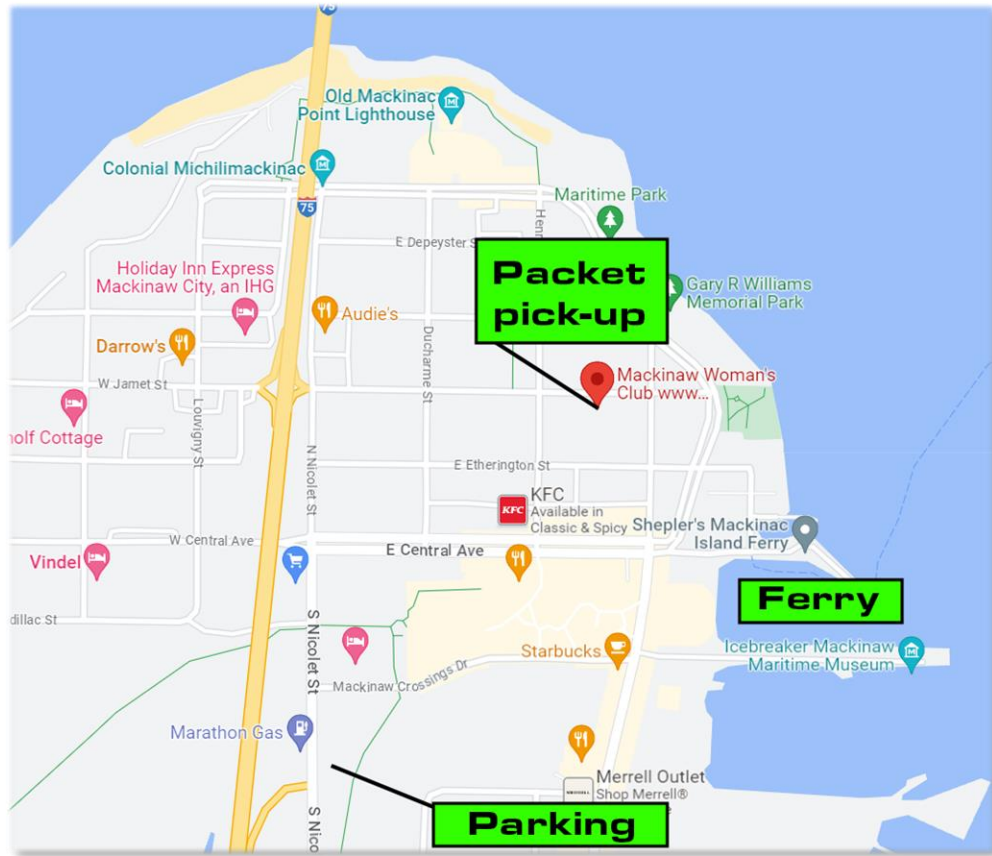
- **Packet pick-up will only be available in Mackinaw City this year.**
 - All participants living on or staying ON MACKINAC ISLAND - and - arriving before Friday, please let Jon know (jon@swimaroundmac.com).
- There is no in-person safety meeting this year. You will receive a safety briefing video prior to the event weekend. Any questions should be directed towards MIS staff at the packet pick-up.
- **Friday August 11, 2023**
 - **Packet pick-up option #1**
 - Ice cream social, sponsored by Kilwin's
 - 1:00pm – 6:00pm
 - Mackinaw Woman's Club - 310 E. Jamet, Mackinaw City, MI 49701
- **Saturday August 12, 2023**
 - **Packet pick-up option #2**
 - 2:00PM – 5:00PM
 - Mackinaw Woman's Club - 310 E. Jamet, Mackinaw City, MI 49701
 - **KAYAK DROP-OFF* (for those on the mainland)**
 - 3:00PM – 4:00PM
 - Shepler's ferry docks in Mackinaw City (see map #1, pg 5)
 - Additional kayak info on pages 7-9
 - Kayaks will be brought to Mackinac Island and staged at the start line
- **Sunday August 13, 2023 – Event Day (blue = coming from mainland)**
 - 5:45am – Shuttle from Shepler's overflow lot (Mackinaw City) to ferry begins (map #1, pg 5) *otherwise plan for a 10-15 min walk (1/2 mi)
 - 5:45am – 6:25am – Bike transport tickets will be available for purchase at the ticket window (if you haven't done so online).
 - **6:30AM** – Ferry from Mackinaw City -> Mackinac Island departs with or without you.
 - Bathrooms are available at the ferry docks, **THERE WILL BE NO BATHROOMS AT THE START LINE**
 - There is **NO ferry from St. Ignace** at 6:30am
 - 7:00AM – Ferry arrives at Mackinac Island
 - Begin walk from docks to start line. (map #2, pg 5)

- Walkers must remain on the boardwalk. The road needs to be clear for bicycles and horses.
- **BAG DROP** will be available near the start line. Have bags easily identifiable and labeled with your name and bib #.
 - Tags will be available at packet pick-up
 - Volunteers will load bags on the dray (horse carriage)
 - Bags will be brought and staged on the Mission Point lawn at the finish line
 - We are not responsible for lost/stolen items
- **The Mackinac Bike Barn will be open starting at 7:00am for early bike rentals**
 - **Located East (right as you get off the dock) of Shepler's docks.**
- Swimmers will align themselves on the boardwalk.
 - Swimmers doing 7 miles (no 8.2 loop) will align on the north end of the beach.
 - All 8.2 mi swimmers line up by their estimated finish times. Volunteers will hold banners with estimated times to help with organizing yourselves.
 - RELAYS – please do not congregate in the start line. Lead off swimmer only.
- Registered support kayakers must be in the water by 7:45am and heading to the designated kayak zone (see event map pg 16).
- Kayakers supporting swimmers doing the 7 mi loop.
 - You do **NOT** need to go to the kayak zone.
 - You may enter the water north of the start line, by the “7 mi group” sign
- **8:00am: SWIM START**
 - All swimmers will enter the water through the start line chute in groups of two.
 - The path is rocky!

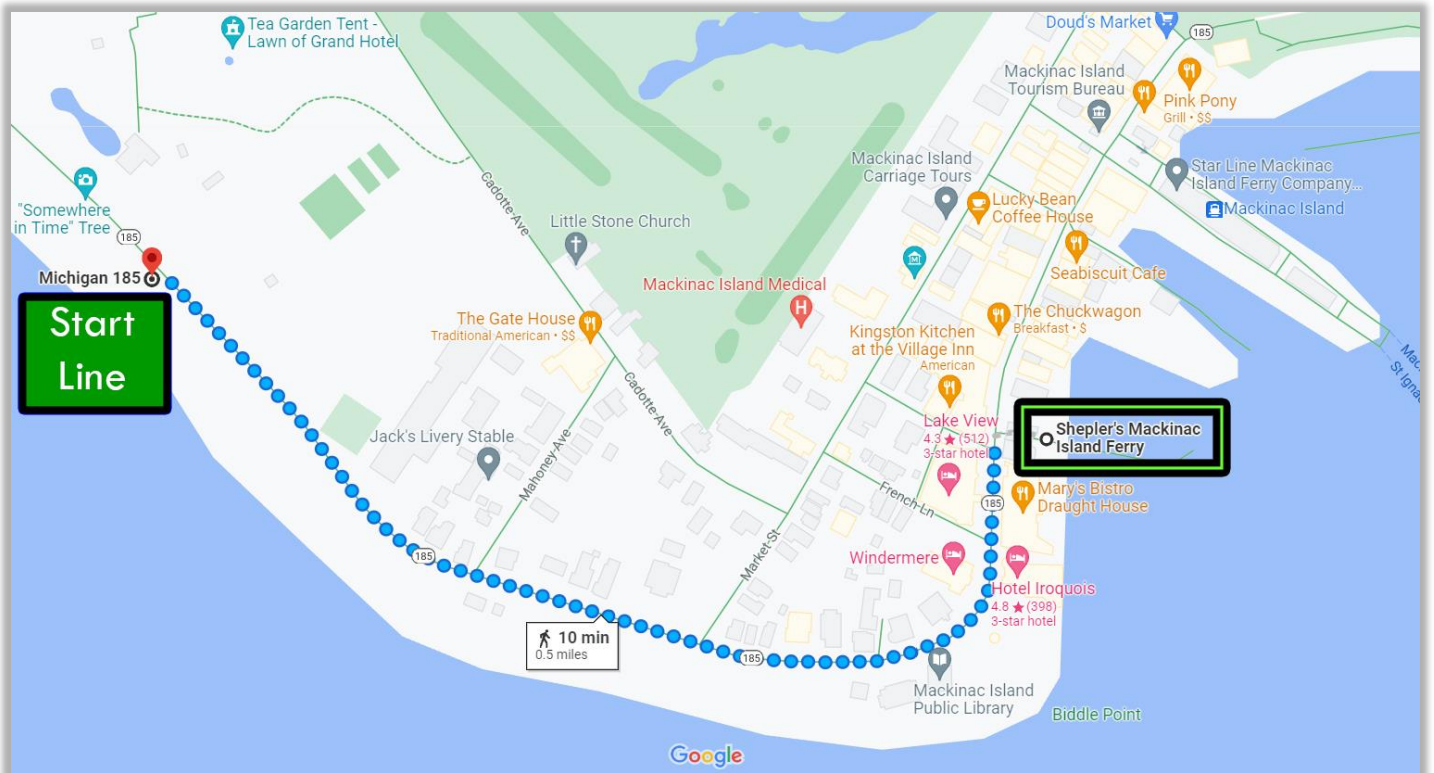


**Scan for a YouTube video link.
Video explains weekend logistics
for swimmers & kayakers**

Map #1 – Mackinaw City: Important Locations



Map #2 – Mackinac Island: Walk to Start from Ferry Dock



Participants staying on the Island

- There is no packet pick-up on the island this year, please let Jon (jon@swimaroundmac.com) know if you are arriving on Mackinac Island before Friday. Make plans to go to packet pick-up before heading to the island (Friday & Saturday options).
- **Saturday afternoon** a Mackinac Island bike tour will be led by island resident (and MIS swimmer), Brad Conkey. If you are interested, please keep an eye out on the Mackinac Island Swim facebook group or contact Jon (jon@swimaroundmac.com) for more info.
- **EVENT MORNING INFO**
 - **24 hour taxi service available**
 - If you would like transport to the start line you MUST call them at least a week prior.
 - Information can be found at www.mict.com or (906) 847-3323
 - **Start Line**
 - 1.1 miles from Mission Point to start line (20-25min walk)
 - ½ mile from Shepler's to Start Line (10 – 15 min walk)
 - THERE WILL BE **NO BATHROOMS** AT THE START LINE – use hotel OR
 - Bathrooms will be available at:
 - Mackinac Island State Park Visitors Center starting at 6:30am
 - 7200 Lake Shore Dr, Mackinac Island, MI 49757
 - Near Pink Pony and the marina
 - Shepler's Ferry Dock bathroom will be opened, but not until the ferries arrive around 7:00am
 - See pg 4 regarding more event day info.

Map #3 - Mackinac Island: Walk to Ferry Dock



Support Kayakers

- It is the responsibility of participants with support kayakers to have a plan in place on event day. The kayak portion of this event tends to be the most logistically arduous process. Please read carefully to make sure you are aware of all the plans in place to make this process easier for you.
- No motorized kayaks.
- We do not recommend inflatable kayaks.
- **You must wear a lifejacket at all times!**
- If you are bringing your own kayak and do NOT have a kayak trolley, consider purchasing one (about \$50 on Amazon).
- Your personal ferry ticket to the island will be emailed to whatever email was given during registration
- ALL registered kayakers need to be at packet pick-up and will receive:
 - A roundtrip ferry ticket via Shepler's for your kayak
 - Wristband for your meal at the finish line
- Kayaks may be stored at the start line beginning 3:00 pm **on Saturday August 12**
 - Please make sure kayaks are marked as your own with waterproof tag or marker
 - We are not responsible for lost/stolen kayaks
- Kayak transport to the island.
 - Option #1, transport your kayak to the island via Shepler's at your discretion
 - Store at your hotel, or at Mission Point
 - Bring Sunday morning head to start immediately
 - Kayaks can be staged at the start line starting 3pm Saturday
 - Option #2, kayaks will be transported to the start line for you **IF you drop them at Shepler's Mackinaw City dock between 4:00pm – 5:00pm Saturday August 12.**
- Those staying on the island but not at Mission Point
 - Please speak to your hotel about the best storage for your kayak. Otherwise, there is a storage room at Mission Point you may use (The Robinson's Folly room).
- Those staying at Mission Point
 - Please store your kayak in the Robinson's Folly room.



- **Event day logistics for kayakers**

- **Kayakers MUST be in the water by 7:45am**

- There is a designated location for kayakers to be at and await their swimmers. (see event map pg 16)
- Kayakers with swimmers doing the 7 mile loop, start from the north end of the beach.

- **Be aware of:**

- Waves, you will likely encounter waves and currents.
 - If you are someone who gets seasick, plan accordingly (non-drowsy Dramamine, seasickness patch, etc.)
- You will likely be in a kayak for at least 4 hours, plan accordingly.
- Bathrooms, there is one public restroom on the course, it is at British Landing (see event map pg 16).
- If you see something, DO SOMETHING. There will be vessels and on shore staff comprised of medical personnel and lifeguards, but that doesn't mean they see everything. Please alert us (call, radio, wave down a boat, blow your whistle) if you see anything alarming. **For serious emergencies call 911.**
 - For other concerns please call:
 - Phil Meiste (head paramedic) ----- 616.405.7245
 - Mary Kay Gavitt (head lifeguard) --- 517.749.7489
 - Jon Turner (event assistant) ----- 616.422.7955
 - Deb Vos (volunteer coordinator) ---- 616.990.1676
 - Jon Vos (event director) ----- 616.403.2523
- Please follow the direction of our staff and do not argue with them. They are there to assist in the safety of all the swimmers and to follow the guidelines of our permits.

- 4:00pm at the finish line: There will be a designated kayak area for transport from Mission Point to Shepler's Ferry Docks.

- Not mandatory, but there for your convenience.
- For those leaving the island on Sunday

• Kayak Rentals

- Listed below are those that have rented kayaks through Mackinac Straits Kayaking. Swimmer is in parenthesis. * denotes tandem kayak rental, bolded means we are awaiting kayaker registration still.
 - Adam Angle (April Angle)
 - Barbara Auten (Kiva Auten)
 - Jeremy Beauchamp (Erika Beauchamp)
 - *Jane Blackwell (Bruce Schroeder)
 - Carla Howe (Jenny Birmelin)
 - Patrich Jett (Kristyne Cole)
 - Samantha King (Roch King)
 - Robert Lehman (Anne Lehman)
 - ***Andrew Ludden (Tom Ludden)**
 - Todd Lyons (Gail Lyons)
 - Rachel Martin (Martha Martin)
 - Ward Morris-Spidle (Kris Singh)
 - Daniel Murphy (Mary Ellen Murphy)
 - *Angie Patton (team Chicks with Kicks)
 - **Maggie Regan**
 - Don Rudat (Beth Rudat)
 - Cindy Seburn (Vanessa Herring)
 - Amy Springer (Aaron Springer)
 - Carrie Ward (Robert Louis-Ferdinand)
 - Kyle Zuidema (Don Zuidema)

- Mike Syrjala, owner of Mackinac Straits Kayaking, is your contact for the kayak rentals. He will have the kayaks ready for you on event morning. Any questions about these rentals should be directed towards him.
 - Mike – 517.528.9545
 - Email - mackinacstraitskayaking@gmail.com



Relay Information

- All relays are responsible for creating a plan with their team
 - Prepare for the logistics of getting to/from each exchange location.
 - Many teams choose to have a bike, and backpack loaded with clothes/shoes/food/water/phone.
 - Bike rentals are available on 8/13 at The Mackinac Bike Barn starting at 7am. All other rental sites open at 8am.
- Each relay team will be given one race bib with chip at packet pick-up.
 - Swimmers MUST exchange this bib during any relay exchanges. (place it in your buoy)
- 5 relay exchange options marked by green buoys (see event map pg 16)
 1. * start line (following 1 mile loop)
 2. 1 mi North of start line (before West edge of island)
 3. British Landing (Aid Station #1)
 4. Northeast of island along a pebble beach
 5. 'Last Chance' Aid Station #2 on east side of the island

*start line is not marked by a buoy, all other relay exchanges have a green buoy

- For relay exchanges
 - Relay teams must check-in with volunteers at the exchange
 - Swimmers shall not re-enter the water unless they do so at an exchange station.
- Teams with kayaks may make in water exchanges.
- Distances between relay exchanges are shown on the relay exchange chart (pg 11). Locations can be found on the event map, and additional information can be seen on our website (swimaroundmac.com) and YouTube channel (www.youtube.com/channel/UCXPmqRSrA9o2-h0Xclx8Nvw)



Relay Exchange Chart (distance in miles)

	Grand Hotel		British Landing		Mission Point		
	Start Line	Exchange #1	Exchange #2	Exchange #3	Exchange #4	Exchange #5	Finish Line
		(start loop)		(aid station)		(aid station)	
Start Line	0	1	2	3.75	4.75	6.25	8.2
Exchange #1		0	1	2.75	3.75	5.25	7
Exchange #2			0	1.75	2.75	4.25	6.2
Exchange #3				0	1	2.5	4.5
Exchange #4					0	1.5	3.5
Exchange #5						0	2
Finish Line							0

*Yellow highlight represents the distance between each subsequent relay exchange

* To find distance between relay exchanges, find the intersection of the exchange you start at and the one you finish at
i.e. the distance between the two aid stations (exchange #3 and exchange #5) is 2.5 miles

Aid Stations

- Each aid station will have the following
 - Water and a sports drink
 - Food (likely a sugary option and a salty option)
 - Gels or chewable
 - At least 1 medical staff w/first aid equipment
 - AMAZING VOLUNTEERS AWAITING SERIOUS GRATITUDE!
- **Aid Station #1** – British Landing (mile 3.75 of the 8.2 route)
 - This has the **ONLY RESTROOM** along the route
 - Also serves as relay exchange option #3
 - Coordinates for maps: 45.87749, -84.64542

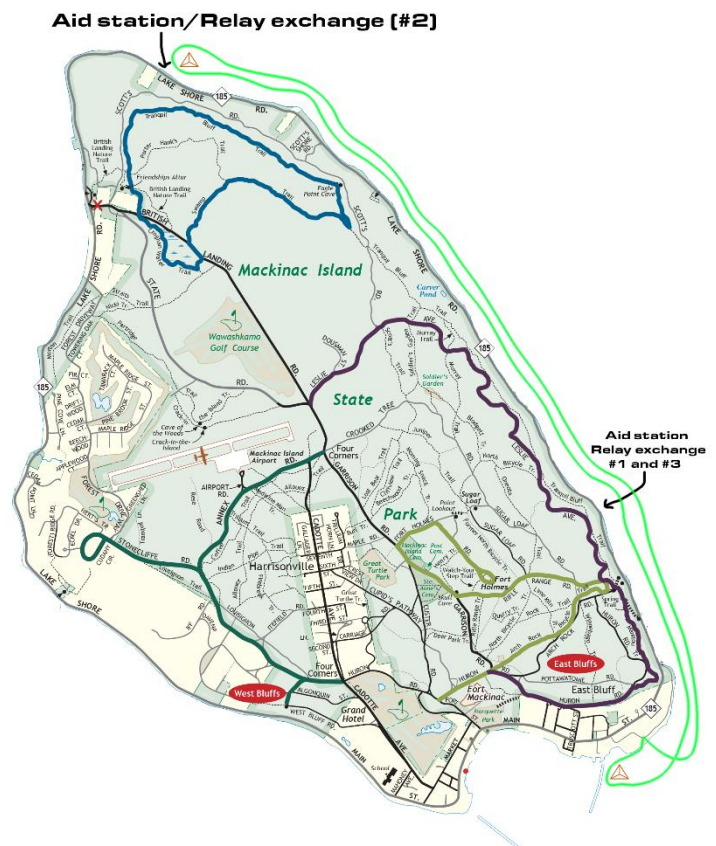
- **Aid Station #2** – East Side (mile 6.2 of the 8.2 route)
 - Very rocky area
 - Coordinates for maps: 45.87027, -84.6166
 - **NO RESTROOM**
 - Final stop before finish line



Inclimate Weather and Alternate Route

In the unfortunate circumstance of bad weather, our team will make decisions regarding delays, cancellations, or the use of an alternate route.

- In the event of rain, the event will go as planned.
- In the event of heavy fog during the morning of the event.
 - We will delay for up to 2 hours
- In the event of thunderstorms.
 - The forecast and a decision by our event team will decide if the swim is to be cancelled or delayed
- Air Quality – if the AQHI index is in a high-risk category, we will consult with our team about delaying or canceling the event.
- In the event of a small craft advisory
 - The event will be canceled if conditions are too dangerous for swimmers, kayakers and boaters to aid the event
 - An alternate 'out and back' route will be used on the leeward side of the island (see map)



*Lunch will be provided regardless of the cancellation of the event. Come to Mission Point at 11:30am to celebrate your hard work and to support the Mackinaw Woman's Club

Discounts

- **TYR offers a 40% off discount to all MIS swimmers.**
 - Instructions for how to log in to the team store can be found on our website: swimaroundmac.com/discounts
 - Once you are signed up, keep an eye out for emails from TYR for additional discount codes to add on top of our team pricing
- **Salty Britches** sells ointment that work great to prevent chaffing. Use our 20% off code “Mackinac” from their website: getsaltybritches.com
- **Skratch Labs** will be our aid station sponsor this year, offering gels/chews and hydration. Use our 20% off code “Mackinac” from their website: SkratchLabs.com
- **Shepler’s Ferry** has provided us with reserved ferries this year. All participants receive a ticket. However, anyone else using Shepler’s Ferry can use code “MIS23” from SheplersFerry.com to receive an \$8 discount. You must purchase by August 12. **This code MUST be used if you are taking the 6:30am ferry on August 13.**

Finish Line Fundraiser

Finish line festivities begin at 11:30am

Remember, the Mackinac Island Swim is a fundraising event, not a race. Our finish line has been set up to let you celebrate your accomplishment and take part in our fundraising efforts for the Mackinaw Woman's Club.

Tents will be set up to sell MIS merchandise, raffle off items and bid on silent auction items. **All of these proceeds go to benefit the Mackinaw Woman's Club.** Cash, credit card and venmo will be accepted.

Finish line meal provided by Mission Point Resort

Pasta buffet served between 11:30am – 3:30pm.

Caesar Salad
Penne Pasta | Alfredo & Marinara Sauces
Sliced Grilled Chicken | Meatballs
Breadsticks
Cannolis
Tiramisu
*gluten free pasta will be available

*Cash bar will include craft beer, Bud Light, wine, seltzer and soft drinks

Craft beer will be available at a discount, thanks to Mitten Brewing. MIS is also offering custom pint glasses for purchase this year at the fundraiser. **You may use these when purchasing Mitten Brewing beer to receive an additional 4oz at the same price!**

If, **AND ONLY IF**, you feel you will not make it to the finish line by 3:00pm (7 hours from start), we will supply you with a boxed lunch at the finish line. If you think this is you, **PLEASE LET JON know (jon@swimaroundmac.com) before July 20** so we can have the necessary amount available.

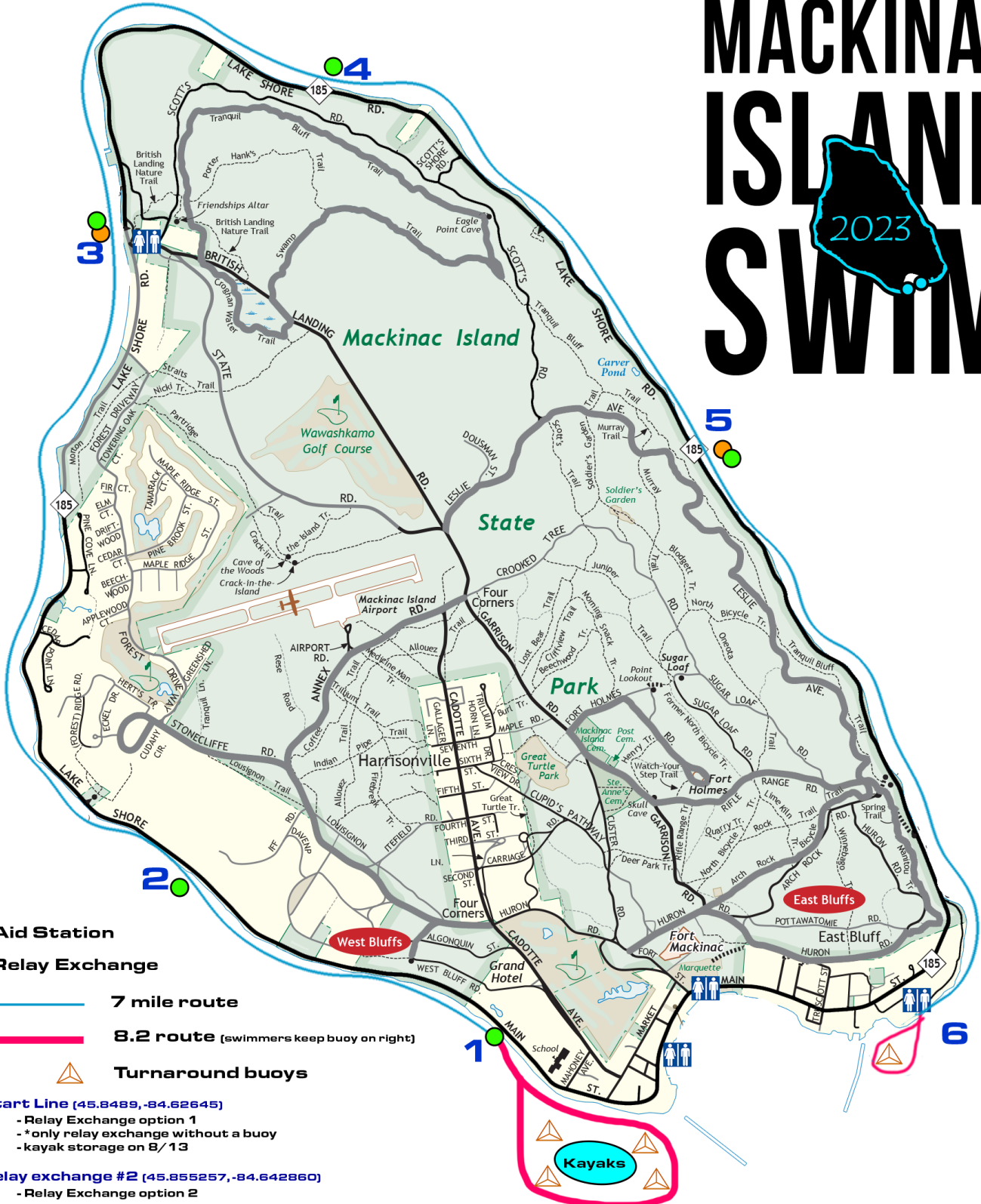
*All swimmers and registered kayakers will receive a complimentary meal.

Those wishing to purchase extra meal tickets, **MUST DO SO BY July 20.**

A link to purchase a meal ticket can be found on our website:

www.SwimAroundMac.com

MACKINAC ISLAND SWIM



- Aid Station
- Relay Exchange

- 7 mile route
- 8.2 route (swimmers keep buoy on right)
- ▲ Turnaround buoys

- 1: Start Line** [45.8489, -84.62645]
 - Relay Exchange option 1
 - *only relay exchange without a buoy
 - kayak storage on 8/13
- 2: Relay exchange #2** [45.855257, -84.642860]
 - Relay Exchange option 2
- 3: British Landing** [45.87749, -84.64542]
 - Aid Station #1
 - Relay Exchange option 3
- 4: NE Beach** [45.88338, -84.63753]
 - Relay Exchange option 4
- 5: Last Chance** [45.87027, -84.6166]
 - Aid Station #2
 - Relay Exchange option 5
- 6: Finish Line!!!!** [45.84971, -84.60491]

Restrooms*

- Shepler's Docks (7:00am)
- British Landing
- State Parks Visitor Center (6:30am)
- Mission Point Conference Center

***there will be NO RESTROOMS at the START LINE. Plan accordingly.**