

**ESCAMBIA BAY  
BRIDGE TO BRIDGE  
25K OPEN WATER  
SWIM**

**MAY 18, 2012**

**SWIMMER  
INFORMATION**

**Distance:** 25k Swim

**Start time:** 7 am with a beach start.

**Safety/General Meeting:** Will take place 15 minutes prior to the start.

**Race Check in:** Is from 6:30-6:45 am. Waivers and swim cap pickup. Shirts given at the end of the race.

**Route:** Starts at the beach at the Quality Inn in Gulf Breeze, FL. You will swim .3 mile to turn right under the 3-mile bridge. The course then doglegs to the right towards the bluffs in the Gulf Island National Seashore. In this area the water depth is from 3-15 ft. and plenty of horseshoe crabs and rays to be seen along the bottom. The route then goes to the left past the point and back into a straight line past the Garson Point Bridge. Swimmers will swim past the bridge to the turn around and follow the course back to the beach in Gulf Breeze.

**Map:** [www.racepensacola.com](http://www.racepensacola.com) or <http://www.gmap-pedometer.com/?r=5218852>

**Water Support:** You must provide your own support. They can carry supplies for hydration and nutrition. Your water support can relay with several launch points for kayaks along the route. The first spot is in the Gulf Island National Seashore pavilion area (<http://www.nps.gov/guis/planyourvisit/upload/NLO%20trail%20map-2.png>).

The next location is Bal Alex boat ramp (<http://www.santarosa.fl.gov/parks/balalex.html>) about 6 miles from the race start.

Please no motorized escort boats.

**Water Temperature:** 78-81 degrees along the course. This may change with seasonal weather changes.

**Water conditions:** Conditions will change during the swim and it is up to the swimmer to prepare for rough conditions. The swim will take place as long as no lightning is in the area.

**Buoys:** The course will be marked with buoys about 1 mile apart. The turnaround buoy will be lime green. Shoreline will be about 200-500 yards to the south during the swim.

**Safety equipment:** The use of a SSD is allowed and encouraged. Information can be found at the following: <http://ishof.org/safety/ssd.htm>

**Wetsuits:** With the water temperature 78-81 degrees. We advise against the use.

**Wildlife:** The area is filled with different species from harmless to dangerous sea life. Please be aware of your surroundings.