# SWIMMER FAQs

**How strong a swimmer do I need to be?**
THIS IS NOT A SWIM FOR BEGINNERS.
The ocean conditions are quite variable as far as temperatures, waves and swells. Your preparedness for challenging conditions is critical. The swim requires the ability to successfully make it through breaking waves at the surf line and deal with varying water temperatures. This is a long swim and if you haven't been training and acclimating to the cold ocean temperatures, we ask that you please reconsider your participation. THIS SHOULD NOT BE YOUR FIRST OCEAN OPEN WATER SWIM.

**What conditions should I be prepared for?**
*Water Temperature:* Please be prepared for a sub-60°F swim. Although water temperatures are often in the 60s in August, it is always possible that the water temperature will drop on swim day.
*Wave Conditions:* In addition to cold water, wave height, currents, and chop are highly variable. The surf in August is generally quite mild, but can be rough. Swimmers should be prepared for potentially rough surf conditions, particularly at the start, the finish, and just prior to entering "the gut" in front of the Nubble. This is a long swim and if you haven't been training and acclimating to the cold ocean temperatures, we ask that you please reconsider your participation. THIS SHOULD NOT BE YOUR FIRST OCEAN OPEN WATER SWIM.

**Any suggestions for training?**
The swim distance for this event is approximately 2.5-3 miles. Actual distance will vary depending on the swimmer's ability to navigate the unpredictable conditions on event day (wind, currents, swell and tidal impact causing varying conditions). The swimmer should train to complete this distance comfortably from an endurance perspective. Swimmers should also be acclimatizing to temperatures in the 58°F and higher degree range. The best suggestion for swimmers is to swim in the open ocean in colder water conditions. There are many swim groups that can be found using social media.

**How do I sign up?**
Go to our SWIMMER REGISTRATION page.

**How old do I have to be?**
Swimmers must be 18 or older on the day of the swim.

**Are wetsuits required? Can I register for wetsuit or non-wetsuit?**
Wetsuits are highly recommended by the Safety Committee. Non-wetsuit swimmers require approval by the Event Director in advance. The backgrounds of swimmers who request to swim without a wetsuit will be vetted by the Event Director for approval.
If the water temperature drops below 58°F, wetsuits will be required, unless you have pre-approval from the Event Director.

**What if I change my mind about wetsuit or non-wetsuit?**
The category that a swimmer signs up for (wetsuit or non-wetsuit) is the category that they must swim in on event day. If a swimmer decides they would prefer a wetsuit on event day for their safety, an exception will be made; however, the swimmer may remain in the non-wetsuit category for the final results due to the last minute nature of the change. In no case will a swimmer be able to switch from the wetsuit category to the non-wetsuit category on event day.

**How much is the registration fee?**
The registration fee is $160 through the end of April and $175 thereafter.

**Are there any discounts for the registration fee?**
There is an "Early Bird" registration discount through April. NLS is a fundraising swim hosted by GoMOWSA, an all volunteer non-profit organization. No other discounts of any kind are offered (e.g. student discounts, senior discounts, group/team discounts).

**What is the schedule for swim day?**

- Swimmer Check-In: 6:30 AM to 7:45 AM
- Gear Loading: Load gear onto truck by 7:50 AM
- Swim Warm-up: Ends before 8:00 AM
- Safety Briefing and Pre-swim Announcements: 8:00 AM (Required for all swimmers and kayakers)
- Wave 1 goes through chute to starting line: 8:25 AM
- Wave 1 Start: 8:30 AM. Waves 2 - 5 at the ready. The waves will be approximately 2 minutes apart. There will be 5 waves with approximately 30 swimmers in each.

**Where do I (and my guests or kayaker) park?**
The VENUE MAP shows the parking locations, shuttle stops, swim start and swim finish areas.

***Parking Fees:*** Parking at Short Sands Beach (swim finish), please download the ParkMobile App before swim day. Parking charges begin at 8 AM. Alternatively, you may park behind the Center for Active Living at no charge. Be aware that if you park in the metered parking along Long Sands Avenue (swim start) there is no shuttle service available after the swim.
***Shuttle Service:*** There is a shuttle service available between the parking locations, the start and Sohier Park. The shuttle is free for swimmers and their guests.

**What transportation is available?**
***Shuttle Service:*** The NLS will provide one van generously donated by Williams Realty Partners for shuttle service. This free shuttle is available for swimmers and their guests, between several parking locations, the start, Sohier Park and the finish. Please note, shuttle space is limited and walking may be required.
The VENUE MAP shows the parking locations, shuttle stops, swim start and swim finish areas.
***Shuttle Logistics:*** Look for "NUBBLE LIGHTHOUSE SWIM SHUTTLE STOP" signs at each pick-up point.
Please note that the shuttle will run on a loop and transit times are dependent on local traffic. Please plan accordingly. The schedule is subject to change.
NOTE: THERE WILL BE NO SHUTTLE SERVICE AFTER THE EVENT

***SHUTTLE STOPS (Pre-Swim)***
Hours of operation: 6:15 AM to 8:15 AM
- Short Sands Parking Lot, 15 Ocean Ave across from the "Sands by the Sea Motel" (parking/finish)
- Center for Active Living, 36 Main Street (parking)
- Long Sands Bathhouse, 179 Long Beach Ave (start)

***SHUTTLE STOPS (During Swim)***
Hours of operation: 8:30 AM to 10:30 AM
- Long Sands Bathhouse, 179 Long Beach Ave (start)
- Sohier Park, 11 Sohier Park Road in front of Fox's Restaurant ("the gut")
- Short Sands Beach, 15 Ocean Ave across from the "Sands by the Sea Motel" (finish)

**Shuttle Service Ends at 10:30 AM**

**Distances and Walking Times:**
- Swim Finish to Start 1.1 miles (20-25 minutes)
- Start to Sohier Park 1.5 miles (25-30 minutes)

- Sohier Park to Finish 1.3 miles (25-30 minutes)
- Center for Active Living to Finish 0.4 miles (10 minutes)

**Where do I check-in on the day of the event?**
The check-in area and starting line are located at the bathhouse on Long Sands Beach. GPS address is: 179 Long Beach Ave, York, ME 03909 (across from The Oceanside Store).

**What time does check-in open? What is required at check-in?**
Check-in is from 6:30 AM – 7:45 AM at Long Sands Beach in front of the bathhouse, 54 Long Beach Ave, York, Maine (across from The Oceanside Store).

- Sign in using a photo ID.
- Pick up your T-shirt and swim cap.
- Proceed to body marking and have the top of your hand marked with your swimmer number.

**Do I need to attend the safety briefing?**
Yes. All swimmers are required to attend the safety briefing at 8:00 AM.

**Are there bathrooms available?**
***Start:*** There is a beautiful bathhouse at the event start.
***'The Gut':*** There are public restrooms at Sohier Park.
**Finish:** There is a large bathhouse (with showers) at the finish.

**What do I need to bring?**
***Swim Buoy:*** Personal blow-up style swim buoys are required for all swimmers, no exceptions. You must bring your own buoy. There will not be any buoys available to borrow or for sale at the event. You can order these buoys on-line from numerous vendors.
***Warm Clothing:*** It is highly recommended that every swimmer pack warm clothing in their gear bags to change into post swim. Gear bags will be transported from the start to the finish. Each swimmer is responsible for loading their gear onto the gear truck, located by the Long Sands bathhouse. If your gear doesn't make it onto the truck, it will not be at the finish area.
***Replenishment Food and Drink:*** The event will have typical post-event water, warm fluids and snack style foods. A swimmer should bring their own personal post swim favorite drinks/fuel and foods as needed.

**What should I do with my gear?**
Gear transfer is available from the start to the finish area. We will have bags for you to stash your clothes and gear. You will mark the bag with your race number. You must place your bag into the truck parked at the start area by 7:50 AM. Bags will

be unloaded at the finish area. Bags will be stored next to the Ellis Park pavilion and can only be picked up by the appropriately numbered swimmer. Please do not leave valuables in your bag. GoMOWSA, race staff and volunteers will not be responsible for lost or stolen items.

**Are personal buoys required?**
Personal blow-up style swim buoys are required for all swimmers, no exceptions. You must bring your own buoy. There will not be any buoys available to borrow or for sale at the event.

**Do I have to wear the Nubble cap given to me at registration?**
Yes, you must wear the cap given to you at registration. The cap designates your assigned swim wave. You may wear the Nubble cap over another cap if you so choose. Swimmers will not be allowed to change their wave designation on event day. No exceptions.

**Can I wear assistive devices like fins?**
No. No assistive devices are allowed in this event. No fins, snorkels, or cameras are allowed. Swimmers may wear thermal caps under the event provided cap, booties and gloves only.

**Can I have a personal kayaker/paddleboarder?**
We will have experienced ocean kayakers, paddleboarders and safety boats stationed throughout the course that will assist any swimmer, if needed. Personal kayak or paddleboard escorts for individual swimmers are not permitted.

**What are the rules for the swimmer?**
Swimmers may not exit the water or touch the shore while on the course. Incidental contact with the ocean bottom will not be cause disqualification or penalty, but swimmers are encouraged to avoid the shoreline and any rock formations. Swimmers may hold onto a kayak or paddleboard during the race without disqualification, but the watercraft must be stationary and the swimmer must not advance while holding the watercraft. Swimmers may not draft behind a kayak or any other boat. Swimmers may take hydration and energy support during the race, but littering is prohibited – all wrappers and bottles must be disposed of properly. No equipment that could aid in propulsion will be permitted (fins, paddles, etc.). Be aware there will be lobster buoys scattered throughout the race course. Swimmers are not to hang onto them or disturb them in any way.

**How is the start handled?**

Swimmers queue in groups (waves) designated by the color of the swim cap provided at registration. Waves are based on swimmer entry times reported in the registration form. Your swim cap color designates your assigned wave. Each swimmer must provide their assigned swimmer number (written on their hand) to the officials at the start.
All swimmers will be counted prior to entering the start area. A count will be done at the finish as well. Please be patient with head counts at the start and finish. This process is a requirement of our insurance coverage and is part of the safety plan agreed to with the Town of York and the U.S. Coast Guard.
The start line will be on the beach. Each wave will be started two minutes apart. Once each wave start is announced with a bullhorn, swimmers will swim through the surf break. They will swim in between the two safety boats located just offshore at Long Sands Beach and then swim to the course buoys from there on.
See the COURSE MAP for details.

**How is the course marked? How should I handle the buoys?**
There will be two safety boats off Long Sands Beach marking the swim start. Swimmers will swim between the two boats. There will be eleven buoys located on the course. Swimmers must stay to the right of all course buoys until the two yellow tetrahedron buoys at the finish. Swimmers will swim between the two yellow tetrahedron buoys, exit the water and pass under the finish banner.
See the COURSE MAP for details.

**Where does the swim event finish?**
The finish line is on Short Sands Beach in front of the Ellis Park Pavilion. As swimmers pass under the finish banner, they must show their swimmer number to the official at the finish.
See the COURSE MAP for details.

**How long do I have to complete the swim?**
From the start time of the last heat, there is a 2-hour cutoff time. The cutoff time is agreed upon by the Event Director, GoMOWSA, the Town of York and the U.S. Coast Guard. Swimmers who are more than two hundred yards from Short Sands Beach at the cut off time will be picked up by a safety boat. Event and safety officials reserve the right to remove any swimmer from the race before the 2-hour cutoff if it appears that the swimmer will be incapable of completing the race within the cutoff limit.
Any swimmer pulled from the water will be taken by boat back to York Town Dock #2, 20 Harris Island Rd, York, ME (this is not the start or finish location).
Swimmers will have the ability to use a cell phone to call friends/family for pick up at Town Dock #2. NLS will provide transportation back to the finish area on an "as soon as possible" basis.

The event is not permitted to "drop" the swimmer near the shoreline at the start or the finish.
On the day of the race, the Event Director may choose to shorten the cutoff time due to water temperature, surf or other conditions.

**What if I have a question or need help?**
Medical staff will be wearing red "MEDICAL TEAM" T-shirts. The Event Director and key volunteers will be wearing yellow "EVENT TEAM" T-shirts.

**If I have a problem during the swim what should I do?**
Please signal to a kayaker, paddleboarder or a safety boat if you feel you may be having a problem, by waving your arms over your head. You may hold onto a boat without disqualifying yourself from the swim as long as the boat is stationary. If you ask to get out/retire from the swim or are reporting symptoms or showing signs suggestive of a medical emergency you will be pulled from the swim.
If you have a problem at the start (before you swim between the pair of boats at the start) you may return to the beach but you MUST let the Start Monitor know you have exited the water (the Start Monitor will be wearing a yellow "Event Staff" shirt). If you have a problem after you enter the course (beyond the two boats at the start) you will be picked up by a safety boat.
Swimmer Pulled from the Water for any reason: Any swimmer pulled from the water will be taken by boat back to York Town Dock #2, 20 Harris Island Rd, York, ME (this is not the start or finish location).
Once pulled from the water, the swimmer will be evaluated by medical personnel. If there is a medical emergency, the swimmer will be brought to Town Dock #2 immediately for EMS transport. If there is no emergency, the swimmer will stay on the "Comfort Boat" until the race is completed and then will be brought to Town Dock #2. Support will be provided on the "Comfort Boat" and swimmers will have the ability to use a cell phone to call friends/family for pick up at Town Dock #2 or transport will be provided by NLS as soon as possible.
The event is not permitted to "drop" the swimmer near the shoreline at the start or the finish. If you are pulled from the water, you will go to York Town Dock #2. Once you are out of the water, there is no re-entry back into the swim event.

**What is hypothermia and how do I know if I have it?**
Hypothermia is a medical condition that occurs when the core temperature of the body drops below 35°C (95°F). Swimmers are particularly vulnerable to hypothermia when swimming in cold water. The amount of time spent in the water is also a significant risk factor for hypothermia. hat is, the longer the amount of time spent in the water, the higher the risk. Water temperature above 60°F is usually not a problem for the swimmer, however factors such as strong water

current may increase the risk. The risk of hypothermia increases when fatigue occurs during swimming.
The symptoms of hypothermia include: uncontrollable shivering, stiff muscles, numbness in extremities, extreme fatigue, disorientation and confusion.
If you have any of these symptoms you should signal to a kayaker, paddleboarder or a safety boat and exit the water.

**How should I respond if told to exit the water by EMS or officials on a safety boat?**
Safety boat teams will be monitoring swimmers for signs of severe fatigue or possible medical issues. Safety boat teams have the right to remove swimmers at any time, at their sole discretion. If you are told to leave the water and get on the safety boat you must do so immediately.

**What should I expect after the swim is done?**
***At the Finish:*** There will be lots of snacks, beverages and medical volunteers. Sit in the sun, relax, recover and be really impressed and proud of yourself for swimming the NLS.
***Awards Ceremony:*** Please stay for the awards. Awards will be given to the top fundraisers, top swimmers and there will be prize drawings for all swimmers.

**What if there is inclement weather resulting in a postponement or cancellation?**
Unfortunately, there are no refunds. No, there are no refunds. GoMOWSA is a 100% volunteer organization and the Nubble Lighthouse Swim is a fundraising event. All net proceeds will be donated to the Michael Phelps Foundation IM Program. Should the event be cancelled, your registration fee and fundraising dollars will be donated as planned.
In the event of a postponement due to inclement weather or other conditions that could impact the safety of the race, the Event Director will send out a notice of the postponement or cancellation as early as possible on Facebook, by e-mail and by text. However, because weather conditions on the water can change quickly, the Event Director reserves the right to postpone or cancel the event at any point prior to the start. In the event that weather becomes hazardous during the swim, the Event Director may stop the race and have all swimmers picked up by boat. There is no rain date.
All course markers will be pulled from the course after this decision is reached. If cancellation is determined, no swimmer is allowed to swim the course on their own.

**Under what conditions would the swim be cancelled?**

Safety of each swimmer and support volunteers is a priority for the event. The hardest decision for an Event Director to make is the "cancellation call." Swimmers understand this and accept the fact that the event is not set up to be a rescue mission for a number of swimmers. A cancellation decision will be made in the best interest of the overall safety of the swimmers, support boat volunteers. The event will be cancelled due to inclement weather conditions. This will be a joint decision between the Event Director, the Town of York, and the U.S. Coast Guard. The cancellation decision will be final. Examples include but not limited to: lightning or forecasted lightning, large waves, strong currents, high winds, limited visibility, water temperatures below 55°F, cold air temperatures, wind chill, hazardous wildlife, or poor water quality or any combination of conditions.

**Can I get a refund if I can't make it or the swim is cancelled?**
Registration fees are non-refundable and non-transferable. GoMOWSA is a 100% volunteer organization and the Nubble Lighthouse Swim is a fundraising event. Should the event be cancelled, your registration fee and fundraising dollars will be donated as planned.

# KAYAKER FAQs

**What is the role of a volunteer kayaker?**
Experienced ocean kayakers are needed for course monitoring and swimmer support. Course monitoring includes guiding swimmers to stay on the defined course, steering them towards the course markers. Swimmer assistance includes responding to a swimmer signaling for help, safely approaching swimmer with your kayak, deploying your spare PFD to the swimmer for flotation assistance, and signaling motorized support to take over swimmer assistance.
Personal kayak escorts for individual swimmers are not permitted. All kayakers on the water will be event support kayakers and take direction from event staff.

**What are the kayak, equipment and kayaker experience requirements?**
Kayaks must be ocean kayaks equipped with spray skirts. All kayaks must be equipped with two PFDs (one for the kayaker and one in case it is needed by a swimmer), and a whistle or air horn to alert safety personnel. Kayakers must have appropriate open ocean kayaking experience, must be able to maneuver kayak in windy conditions with an ocean swell and to launch and land kayak from a beach with breaking waves. The kayaker must be capable of "self rescue" in the event of a roll over. Kayakers are required to submit a resume of their experience and be approved to participate. Kayakers must be age 18 or older.
Kayakers must attend a mandatory online safety briefing prior to the swim as well as the in-person briefing on the day of the swim.

**What can I expect after I register?**
After registration, you will be contacted by the Kayak Coordinator and approval for participation will be required.
A mandatory online safety briefing will be required prior to participation.
An in person safety briefing will be required the morning of the swim.

**When and where is kayak drop off?**
Please pull up to the traffic cones and drop off your kayak at the bathhouse (179 Long Beach Avenue, York, Maine) **by 7:30 AM at the latest, please**. We will have volunteers to help unload the kayak and bring it to the staging area. Vehicles must then be moved immediately to a designated parking space or parking area.

**Where do I park?**
The VENUE MAP shows the parking locations, shuttle stops, swim start and swim finish areas.

***Parking Fees:*** Parking at Short Sands Beach (swim finish), please download the ParkMobile App before swim day. Parking charges begin at 8 AM. Alternatively, you may park behind the Center for Active Living at no charge. Be aware that if you park in the metered parking along Long Sands (swim start) there is no shuttle service available after the swim.

***Shuttle Service:*** There is a shuttle service available between the parking locations, the start and Sohier Park. The shuttle is free for kayakers.

**What transportation is available?**

***Shuttle Service:*** The NLS will provide one van generously donated by Williams Realty Partners for shuttle service. This free shuttle is available for swimmers and their guests, between several parking locations, the start, Sohier Park and the finish. Please note: shuttle space is limited and swimmer transport will take precedence.

The VENUE MAP shows the parking locations, shuttle stops, swim start and swim finish areas.

***Shuttle Logistics:*** Look for "NUBBLE LIGHTHOUSE SWIM SHUTTLE STOP" signs at each pick-up point.

Please note that the shuttle will run on a loop and transit times are dependent on local traffic. Please plan accordingly. The schedule is subject to change.

NOTE: THERE WILL BE NO SHUTTLE SERVICE AFTER THE EVENT

***SHUTTLE STOPS (Pre-Swim)***

Hours of operation: 6:15 AM to 8:15 AM

- Short Sands Parking Lot, 15 Ocean Ave across from the "Sands by the Sea Motel" (parking/finish)
- Center for Active Living, 36 Main Street (parking)
- Long Sands Bathhouse, 179 Long Beach Ave (start)

***SHUTTLE STOPS (During Swim)***

Hours of operation: 8:30 AM to 10:30 AM

- Long Sands Bathhouse, 179 Long Beach Ave (start)
- Sohier Park, 11 Sohier Park Road in front of Fox's Restaurant ("the gut")
- Short Sands Beach, 15 Ocean Ave across from the "Sands by the Sea Motel" (finish)

**Shuttle Service Ends at 10:30 AM**

**Distances and Walking Times:**

- Swim Finish to Start 1.1 miles (20-25 minutes)
- Start to Sohier Park 1.5 miles (25-30 minutes)

- Sohier Park to Finish 1.3 miles (25-30 minutes)
- Center for Active Living to Finish 0.4 miles (10 minutes)

**Do kayakers need to check in and attend the safety briefing?**
Yes. All kayakers are required to check in with the Kayak Coordinator to the right side of the swimmer registration area. There will be a kayaker safety meeting at 7:50 AM. Kayak launch time is 8:00 AM.

**What should kayakers plan for once they are in the water?**
Once in the water, kayakers will paddle to a waiting area approximately 250 yards from shore where they will wait for the swimmers to start. There will be two center console power boats anchored approximately 75 feet apart on either side of the course. The kayakers will create a "chute" on the left and right of the swim course beyond the boats. See the COURSE MAP for details.
Kayakers will leave the swimmers at the tetrahedron buoys just before the finish and paddle over to the ramp located to the left of the finish line.

**How should kayakers handle a swimmer in distress?**
The kayaker is responsible for monitoring swimmers and signaling safety personnel in the event of an emergency. If a swimmer needs help, the swimmer swims to the kayak, the kayaker hands them a PFD and signals a safety boat by holding up paddle and blowing a whistle/air horn three long times. If the swimmer cannot swim to the kayak, the kayaker should paddle to the swimmer.

**What should kayakers do when their swimmer finishes?**
At the conclusion of the swim, each kayaker must check out with the Kayak Coordinator. Kayakers will be responsible for transporting their kayak off the beach and up to the park. All kayaks must exit the beach on the ramp to the left of the finish (~150 yards). Kayakers are responsible for getting their kayaks to their vehicle. There will not be any transport provided for kayaks so participants should plan ahead regarding kayak transport logistics.
See the COURSE MAP for details.

# VOLUNTEER FAQs

**How do I volunteer?**
The Nubble Lighthouse Swim requires help from lots of volunteers. Please go to our VOLUNTEER REGISTRATION and we will get you involved.

**Where do volunteers park?**
The VENUE MAP shows the parking locations, shuttle stops, swim start and swim finish areas.
***Parking Fees:*** Parking at Short Sands Beach (swim finish), please download the ParkMobile App before swim day. Parking charges begin at 8 AM. Alternatively, you may park behind the Center for Active Living at no charge. Be aware that if you park in the metered parking along Long Sands (swim start) there is no shuttle service available after the swim.
***Shuttle Service:*** There is a shuttle service available between the parking locations, the start and Sohier Park. The shuttle is free for volunteers.

**What transportation is available?**
***Shuttle Service:*** The NLS will provide one van generously donated by Williams Realty Partners for shuttle service. This free shuttle is available for swimmers and their guests, between several parking locations, the start, Sohier Park and the finish. Please note: shuttle space is limited and swimmer transport will take precedence.
The VENUE MAP shows the parking locations, shuttle stops, swim start and swim finish areas.
***Shuttle Logistics:*** Look for "NUBBLE LIGHTHOUSE SWIM SHUTTLE STOP" signs at each pick-up point.
Please note that the shuttle will run on a loop and transit times are dependent on local traffic. Please plan accordingly. The schedule is subject to change.
NOTE: THERE WILL BE NO SHUTTLE SERVICE AFTER THE EVENT

***SHUTTLE STOPS (Pre-Swim)***
Hours of operation: 6:15 AM to 8:15 AM
- Short Sands Parking Lot, 15 Ocean Ave across from the "Sands by the Sea Motel" (parking/finish)
- Center for Active Living, 36 Main Street (parking)
- Long Sands Bathhouse, 179 Long Beach Ave (start)

***SHUTTLE STOPS (During Swim)***
Hours of operation: 8:30 AM to 10:30 AM
- Long Sands Bathhouse, 179 Long Beach Ave (start)

- Sohier Park, 11 Sohier Park Road in front of Fox's Restaurant ("the gut")
- Short Sands Beach, 15 Ocean Ave across from the "Sands by the Sea Motel" (finish)

**Shuttle Service Ends at 10:30 AM**

**Distances and Walking Times:**

- Swim Finish to Start 1.1 miles (20-25 minutes)
- Start to Sohier Park 1.5 miles (25-30 minutes)
- Sohier Park to Finish 1.3 miles (25-30 minutes)
- Center for Active Living to Finish 0.4 miles (10 minutes)

**Where do I check-in on the day of the event?**

The Volunteer Coordinator will be stationed at the bathhouse on Long Sands Beach. GPS address is: 179 Long Beach Ave, York, ME 03909 (across from Liquid Dreams Surf Shop). Check in time is 6:15 AM. Some volunteers may be asked to report to the finish location to set up there and check in by text.
See the COURSE MAP for details.

**When are volunteers needed?**

We would love to have help for all or part of the day. Here are options:

- Whole event 6:15 AM-11:00 AM
- Start only 6:15 AM-8:45 AM
- Finish only 8:45 AM-12:00 PM

# SPECTATOR FAQs

**Where should spectators park?**
The VENUE MAP shows the parking locations, shuttle stops, swim start and swim finish areas.
***Parking Fees:*** Parking at Short Sands Beach (swim finish), please download the ParkMobile App before swim day. Parking charges begin at 8 AM. Be aware that if you park in the metered parking along Long Sands (swim start) there is no shuttle service available after the swim.
***Shuttle Servic*e:** There is a shuttle service available between the parking locations, the start and Sohier Park. The shuttle is free for volunteers.

**What transportation is available?**
***Shuttle Service:*** The NLS will provide one van generously donated by Williams Realty Partners for shuttle service. This free shuttle is available for swimmers and their guests, between several parking locations, the start, Sohier Park and the finish. Please note: shuttle space is limited and swimmer transport will take precedence.
The VENUE MAP shows the parking locations, shuttle stops, swim start and swim finish areas.
***Shuttle Logistics:*** Look for "NUBBLE LIGHTHOUSE SWIM SHUTTLE STOP" signs at each pick-up point.
Please note that the shuttle will run on a loop and transit times are dependent on local traffic. Please plan accordingly. The schedule is subject to change.
NOTE: THERE WILL BE NO SHUTTLE SERVICE AFTER THE EVENT

***SHUTTLE STOPS (Pre-Swim)***
Hours of operation: 6:15 AM to 8:15 AM
- Short Sands Parking Lot, 15 Ocean Ave across from the "Sands by the Sea Motel" (parking/finish)
- Center for Active Living, 36 Main Street (parking)
- Long Sands Bathhouse, 179 Long Beach Ave (start)

***SHUTTLE STOPS (During Swim)***
Hours of operation: 8:30 AM to 10:30 AM
- Long Sands Bathhouse, 179 Long Beach Ave (start)
- Sohier Park, 11 Sohier Park Road in front of Fox's Restaurant ("the gut")
- Short Sands Beach, 15 Ocean Ave across from the "Sands by the Sea Motel" (finish)

**Shuttle Service Ends at 10:30 AM**

**Distances and Walking Times:**

- Swim Finish to Start 1.1 miles (20-25 minutes)
- Start to Sohier Park 1.5 miles (25-30 minutes)
- Sohier Park to Finish 1.3 miles (25-30 minutes)
- Center for Active Living to Finish 0.4 miles (10 minutes)

**Where are the best spots to watch the swim?**

Spectators will be able to watch the race start at Long Sands Beach. The swim distance from the start to Sohier Park is approximately 1.25-1.5 miles depending on the swimmer's course. Spectators will be able to view swimmers from Sohier Park across from the Nubble Light House as they pass through the "gut" and along Ocean Avenue Extension as they swim towards Short Sands Beach. The swim finish will be in front of Ellis Park at Short Sands Beach. A shuttle bus will run between the Long Sands Beach, Short Sands Beach and Sohier Park parking area.
See the COURSE MAP for details.

**What happens after the swim is done?**

There is an awards ceremony for the top fundraisers and top swimmers at Sohier Park following the swim.

**What if I'd like to volunteer?**

The Nubble Lighthouse Swim requires help from lots of volunteers. Please go to our VOLUNTEER SIGN-UP and we will get you involved.