



FREQUENTLY ASKED QUESTIONS

1. **When does the application to swim SCAR 2015 open?** November 1, 2014.
2. **I heard the application is a two-step process?** Yes. First we receive the application to apply via the Webscorer site. After review and acceptance, the applicant will be sent a payment link to make payment for the swim(s) they selected. Once payment is confirmed the swimmer will receive confirmation of their entry.
3. **Do you only accept fast swimmers or Triple Crown quality -like swimmers?** No. The swimmers that are attracted to this event are pretty serious about swimming but not all of them are necessarily fast. You do, however, have to be fun.
4. **Do I have to swim all four lakes to enter SCAR?** No, but preference is given to those swimmers who apply for all four lakes: Saguaro, Canyon, Apache and Roosevelt. In years past there is room for individual swims at each of these lakes.
5. **What is the cost?** All four swims, sign up before January 10, 2015: \$950. Saguaro, Canyon and Roosevelt Lakes are \$250 for each lake. Apache Lake is \$350. The swim is not profit driven nor to benefit any designated charity in order to keep expenses low.
6. **Do I need to find a kayaker?** Yes. Open water swimming is a team sport and requires the swimmer to put together a crew. In an effort to accommodate those traveling a long distance to Arizona, there is a small pool of kayakers that can assist swimmers but in order for SCAR to be

sustainable, it is clear that the swimmers need to help in recruiting their own crew.

7. **Is there an extra cost for a kayak? Can I bring my own?** The kayak is included in the entry fee so you have no extra cost. We transport all kayaks to and from each lake, to each start and from each finish. There are some hardcore kayak volunteers that like to use their own kayak and as long as we know in advance that is perfectly fine.
8. **Can I get a double kayak for two paddlers?** No. Loading 30 kayaks in a UHaul is an art form. A double kayak throws a wrench into it.
9. **Where do I stay?** Hotel / Motel reservations are the responsibility of the swimmer. There is a sample Logistics form on the website that gives a lot of detail. Basically, you will spend Tuesday night and Wednesday night in Mesa (before Saguaro and Canyon Lake swims). Thursday night and Friday night we stay at the Apache Resort as they are very generous with boat rental (in the event the boats are in fact working). After the Roosevelt swim, there are swimmers who get a room in nearby Globe or drive all the way back to Mesa.
10. **How do I get from lake to lake?** Rent a car. A list of all the swimmers and paddlers will be disclosed so that swimmers can team up and split costs if they are interested in carpooling. SCAR is not responsible for transporting you to lakes.
11. **What airport should I fly into?** Phoenix International Sky Harbor is our main airport. There is also Phoenix/Mesa Gateway airport that has limited airlines flying into it.
12. **How fast do I need to be?** It is recommended that the swimmers have a few long swims under their Speedo (5-6 miles) before attempting SCAR. We have had almost 20 Triple Crown swimmers at SCAR in the last two years alone. You should be able to swim a mile (1500 meters / 1650 yds) under 35 minutes. Cut off times are not official yet due to varying swimming conditions but thinking about: Saguaro in 5 hours. Canyon in 4:30 hours. Apache in 9 hours. Roosevelt in 4. These are times based on past swims and would have resulted in 100% of the field finishing in

2013. Adjustments will be made depending on conditions. Believe me – we want finishers as long as it's safe.

13. **What do I need to feed on during my swim?** This is an important question the swimmer needs to know before attempting these swims. Are you doing 30 minute interval feeds of 8 oz with a protein / carbo / electrolyte / gel rotation? You should be able to communicate your feed plan very easily to your crew with colored bottles with different shapes and premixed for the anticipated number of hours expected to swim. Do not expect your paddler to be able to mix your feeds on the kayak – it's windy and it just won't work out very well for you.
14. **Can I wear a wetsuit?** Traditionally, in open water events of this nature wetsuits are discouraged. That being said – we don't want to make any rules that don't have some flexibility if it means growing the sport. Very very few entries will be allowed with wetsuits and they will be strongly encouraged to go without one and enjoy the “refreshing” water.
15. **Air temps expected.** It is generally a sunny time of year with no chance of rain. The first three swims will start in the morning and air temp is expected to range between 72F – 78F. As the day progresses the air temp will climb to 82F – 90F. May is a windy month for Arizona so the air temp shouldn't feel too warm.
16. **Water temps expected.** We start and finish at dams and that is where the coldest water lurks. I estimate it from past swims at 61F – 63F but within the first mile and a half it will climb to 66F – 70F. Swimming in the sun between the canyon walls of the lakes can also warm swimmers up.
17. **How many swimmers do you expect?** The swim is boutique in the sense that we can only handle 25 -30 swimmers and paddlers and their kayaks. You will see the logistics of moving 60-70 people from the marina to the starting line along with 25-30 kayaks – not sure how we get it done but we do. Because we are not profit oriented, there is no real desire or ambition to grow. The relatively small feel of the swim allows people to form some friendships during their stay.
18. **Social Event The Night Before Saguaro Swim:** There is no cost to this event. It became apparent how important the social aspect of SCAR was

so we try to enhance it with a social and introduction of swimmers. It's not mandatory – so not a big deal if you can't make it. It's just a good time.

19. **What if my paddler cannot finish the lake?** Swimmers will be required to have a kayaker with them at all times. It's a safety issue. If your paddler is unable to make it – we are required to pull the swimmer from the water as well. In very rare instances there is a substitute paddler on the water that can take over but I would not count on this option at all. It really isn't that hard to paddle these lakes at a swimmers speed.
20. **Snacks at the End of the Swims.** We do our best but if you really crave something after a swim you need to pack it along with you. Chocolate is discouraged because it will melt and be a mess for you.
21. **I need to pack two (2) bags for the swim - a Feed Bag and a Dry Bag –**
Why? One mesh bag should contain your feedings for the lake you are swimming. This mesh bag will be handed to your paddler on the beach immediately before the swim. The second bag should be a dry bag (literally dry bag that seals and keeps water out) – this is for your after swim towel, parka, glasses, hat, snack, dry clothes, refreshment, sunblock and whatever keeps you comfortable after a long swim. Your Dry Bag is handed to one of the boat captains immediately prior to each swim.