

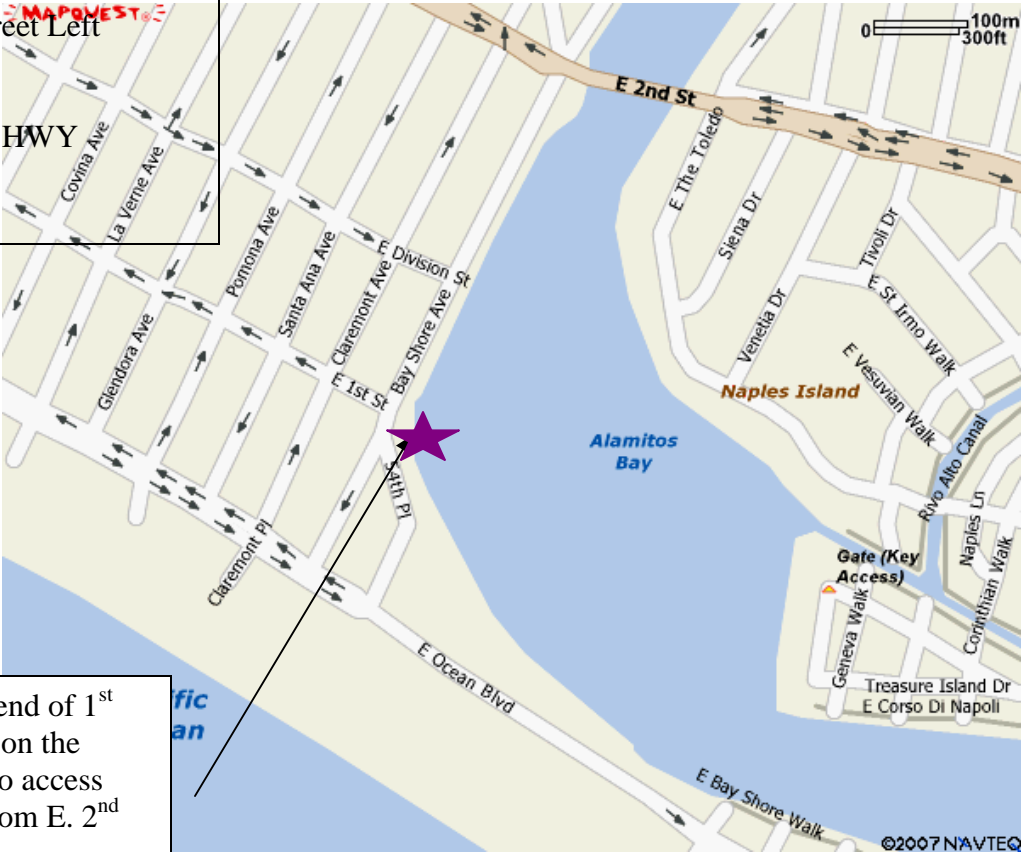


**TNT Open Water Swim
Long Beach**

Use this address if you are going to get directions from the internet. This is not the exact address but this will get you to the beach and then you will need to look at the map below. 😊

5411 East Ocean Blvd. Long Beach 90803

From Pasadena Area
 134 –West
 CA-2
 I-5 exit towards Los Angeles
 I-605 south
 Take Long Beach/7th Street Left
 Exit onto CA-22 West
 Left on Channel Dr.
 Left on E. Pacific Coast HWY
 Right on E. 2nd St.
 Left on Bay Shore Ave.



We will meet at the end of 1st and Bay Shore Ave. on the sand. The best way to access Bay Shore Ave. is from E. 2nd St.

Open Water Swim, Run and Potluck

Three events: Swim, Run, Eat

Who: All TNT Summer participants from Eastside, Westside and South Bay Teams

What: Open Water Swim Race and Run

When: May 19, 2007 Check-in 8:00AM, Men's Wave 8:30 AM, Women's Wave 8:40

Where: Long Beach, Naples Island

Details:

We would like you to treat this like a race. The swim will be timed. You will swim approximately 1,000 yds., grab your running stuff and go on a 20 min. out and 20 min. back run along the boardwalk.

Please bring something to share for the potluck, your own drinks and anything else you might want to eat.

If you are planning on coming to this event please email Alison Jensen ajensen@ausd.net with the following information

Name
Team
Male or Female