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## Swim #7: 500m

Cedar Ave Beach Access to West Ave Beach Access

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September 29, 2019

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### Cedar Ave Beach Access to West Ave Beach Access

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#### Course Description.

On entering the shallow water at this small, slightly rocky beach access, it is best to wade straight out for at least 50m to get past the shoreline weeds. Although the water is shallow enough to walk the entire length, the swim becomes weed-free after about 150 meters, as long as you are out far enough, and once you have passed by the Paddle Centre. There are occasional paddlers launching most mornings, but they will be very aware of any swimmers as they follow the paddle trail.

Swimmers should sight toward the bridge, to swim around the large dock ahead of them. Although there are many moored power boats on this dock during the summer to be aware of, most have been stored away for the winter by the time this race is being held.

There is a smaller, second dock immediately north of the larger dock that also needs to be swum past, before turning into the shore to reach the West Avenue Beach Access. There will be a volunteer at the beach to help orient swimmers to their run to the finish line.