



Swim #3: 600 m

Gyro Beach south to Rotary Beach via Manteo Mile

September 29, 2019

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Course Description.

This swim starts at the south end of Gyro Beach after the long run from Lake Avenue. Swimmers enter the water at in front of the 0m buoy of the Gyro Swim Loop, proceeding straight out as far as the 100m buoy (there is a green-striped “fat” guard buoy about 20m to the left of it¹). There, a 90° turn to the left starts the swim along the Manteo Mile



1. The beginning of Swim #2—out 150m to the “fat” buoy, where a 90° turn to the left takes you down the Manteo Mile

course, which is marked by blue-topped buoys at 150m, 300m and 450m. Since it gets weedy by 400m along this course, the turn in to Rotary Beach begins after the 300m buoy, and passes between the first two white markers of the Rotary Beach swim area--a diagonal route toward the middle of Rotary Beach. Sight to about 50m to the left of the yellow roof of the play gym on the beach, to avoid excessive weeds, using the green wall of the Rotary pavilion building as a better sighting target.

There will be a green marker buoy set up near the beach to ease with sighting, since the morning sun can also significantly interfere with finding a direct line to the beach. It is likely that most will have to walk the last 50 meters to shore, given how shallow the water usually is here at the end of summer.



Green marker buoy

Once on the beach, Rotary Beach has accessible washrooms and an Aid Station. It is also where the swimrun short course participants head back with a short run back to Gyro Beach along Lakeshore Road. **Total distance: approximately 600m.**