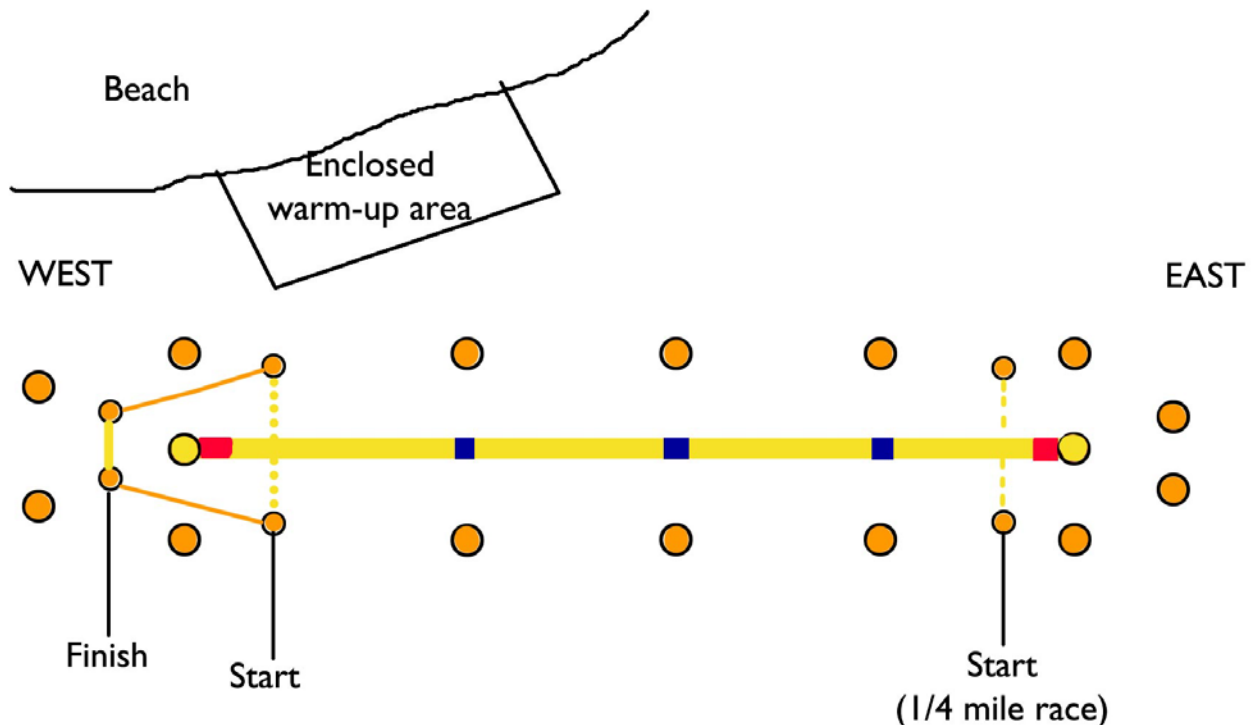




## The Cable Swim Course at Foster Lake & Lewis Creek Park

The Foster Lake cable swim course is the newest and nicest in the land! Central Oregon Masters Aquatics (COMA) has taken every step to ensure that this course exceeds all USMS, USA-Swimming, and FINA standards for open water courses in general and cable courses specifically.

- The quarter-mile (440 yard) straightaway course has been professionally surveyed and certified accurate to USMS specifications, making it eligible for national, local, and course records.
- The starting line is marked by an overhead rope for accuracy and fairness.
- The in-water finish line is a fixed, international-style 5-meter-wide touch board.
- The course is marked in primary colors—red, yellow, and blue:
  - Cable is yellow.
  - Small buoys—every 2.5 yards along the cable—are blue & white.
  - Medium buoys—every 110 yards along the cable—are blue.
  - Turn-warning buoys—at the last 10 yards before each turnaround—are red.
  - Turn markers—the posts at the turnarounds—are yellow.
  - Starting line and finish touch board are yellow and blue.
- The perimeter and boundary of the course is marked in orange:
  - Boundary along the lake side of the cable and turnarounds is a string of orange safety buoys.
  - Rope-and-buoy funnel to the finish line is orange & white.



Foster Lake was created by the U.S. Army Corps of Engineers in 1936. The dam was built just west of the confluence of the Middle Santiam and Quartzville rivers and was planned as one in a series of flood-control and water storage reservoirs that also includes Green Peter Reservoir just upstream. It now also serves as a popular recreational boating, fishing, and swimming area while meeting its original purposes. The shallow part of the lake on which we swim was once home to Native Americans, as evidenced by occasional finds of cultural artifacts in the near vicinity. More recently, this land was settled by immigrant Oregonians and tilled as farmland before being abandoned when the dam was built and the lake filled. As a note of historical interest, the cable passes directly over the foundations of both a homestead (which was moved and still stands across River Road) and an outbuilding built long ago, quite near the old paved river road now covered by the lake.

The race venue at Lewis Creek Park is one of the largest, nicest, and most accessible on the Oregon open water circuit. This beautiful park was developed by the U.S. Army Corps of Engineers and is managed by the Linn County Park & Recreation Commission on a day-use basis. The park contains both wide grass fields and plenty of shade under towering trees. Amenities include two restroom buildings with running water toilets, plenty of picnic tables scattered throughout the park, several boat docks, an enclosed swimming area with a paved bottom, and lots of parking in both upper and lower areas. Gates usually open at mid-morning and stay open until dusk, although the gates will open early for our swims. There is a parking fee of \$5 for each vehicle. The Linn County Park & Recreation Commission also operates two nearby campgrounds, Sunnyside (1.2 miles away) and River Bend (5 miles away).

Besides offering excellent swimming and staging areas for open water swim events, triathlons, and even a water polo tournament, Foster Lake and Lewis Creek Park also offer easy accessibility. Among many other reasons, COMA chose this race venue for its location near the I-5 corridor and proximity to most members of the Oregon swimming community. Lewis Creek Park is located approximately...

- 98 miles from Bend (COMA's center)
- 98 miles from downtown Portland
- 115 miles from the Portland Airport (PDX)
- 35 miles from Corvallis
- 50 miles from Eugene
- 200 miles from Ashland
- 275 miles from downtown Seattle, WA
- 345 miles from downtown San Francisco, CA
- 405 Miles from Boise, ID

Here are simple driving directions to Lewis Creek Park. You may also get directions from Mapquest or Google electronically.

- From the North: Take I-5 south to exit 228. Drive east on Oregon 34 to Lebanon, then south & east on US 20 through Sweet Home. 2.2 miles past the Weyerhauser mill, turn north on Quartzville Rd.
- From the South: Take I-5 north to exit 216. Drive east on Oregon 228 to Sweet Home, then continue east on US 20. 2.2 miles past the Weyerhauser mill, turn north on Quartzville Rd.
- From the East: Take US Route 20 west over the Cascades towards Sweet Home, then turn north on Quartzville Rd.
- Final Approach: Drive 1.2 miles north on Quartzville Rd., turn left on N. River Rd, and drive .8 miles to Lewis Creek Park. Turn left into the entrance, turn right, and park in the lower lot.