



Friday Night Lights Swim

August 14th, 2020, 8:30 p.m.

Fire Station 21 Dock, 5 SE Madison St, Portland, Oregon

Parking fee charged 24/7

WILLAMETTE RIVER

A Safety Escort will guide you on a breathtaking night swim through downtown, Portland. Swim under bridges crossing the Willamette River, with the city lights reflecting on the water. Bring your cap, goggles, lights and swim buoy (mandatory), wetsuit and fins (optional). We will provide a buoy, if you don't have one. This swim is for those with confidence in their swimming skills, and exclusively for those with some open water swimming experience.

The only additional equipment you will need are waterproof lights to go on your goggle strap and/or inside a cap, and inside your swim buoy. I will bring glow in the dark jewelry, but you will still need to be well-lit, so please get some bright lights. It's important that we see you!!! You can order online, or go to a local sporting goods store, fishing/marine outfitters, or REI. There are inexpensive lights, so don't feel you have to invest in lights - unless you think you will be going on more night swims with us (like Waldo Lake, and Hells Canyon). We may add a September night swim if there's demand. In the meantime, prepare to have a magical, fun experience, seeing downtown Portland from the dark, cool water of the Willamette.

Here are some links:

<https://openwaterswimming.com/2010/09/lighting-up-at-night-in-open-water/>

<https://www.adventurelights.com/guardian-expedition-light/>

The goal is to swim to the Tilikum Bridge and back to the dock, while keeping the pod together. We can always do a leisure swim first, and then a faster, longer, second swim for those who want more of a challenge. Please leave as much as possible in your car, and what can fit in a swim buoy.. All participants must sign a [waiver](#) required by our insurance company. Swimmers are required to alert their Safety Escort of any health issues they have, in addition to stating it on the waiver.