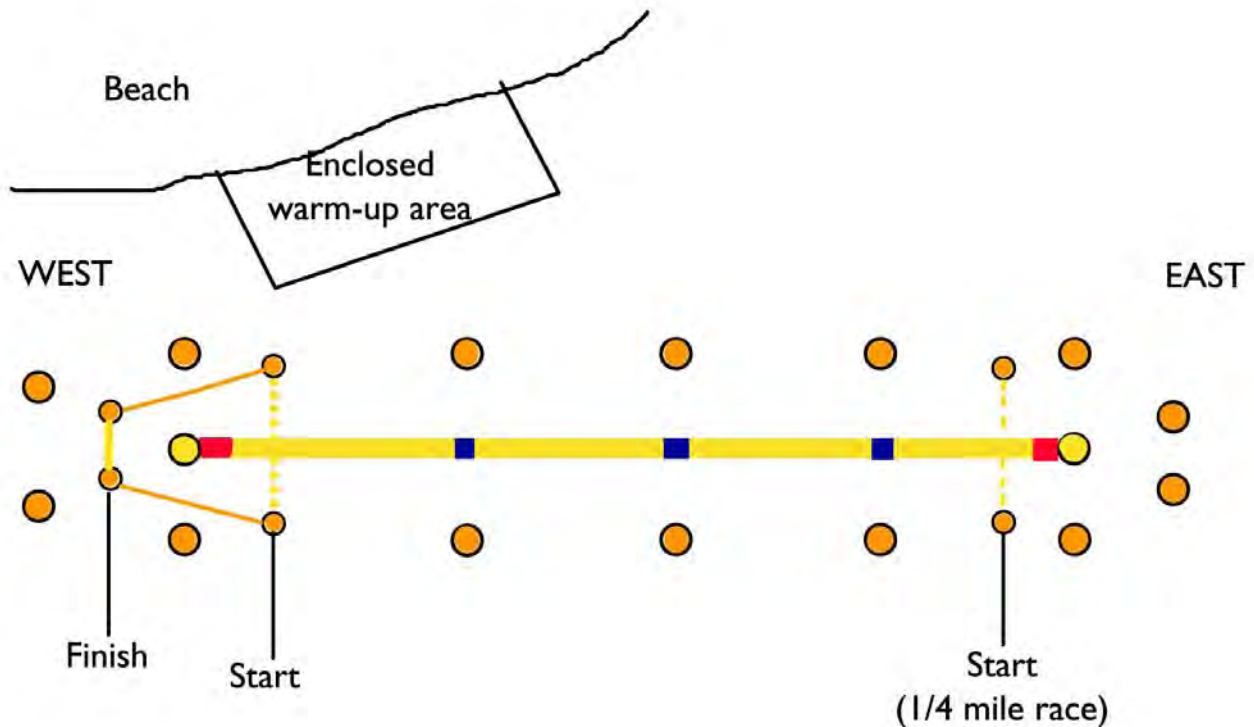




The Cable Swim Course at Foster Lake & Lewis Creek Park

The Foster Lake cable swim course is the newest and nicest one 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 and local records.
- The starting line is marked by an overhead rope to maintain accuracy and fairness.
- The in-water finish line is a fixed, international-style 5-meter-wide touch board.
- The course is brilliantly marked in primary colors—red, yellow, and blue:
 - The cable itself is yellow.
 - The small buoys—located every 5 yards along the cable—are blue & white.
 - The medium buoys—located every 110 yards along the cable—are blue.
 - The turn-warning buoys—located at the last 10 yards before each turnaround—are red.
 - The large cylindrical buoys and posts at the turnarounds are yellow.
 - The starting line and the finish touch board are yellow and blue.
- The perimeter and boundary of the course is clearly marked in orange:
 - The boundary along each side of the cable and turnarounds is a string of orange safety buoys.
 - The 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 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 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 and an outbuilding built long ago and 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 after the dam was completed, and is currently managed by the Linn County Park & Recreation Commission on a day-use basis only. 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 to accommodate our cable swim event. 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, Foster Lake and Lewis Creek Park also offer easy accessibility for swimmers. Among many other reasons, COMA deliberately chose this race venue due to its location near the I-5 corridor and proximity to most members in the Oregon swimming community. We recommend getting your specific driving directions to Lewis Creek Park from Mapquest or Google. 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