

# Virtual Swim across Lake Champlain

## Vermont's Historic Waterway between Albany and Montreal



**The Challenge:** New England Masters Swim Club and The USMS Fitness Committee challenge you to take a Virtual Swim across New England's largest lake, Historic Lake Champlain. Enjoy this magnificent lake without ever leaving your home pool.

**Options:** Option A is a swim across the 12 mile width of the lake. Option B is a triple-crossing of the 12-mile width – 36 miles. Option C is for mileage junkies – the 120 mile swim lengthwise, from Albany to Montreal.

**Lake History:** Lake Champlain flows from Whitehall, New York north toward the U.S.-Canadian border to its outlet at the Richelieu River in Quebec. From there, the water joins the St. Lawrence River, which eventually drains into the Atlantic Ocean at the Gulf of St. Lawrence. Because the Lake Champlain waterway served as a major thoroughfare between New York and Canada, the shores of Lake Champlain have witnessed many historic conflicts during the history of the United States, including: the French and Indian War, the American Revolution, and the War of 1812. For more history of Lake Champlain, visit: <http://www.historiclakes.org>

**Geology Facts:** Lake Champlain is one of the largest freshwater lakes in the United States, and is sometimes called the "Sixth Great Lake."

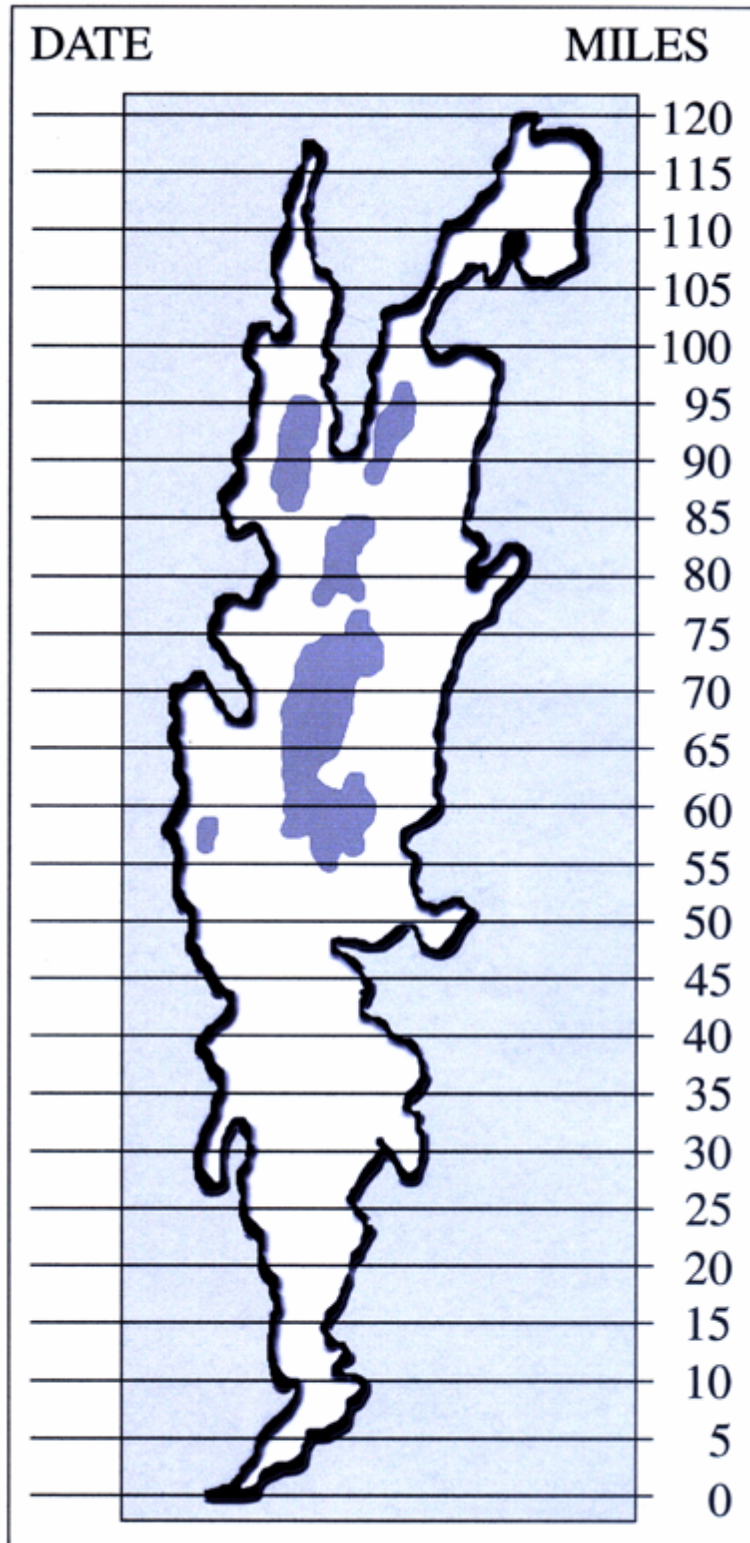
Lake Champlain has 435 square miles of water surface area and more than 70 islands. The north-flowing lake is 120 miles long and 12 miles wide at its widest point. The lake features 587 miles of shoreline, a maximum depth of 400 feet, and an estimated 6.8 trillion gallons of water. That's more water than most swimmers could explore in a lifetime! For more geological facts about Lake Champlain, visit: <http://www.lcbp.org/lakefax.htm>



**Visiting Lake Champlain:** If you enjoy your virtual swim and become inspired to visit the Lake Champlain region, accommodations range from inexpensive motor lodges to resorts, such as the Trapp Family Lodge, which is owned by the family that inspired "The Sound of Music." For details about this lovely resort, visit their web site at: <http://www.trappfamily.com>. For

general information about lodging, accommodations, and other details about the Lake Champlain area, visit: <http://www.vermont.org>

Progress Chart: Virtual Swim across Lake Champlain



Keep track of your mileage using the "Virtual Swim Consolidated Entry Form" (separate page) or "fill up the lake" using the Champlain Progress Chart (left). You may choose one of three virtual swim options.

**Option A:** 12 miles across the width at the widest point in Lake Champlain.

**Option B:** Triple-crossing across the 12-mile width – 36 miles.

**Option C:** 120 miles total length of Lake Champlain.

For each segment you swim, fill in one section on the progress chart, and record the date. All of your swimming mileage counts toward your goal. A mile is equivalent to 1760 yards (approximately 70 lengths of a 25 yard pool), or 1600 meters (64 lengths of a 25 meter pool, or 32 lengths of a 50 meter pool).

Please use the "Virtual Swim Consolidated Entry Form" (separate page) to send in your results. Enjoy your virtual swim across Lake Champlain!

*The Virtual Swim across Lake Champlain is brought to you courtesy of the New England Masters Swim Club and the USMS Fitness Committee. Virtual swim compiled by Bill Volckening.*

