

Virtual Swim Across Lake Winnepesaukee, New Hampshire

“The smile of the great spirit”



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

Options: Option A is a swim across the 15 mile width of the lake. Option B is a swim across the 25-mile length. Option C is a 40-mile swim of the combined length and width.



Lake Description: Lake Winnepesaukee is located in the Lakes Region of central New Hampshire at the foothills of the White Mountains. It is the largest lake in the state and the 6th largest lake that lies completely within the borders of the United States. Surrounded by three mountain ranges, the wooded shoreline and crystal clear water of this spring-fed lake have made it a popular summer destination for many generations. Winnepesaukee means “beautiful water in high place” — a second interpretation from Indian folklore is “The smile of the great spirit”. The lake features approximately 72 square miles of surface water, 240 miles of shoreline, and 625 billion gallons of water. Winnepesaukee is 504 feet above sea level, 187 feet deep at its deepest point, and it has an average depth of 43 feet. Winnepesaukee has approximately 244 islands, and six mapped shipwrecks in the chilly depths. The water in Winnepesaukee is exceptionally clear – the water clarity in Wolfboro Bay has approximately 25 feet visibility. The lake freezes over between late December and early January.

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Keep track of your mileage using the “Virtual Swim Consolidated Entry Form” (www.usms.org) or use the chart provided below. You may choose one of three virtual swim options.

- Option A: swim across the 15-mile width of the lake.
- Option B: swim across the 25 mile length of the lake.
- Option C: 40-mile swim of the combined length and width.

yards / date	yards / date	yards / date	yards / date	yards / date	yards / date	yards / date	yards / date	total / miles

For each day 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” (www.usms.org) to send in your results. Enjoy your virtual swim across Lake Winnepesaukee!



Visiting Lake Winnepesaukee: If your virtual swim inspires you to visit the Lake Winnepesaukee region, accommodations range from the inexpensive to the luxurious. Visitors may explore the numerous villages on the shores of Lake Winnepesaukee by boat or by car. Each one offers something unique. All communities have public parks and docks, and feature varied activities such as fireworks displays and band concerts throughout the year. For more information about visiting Lake Winnepesaukee, go to www.winnepesaukee.com

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