

The Lake Po Picayune

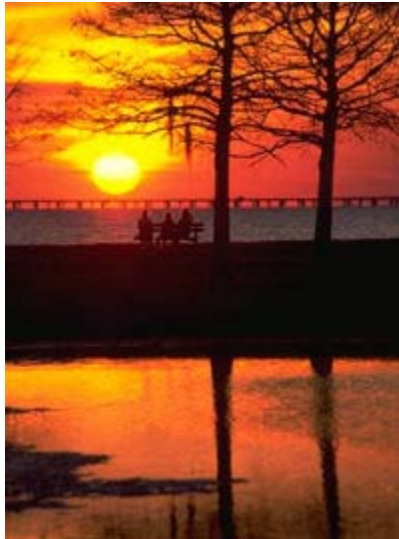
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volume 1

THE 2003 SWIM ACROSS LAKE PONTCHARTRAIN MAKES A SPLASH THROUGH LOUISIANA

Swim Across Lake Pontchartrain II, the second annual 24-mile virtual swim across the grandest lake in Louisiana begins in January 2003 and continues year round. The virtual swim is part of the USMS Fitness Committee's virtual swim series that began last year. The Swim Across Lake Pontchartrain I was sponsored by the Crawfish Aquatics Masters in Baton Rouge. Lake Pontchartrain is the northern border of historic New Orleans. Many swimmers braved the cold Louisiana weather last January for a great virtual swim. This year you can join in the fun. Keep track of the yards you swim. The virtual swim starts on the north shore in Mandeville. When you have completed your virtual 24 miles, your virtual swim will have you in New Orleans ready to party for Mardi Gras season.



Each weekday 30,000 cars cross Lake Pontchartrain on the longest over-water bridge in the world, The Lake Pontchartrain Causeway.

The 24-mile long bridge across Lake Pontchartrain connects Jefferson Parish on the South Shore and St. Tammany Parish on the North Shore. Lake Pontchartrain was named for the Count de Pontchartrain who served as minister of finance during the reign of France's "Sun King," Louis XIV for whom Louisiana is named.

Lake Pontchartrain and the Causeway comprise one of America's famous scenic attractions. The lake is home to a wide variety of fish and shellfish, ducks and other kinds of waterfowl. Pelicans are making a comeback in the lake as well. Ancient trees festooned with Spanish moss mark the lake's edges.

For more information on the Causeway, go to www.thecauseway.com.

Water Pollution a closely monitored problem

The rumors of just how polluted Lake Pontchartrain has become are whispered to tourists every day. Your virtual swim should be cleared of all thoughts. The Lake Pontchartrain Basin Foundation began intensive water quality monitoring in August of 2000 in an effort to educate the public about water quality. Ten historically recreational sites are regularly sampled (see map below). According to the LPBF website, several water quality parameters, including fecal coliform bacteria levels, are tested regularly.



In its heyday, the Pontchartrain Beach Amusement Park entertained generations of locals until its closure in 1983. The jingle “To the Beach” rings in local residents’ memories. Since that time, the beach has had some time to rejuvenate, making way for nature to return. Not only has the water quality of the area improved, but the beautiful grounds of the old park have also become a habitat for a variety of birds and fish. Water quality testing at this site also yields promising results for future swimming--especially virtual swims.



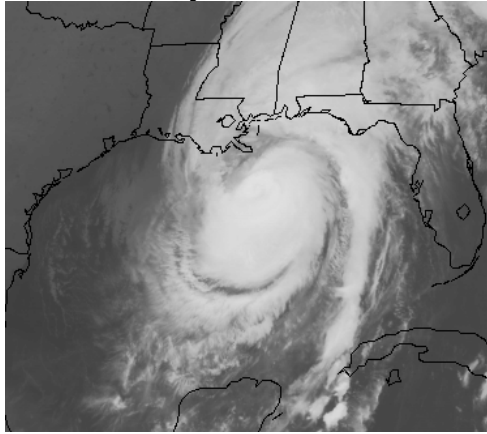
Warning before you go swimming, virtual or otherwise:

Rainfall Runoff Warning: The Lake's water quality is directly related to rainfall runoff. If it has rained in your area in the past 3 days, the runoff could pollute the Lake. For more information on the water quality and conservation issues, go to www.saveourlake.org.

WEATHER WARNINGS:

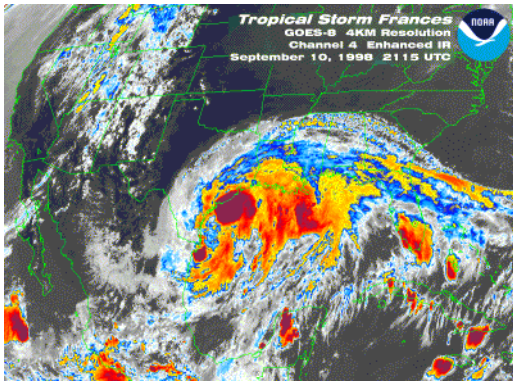
The Louisiana native has endured many hurricanes and storms throughout the years. Before any long swim, be sure your team is aware of all storm warnings. Tragedies can be avoided with a little planning. You can't stop the rain, so you have to plan around it.

In case you are not aware of some of the history of the hurricanes, consider the effect of Hurricane Betsy. On September 9, 1965, Hurricane Betsy came ashore with winds gusted to 125 mph at New Orleans. A 10 foot storm surge caused New Orleans its worst flooding in decades. Hundreds of ships, tugs, and barges were sunk or driven aground from New Orleans to Baton Rouge. Offshore and coastal oil installations reported unprecedented damage. Fall crops were in ruins and many livestock drowned. Damage in Southeast Louisiana



totaled \$1.4 billion and 81 lives were lost.

Satellite photo of Hurricane Betsy before landfall. (jd wire)



Current satellite technology provides color enhancement of hurricane tracking, but doesn't slow down the damaging effects of the storms. Please plan your virtual swims accordingly.

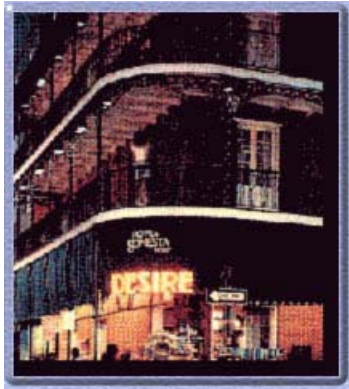
Louisiana is also known to have a moderate number of tornadoes. Again, the support staff for any swimmer attempting a virtual swim across Lake Pontchartrain should monitor all weather conditions. Extra swimsuits may be necessary to complete the swim.

FUN FUN FUN

Lake Pontchartrain is north of the wildest cities in the world--the city that care forgot. Here are a few photos that capture a little of the *laissez les bon temps rouler* spirit.



For more information on the New Orleans area, go to www.nola.com. Archived pictures of the crazy fun can be found at www.nola.bourbocam.com.



So, start your virtual swim now. Begin your training and enjoy the Lake Pontchartrain and New Orleans area. Make these 24 miles the best virtual swim of your year!

Swim Log and Order Form

This swim was designed for completion during the month of January. The USMS Fitness committee will accept your log if you do it in January, or any one month, or even more than one month. Take as long as you wish to get across. But if you want the commemorative shirt, you must buy it by the deadline. Crawfish Masters will accept your order on the honor system. Wear the shirt after you have completed the swim.

Swim Log Record your progress on the days that you swim

Day	1	2	3	4	5	6	7	Total Distance
Distance								
Day	8	9	10	11	12	13	14	Total Distance
Distance								
Day	15	16	17	18	19	20	21	Total Distance
Distance								
Day	22	23	24	25	26	27	28	Total Distance
Distance								

T-Shirt Order Form

2003 Commemorative T-Shirts for finishing the virtual Lake Pontchartrain Swim. Make your checks out for \$17 payable to Crawfish Aquatics Masters and send to Jude Bourque 2125 Myrtle Ave., Baton Rouge, LA. 70806.

Name: _____

Address: _____

Phone: _____

Email _____

T-Shirt size: XXL, XL, L, M, S (XXL are \$18) Circle your size

Deadline for T-Shirt orders: Feb. 15, 2003.