

# The Glen Lake Swim

[www.glenlakeswim.com](http://www.glenlakeswim.com)



**Granite State Health & Fitness Foundation**

PO Box 933

Manchester, NH 03105

Tel: (603) 494-8774

Email: [info@glenlakeswim.com](mailto:info@glenlakeswim.com)

**Contact: Gary Girolimon, Race Director**

**Event Date: August 17, 2025**

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**The Glen Lake Swim** is an annual USMS-sanctioned one and two mile open water swim race that is organized by the Granite State Health and Fitness Foundation (GSHFF), a 501(c)3 non-profit based in New Hampshire. All proceeds raised by this event support health and wellness projects and infrastructure, including aquatic safety initiatives.

This swim is not for novices; this event is for experienced swimmers only. To participate, you should be able to swim one mile comfortably in 45 minutes or less, and be comfortable swimming in deep open water. For safety reasons, the race director reserves the right to pull swimmers from the water who cannot complete the course in a reasonable amount of time.

Each year the event has a theme inspired by our mascot, the friendly rock and roll loving lake monster called **Glennie**. The 2025 event is subtitled **FANGS** and will be a celebration of the 50<sup>th</sup> anniversary of the movie JAWS. For more information and to register please visit <https://glenlakeswim.com/>