**The Glen Lake Swim**

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

**Granite State Health & Fitness Foundation**

PO Box 933

Manchester, NH 03105

 Tel: (603) 494-8774

 Email: info@glenlakeswim.com

**Contact: Gary Girolimon, Race Director**

**Date: September 7, 2019**

**Registration Information**

Online registration is via RunSignUp: [https://runsignup.com/glenlakeswim](https://runsignup.com/glenlakeswim/)/

There will be no paper registration. There will be no day-of registration.