



The Home of
YEAR ROUND
SWIMMING
in

MARK JOHNSTON

FLATHEAD LAKE

Flathead Lake in northwest Montana is the largest natural freshwater lake west of the Mississippi; slightly larger than Lake Tahoe at 27.3 mi. long, 15.5 mi. wide, and max depth of 370.7 ft. As one of the cleanest in the world, Flathead Lake is perfect for **OPEN WATER SWIMMING!** No sharks, no jellyfish, and no lane lanes...just clear, clean, and crisp water!

- Cold Water Immersion
- Long Distance Open Water Training
- Swim Vacations
- Swim Clinics & Camps
- Pool Training & Coaching



After ten years of coaching age-group, high school and masters swimming in Denver, Colorado, Mark & Dana Johnston moved to southern shore of Flathead Lake to start the Flathead Lake Open Water Swimmers (FLOW) and share their passion for swimming.





Coaching Credentials

- Fifteen years Age-Group, High School and Masters experience
- 2010 FINA Masters World Championship Coach
- Royal Yacht Association and Swim Trek Certified Boat Captain
- 2008 Doc Councilman Creative Coaches Award
- 2014-2016 United States Masters Swimming Online Coach

Swimming Credentials

- Six Time US Winter Swimming Champion
- Six Time Scandinavian Winter Swimming Cup Champion
- 15-Mile Chasing The Grizzly, Flathead Lake, MT
- 11-Mile Portland Bridge Swim, Portland, OR
- 10K Horsetooth Reservoir, Ft. Collins, CO
- 10-Mile Deer Creek Reservoir, Heber, UT
- Four Time FINA Masters World Top Ten

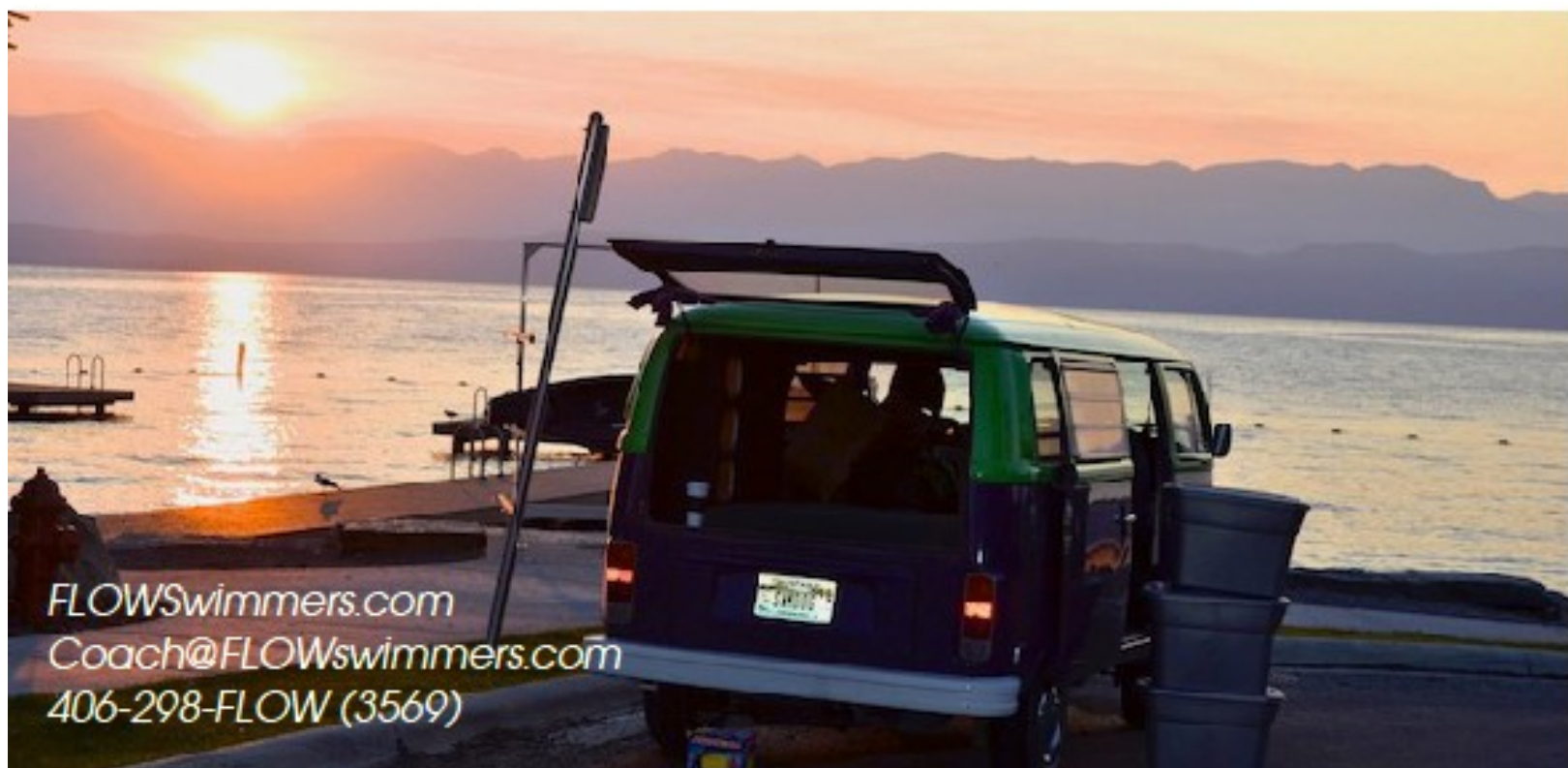


At 28-miles long and 15-miles wide, Flathead Lake offers an unlimited amount of open water swimming. Here are a few favorites:

Chasing The Grizzly: 15-mile crossing of Flathead Lake tracing the 2010 journey of a local grizzly bear.

Bird Island: 2-mile loop around a protected bird sanctuary in the middle of Flathead lake.

Wild Horse Island: 8-mile circumnavigation of Flathead Lake's "island" State Park.



FLOWswimmers.com
Coach@FLOWswimmers.com
406-298-FLOW (3569)