

Russian River Challenge

500 meter and 1 Mile Swim

June 30th 2012

OW -12-09

OW-12-10

USMS Reg # _____

Club Affiliation _____

Birth Date _____ Age on Race Day _____

Address _____

State _____ City _____ Zip _____

Phone # _____

Email _____

Gender Male Female

Participating in:

500 yard time _____

1 Mile Swim time _____

CAT 1 Suit (standard suit)

CAT 2 Suit (wetsuit/blu70)

- RACE DETAILS: 9:00am 500m start
 9:30am 1 mile start

 \$35 PRE-REGISTRATION PER SWIM or \$50 for both
 1. online - www.active.com
 2. mail completed entry before June 20th
 Russian River 1 Mile Championship
 PO Box 337
 Healdsburg, CA 95448
 *A copy of your current USMS/ USA registration card must accompany entry.
 *Make checks payable to: REDWOOD COAST USLA

\$45 Per Swim or \$60 for both on RACE DAY REGISTRATION
 Registration ends at 8:30am for the 500m and 9:00am for the 1 mile

INFORMATION, DIRECTIONS, OR TO REGISTER.

EMAIL: rdwoodmasters@yahoo.com

PHONE & FAX-LINE: 707.528.4718

www.lifeguardsforlife.org

WATER TEMPERATURE: 68-72 degrees

AGE GROUP DIVISIONS: 18-24, 25-29, 30-34,35-39,
40-44, 45-49, 50-54, 55-59...etc

AWARDS: Overall male & female swimmer
 1st thru 3rd place by age group

SAFETY: Swim caps will be supplied. It is mandatory that these caps be worn. Safety craft and lifeguards on rescue boards will patrol the course. Individual escorts are not allowed. A cut-off time of 1 hours/30minutes be enforced.

EQUIPMENT: Wet suits will render that swimmer ineligible for awards. Pullbuoys, leg floats, webbed gloves, or other possible speed increasing devices are not permitted.

LOCATION: Healdsburg Veterans Memorial Beach in Healdsburg, California. Take Hwy 101 North to Healdsburg Ave. Exit. Turn right on Healdsburg Ave. Proceed 3/4 mile to Healdsburg Veterans Memorial Beach Park on left. There is a \$7 day use parking fee. If you cross the Memorial Beach bridge over the Russian River you have gone too far.

*A map is available at:
www.lifeguardsforlife.org



READ CAREFULLY BEFORE SIGNING

WAIVER: A LIMITATION OF YOUR LEGAL RIGHTS: I _____ hereby apply to enter for _____ in the Spring Lake Swims. I agree to hold harmless and safe from liability for myself, my heirs, my executors, and administrators; and waive release and discharge the Redwood Coast Chapter of the United States Lifesaving Association, Redwood Coast Masters, Pacific Northwest United States Lifesaving Association, USA Swimming, State of California, County of Sonoma, and all other sponsors and producers of this event, their agents, representatives, successors, and assignees, from all liabilities, actions, claims, demands, damages, costs, any and all rights, expenses, liability or damage for any and all injuries received or illness incurred or from damage caused by me to anyone else arising out of or in connection with my participation in the Spring Lake Swims. I further expressly recognize that the entry fee does not obligate the sponsors, hosts, or their agents, for the costs of any medical care rendered to me, nor does it constitute a policy of insurance should I become injured or ill during the course of my participation. I further agree that I will defend, indemnify and hold harmless the said sponsor, host, their members, officers, agents, against all claims, demands or causes of action, including court costs and attorney's fees directly or indirectly arising from any or other proceedings brought by or prosecuted for my benefit contrary to this agreement. This release extends to all claims of any kind and nature, whatsoever, whether known or unknown, and I expressly waive any benefits I may otherwise have under Section 1542 of the Civil Code of California relating to the release of unknown claim. In addition to this agreement to the above, I certify and attest that to the best of my knowledge my physical condition and fitness are adequate for me to safely compete in the swim distance mentioned above and that no physician or other qualified individual has advised against my competing in any portion of the swim, or the entire swim itself. I agree to abide by all the rules and regulations of this event.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters/USA swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Spring Lake Swim DATE _____ Signature _____