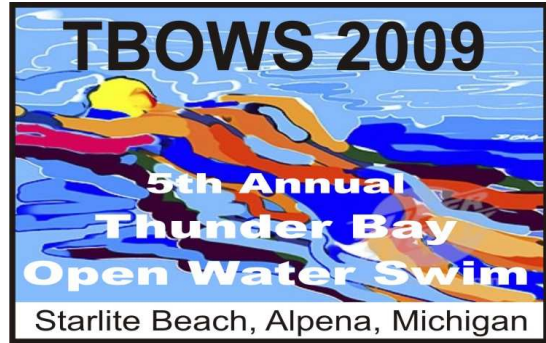


5th Annual Thunder Bay 1 Mile and Half Mile Open Water Swim Saturday, August 22, 2009



What:

One Mile Open Water Swim OR Half Mile Shoreline Swim!

Where:

Alpena, Michigan, Thunder Bay, Lake Huron. Swims start and end at Starlite Beach!

When:

Saturday, August 22, 2009. Half (1/2) Mile Swim at 9:00am. One (1) Mile swim begins at 10:00 am

Registration and Cost:

1. Pre-registration begins June 1, and closes Sunday August 16 at 11:59pm. **Pre-registration event fee is \$25, or \$20 for Student Rate.** All entries must be postmarked by Friday, August 14. **Pick up a registration form at Alpena Plaza Pool. -OR-**
2. **Registration is available at www.signmeup.com**, using a credit card. Online registration will close August 16. **-OR-**
3. ONSITE/RACE DAY registration will be available from 8:00 a.m. to 9:30 a.m. at a cost of **\$30** regardless of age.
4. **Hard Copy Registration Mail Address:** Fill out Event Registration form and mail. Make check to: "Friends of Plaza Pool" and mail to Nancy Lamp, Treasurer, Friends of Plaza Pool, c/o: 112 Kensington Court, Alpena, Michigan, 49707. **OR better yet register online, at www.signmeup.com.**

Awards and Prizes:

Two divisions: Wet Suit and Non-Wetsuit. Awards for both Wetsuit and Non-Wetsuit divisions will include overall female and male winner trophies. Age-group medals will be awarded in order of finish. We will issue every swimmer a swim cap (mandatory to wear during event). Refreshments provided.

Event Info:

Water Temperature averages 67 degrees. Event begins and ends at City of Alpena Starlite Beach. Course will be monitored by boats, kayaks, and paddleboards.

Event Contact:

Clint Bohlen, email clintbohlen@hotmail.com, 989-590-0735. Event sponsored by Friends of Plaza Pool. All event profits benefit the capital development needs of Alpena Plaza Pool, the only public pool in four counties.

**Event Sponsor and Host: Friends of Plaza Pool
THUNDER BAY OPEN WATER SWIM
ENTRY FORM**

"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 a one mile open water swim, including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE 2009 THUNDER BAY 1 MILE OR HALF MILE OPEN WATER SWIM 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: FRIENDS OF THE PLAZA POOL, THE CITY OF ALPENA, THE COUNTY OF ALPENA, THE STATE OF MICHIGAN DEPARTMENT OF NATURAL RESOURCES, THE UNITED STATES COAST GUARD OR ITS AUXILARY, AND ANY OF THEIR AGENTS, OFFICERS, APPOINTEES OR EMPLOYEES, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING OR ASSISTING WITH THE EVENT OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of event. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

SIGNATURE: _____ DATE: _____
PARENT SIGNATURE: (if entrant under 18 years of age)

PRINT LEGIBLY!

NAME: _____ AGE ON RACE DAY: _____

BIRTHDATE: _____ GENDER (check one): Female__ Male__

Registering for (check one): ___ Half Mile Swim ___ One Mile Swim

Your MAILING ADDRESS: _____ City _____

PHONE: (____) _____ - _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

WEARING WETSUIT (Check One - average water temperature is 67 degrees)? YES__ NO__

AGE GROUP SELECTION (check one):

10-13__ 14-16__ 17-19__ 20-24__ 25-29__ 30-34__ 35-39__ 40-44__ 45-49__ 50-54__ 55-59__
60-64__ 65-69__ 70-74__ 75-79__ 80-85__ 86+__

FEE: (Check One) ___ \$25 Standard Fee ___ \$20 Student Rate
___ \$30 Race Day (regardless of age)

T-SHIRT SIZE (check one): Medium__ Large__ XL__ XXL__

T-shirts are **extra \$10**, and we must have minimum of 15 shirts ordered; if not, your money will be returned.

Make checks payable to the "FRIENDS OF PLAZA POOL" for registration and/or t-shirt
MAIL THIS COMPLETED ENTRY FORM + FEE NO LATER THAN AUGUST 14, 2009 TO: Nancy Lamp, Treasurer, Friends of Plaza Pool, 720 West Chisholm Street, Alpena, Michigan 49707 OR REGISTER ONLINE AT WWW.SIGNMEUPSPORTS.COM beginning May 1, 2006! Registration forms postmarked after August 11, 2006 will be considered incomplete, and an additional \$10 will be due, and no t-shirt will be issued. NO EXCEPTIONS!