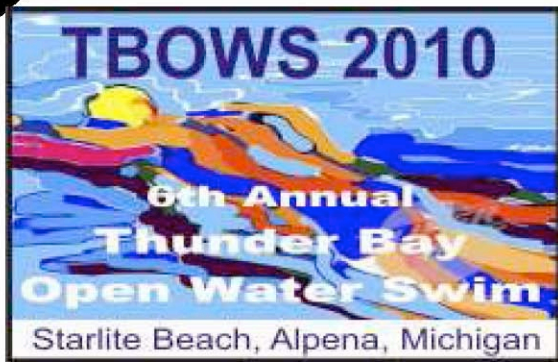


4TH



**Calendar This Now!  
Register Now!  
Limited to 200!**

**What:** Sixth Annual One Mile Open Water Swim OR Half Mile Shallow Water Shoreline Swim!

**Where:** Starlite Beach, Alpena, Michigan, in Thunder Bay, Lake Huron. Our summer weather is gorgeous!

**When:** SATURDAY, AUGUST 21, 2010. Half (1/2) Mile Shallow Water, Shoreline Swim at 9:00 am. One (1) Mile swim begins at 10:00 am

**Registration and Cost:**

Pre-registration begins April 15 and closes August 13. Pre-registration event fee is \$25 non-student, or \$15 for Student Rate for students with an ID presented race day. All entries must be postmarked by AUGUST 13. Pre-registration also available at [www.signmeup.com/69985](http://www.signmeup.com/69985) using a credit card. Event T-Shirts are available for extra \$15 WITH ORDERS RECEIVED BY 6/25/10. Onsite, event day registration will be available from 8:30 a.m. to 9:30 a.m. at a cost of \$35 NON-STUDENT, \$20 STUDENT. **Wetsuits recommended.**

**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.

**Awards and Prizes:** Awards will include overall female and male winner trophies, age group medals (top three per age group), and all competitor ribbons. Pre-registrants will receive event swim cap (mandatory to wear during event) . Refreshments provided. Bar-B-Q sold post-event.

**Event Contact:**

Clint Bohlen, email [clintbohlen@hotmail.com](mailto:clintbohlen@hotmail.com), 989-590-0735. Event sponsored by Friends of Plaza Pool.

**Registration Mail Address:** Make check to: "Friends of Plaza Pool" and mail to Friends of Plaza Pool, c/o: Nancy Lamp, 112 Kensington Court, Alpena, Michigan, 49707, or [register online at www.signmeup.com/69985](http://www.signmeup.com/69985).

*All event profits benefit the capital development needs of Alpena Plaza Pool, the only public pool in four counties in Northeast Michigan*

Event Sponsor and Host: Friends of Plaza Pool

## 2010 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 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: \_\_\_\_\_ **Fee Check Off** \_\_\_\_\_ 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: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ EMAIL: \_\_\_\_\_

T-SHIRT ORDER: Pre-Ordered (by June 25, 2010) Event T-Shirts are available for an **additional \$15**. If you desire one, order by indicating size: (check one): Medium\_\_ Large\_\_ XL\_\_ XXL\_\_

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+\_\_

\_\_\_ \$25 PreReg  
\_\_\_ \$15 PreReg-  
Student  
\_\_\_ \$15 T-Shirt  
\_\_\_ \$35 LateReg  
\_\_\_ \$20 LateStud

FEE: (check one) \_\_\_\$25 Standard Fee \_\_\_\$15 Student Rate w/ Student ID

**Make checks payable to the "FRIENDS OF PLAZA POOL" MAIL THIS**

**COMPLETED ENTRY FORM + CHECK NO LATER THAN August 13, 2010 TO:**

Nancy Lamp, Treasurer, Friends of Plaza Pool, 112 Kenstington Court, Alpena, Michigan  
49707 OR REGISTER ONLINE AT [www.signmeup.com/69985](http://www.signmeup.com/69985) beginning April 15, 2010!

**Registration forms postmarked after August 13, 2010 will be considered LATE, NO EXCEPTIONS!**