

**10<sup>th</sup> Annual Lake Padden 2.5K and 5K Open Water Swim  
Sunday, July 25, 2010**

**Hosted by Bellingham Masters Swim Club**

**Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc. - Sanction No. 360OW-02**

Name: _____	USMS # <sup>1</sup> _____	- _____
Street: _____	DOB (mm/dd/yy) _____	
City: _____	State: _____	Zip: _____
Email: _____	Phone: _____	
Emergency contact: _____	Phone: _____	
Event choice (circle): <b>2.5K</b> <b>5K</b>	Gender: <b>M</b> <b>F</b>	
<b>Fee calculation:</b>	<b>Make checks payable and mail to:</b>	
Entry fee (prior to July 23):     \$30	Bellingham Masters Swim Club	
Race Day Entry Surcharge     \$5	Lisa Kaufman	
One-event USMS fee <sup>1</sup> (\$20)     _____	2200 D Street	
	Bellingham, WA 98225	
<b>Total remitted (US or CAN):</b> _____	<a href="mailto:lbkauf@clearwire.net">lbkauf@clearwire.net</a>	

**Liability Release:** "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 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 DAMAGE, 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. Finally, I specifically acknowledge that I am aware of the all the risks inherent in open water swimming and agree to assume those risks."

**Must be signed and dated for acceptance.**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Events** 2.5K & 5K open water swims will be conducted on a triangular course in freshwater Lake Padden. Both events start in the water and finish on the beach.

**Schedule:**

7:30 – 8:30 a.m.	Check-in for all events
8:45 a.m.	Pre-race briefing
9:00 a.m.	Joint Start (2.5K & 5K)

**Location:** Lake Padden Park, Bellingham, WA. Restrooms, showers, and changing facilities are located at the start/finish area. Hiking, biking, running trails, a large barbecue, and a play area for the family are available. The park includes a first-rate municipal golf course (<http://www.lakepadden.com>).

**Eligibility:**

- USMS or Canadian Masters (CM) registered swimmer or
- \$20 "One Event USMS Registration" fee for non-USMS or CM
- 18 years of age and older as of July 25, 2010
- Non-PNA swimmers (CM or out of area USMS) – photocopy of current registration card required with entry.

**Entry Fee:** \$30 (US or Canadian). Fee includes official race swim cap, which must be worn during the swim. **Race Day Registration: \$35**

**Entry Deadline:** Advance registration must be received by July 23, 2010. Day-of registration is permitted for an additional \$5.

**Awards:** Men and Women overall first through third place for 2.5K and 5K.

**Rules:** Current USMS rules will govern this event. Neoprene wetsuits are allowed.

**Safety:** Lifeguards and safety boats will monitor the entire race course. Swimmers must wear the swim cap provided and race number on hand and upper arm or leg.

**Results:** Results will be posted one hour after the final event and will be available on the BMSC (<http://www.b-m-s-c.org>) and PNA (<http://www.swimpna.org/>) web sites shortly after the event.

**Directions: Southbound:** I-5 exit 254, left at light onto Samish Way. Cross freeway, right at light (S. Samish Way), main entrance to park (not golf course) is 2.4 miles on right. **Northbound:** I-5 exit 246, left at stop sign (S. Samish Way), main entrance to the park is beyond the golf course entrance, 2.5 miles on left. Race start & finish is near the bathhouse adjacent to the main parking lot.

**Notes:** 1) USMS or Canadian Masters number required. Canadian or non-PNA USMS must enclose photocopy of current USMS to complete registration. Those without current registration must enclose \$15 for "One Event USMS Entry" to complete registration.