

2008 Fat Salmon Open Water Swim – 1.2 & 3.2 Mile Events
Saturday, July 19, 2008 Lake Washington, Seattle, WA
Sponsored by Green Lake Aqua Ducks (GLAD)

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 368OW-01

Event: It's back! The Fat Salmon 1.2-mile and 3.2-mile open water swims return to beautiful Lake Washington. And we knocked \$1 off ALL registration fees for this year's event. Not only is this the Fattest swim of the summer, it's a recession-fighter too! Sign Up NOW!!!



Race-Day Schedule (July 19, 2008):

MADISON PARK
 6:15 - 7:15 am Pre-Race Check-in
 7:30 am **Mandatory** Competitors' Meeting
DAY STREET BOAT RAMP
 8:30 am Start of 3.2-mile race
DENNY BLAINE PARK
 9:15 am **Estimated** start of 1.2-mile race

Location: The event runs between the I-90 and 520 floating bridges along Seattle's Lake Washington waterfront. The 3.2 Mile Race starts at Day Street Boat Ramp at the west end of the I-90 Bridge span, and ends at Madison Park in Seattle (E. Madison St. & E. Howe St). The 1.2 Mile Race starts at Denny Blaine Park, 200 Lake Washington Blvd. E, and also ends at Madison Park. **Check-in at Madison Park** where both races end. **Swimmers are responsible for transportation from the registration area to the race starts.** Parking at both start areas is extremely limited; carpooling is encouraged. See race map at www.fatsalmon.org.

Eligibility: Swimmers must be 18 years of age or older as of July 19, 2008 and:

- Currently registered with USMS or Canadian Masters (CM), **or...**
- Pay a \$15 "One-Event USMS Registration" fee if not-USMS or CM members. **The \$15 fee is in addition to the base entry fee noted on this application!**
- Any USMS or CM swimmer not registered with PNA **must** submit a photocopy of their 2008 registration card with their entry.

Entry Fees: See specific registration information for entry fees. Fee includes swim cap, t-shirt and post-race refreshments. Again, the base entry fee DOES NOT include the \$15 USMS one-event registration required for non-USMS or non-CM members.

Rules: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. The use of fins or pull buoys is not allowed.

Safety: The course will be marked with large orange buoys. Motor boats, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start.

Awards: A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions of the 3.2 Mile Race. For the 1.2 Mile Race one-half of a salmon will be awarded to the fastest male and female swimmers in both divisions. Ribbons will be presented to the top three finishers in all 5-yr age groups.

Directions: From Northbound I-5: Take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th Avenue. Follow directions from 5th Avenue (see below). From Southbound I-5: Take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5th Avenue. From 5th Avenue: Travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7th AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn SLIGHTLY RIGHT on to East Howe Street, travel 0.1 miles; Turn LEFT onto 43RD Avenue East. Park.

Questions? More information at www.fatsalmon.org or contact one of the following:

Toby Coenen, race co-director (425) 836-8943
Liz Shimizu, race co-director (206) 898-8992
Email: fatsalmonswim@gmail.com

Name: _____ USMS # _____ - _____

Address: _____

City _____ State _____ Zip _____

Date of Birth: _____ Age on 07/19/08: _____ Gender (circle): M F

Email address: _____

Emergency contact & phone: _____

Race Distance (circle one):	1.2 Mile	3.2 Mile
Category (circle one)	Wetsuit	Non Wetsuit
T-Shirt Size (circle one)	S M L XL XXL	

Register Online at www.active.com/swimming/ & search for "Fat Salmon"		
Fees:	Early entry before July 6	\$33.00
	July 6 to July 17 (online registration closes 11:59 pm Thursday)	\$44.00
	USMS one-event registration (if needed)	\$15.00

Register by Mail	Make checks payable to GLAD and mail with this entry form to:
Fees:	
Early entry before June 21	\$38.00
June 21 to July 5	\$49.00
USMS one-event registration (if needed)	\$15.00
We will not accept entries postmarked after July 5! You must register online after July 5!!!	6000 36 th Avenue SW Seattle, WA 98126

A note about that USMS One-Event Fee... Your \$15 lets you participate in this USMS-sanctioned event. For \$25 more, enjoy a full-year USMS membership including access to pool meets, clinics, coaches, open water swims & magazine subscription. Contact PNA registrar Arni Litt (PNARegistrar@usms.org) for info!

THERE WILL BE NO DAY-OF-RACE REGISTRATION!!!
EVERYONE MUST PRE-REGISTER BY MAIL OR ONLINE

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

Must be signed and dated for acceptance.

Signed: _____ Date: _____