



*Miracle Mile*  
**POSTAL MILE FOR LUNG CANCER**  
TAMALPAIS AQUATIC MASTERS

**Swim a mile and help find  
a cure for lung cancer.**

**Tamalpais Aquatic Master's  
2023 MIRACLE MILE  
POSTAL SWIM**

50% of all proceeds will be donated to:

**Go2 Foundation  
for Lung Cancer**



***Jon Steiner** was a long-time member of Tamalpais Aquatic Masters and active with local and national Masters Swimming committees. Jon lost his battle with lung cancer in 2006. He originated the TAM 1650 "Don't Waste Your Base" swim in 1996. Today the event, renamed the Miracle Mile, attracts close to 200 swimmers each year. **TAM has donated more than \$18,000 over the past eight years.***

**HOW TO  
PARTICIPATE**

**WHAT YOU'LL NEED:**

A pool at least 25 yards in length

**DISTANCE:**

1650 yards or 1500 meters (swum in a 50m or 25m/yd pool)

**DATE:**

Anytime between January 1, 2023 and February 28, 2023. Entries must be postmarked by Saturday, March 18, 2023

**AGE DIVISIONS:**

18-24, 25-29, 30-34...100+, male and female

**TAMALPAIS AQUATIC  
MASTERS**

[www.tammasters.org](http://www.tammasters.org)

USMS/PMS SANCTION:

**382-S001**

**ABOUT**

The Go2 Foundation  
for Lung Cancer  
[www.go2foundation.org](http://www.go2foundation.org)

Tamalpais Aquatic Masters  
[www.tammasters.org](http://www.tammasters.org)

## ELIGIBILITY

All swimmers registered with USMS for 2023 are eligible to participate.

## MASS TEAM ENTRIES

In order to make entering easier for teams with many participants, an excel spreadsheet can be provided that indicates the information required and that is prepopulated for swimmers on the team who have participated in past Postal 1650 swims. Contact Lynn Sondag, [lynn.sondag@dominican.edu](mailto:lynn.sondag@dominican.edu) for a spreadsheet for your team.

## RULES

All USMS and Pacific Masters rules apply. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Participants must follow their facility guidelines for COVID-19 precautions during the event. The CDC guidelines for aquatic venues can be found at <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>.

**Note: We are not requiring that you submit split sheets. However, please hold onto your split sheet so that we may verify records, if necessary.**



A handy stick-on pocket made from recycled bottles. Visit [gopocketgo.com](http://gopocketgo.com)



Celebrate your swim with a Miracle Mile Swim Cap (super soft silicone).

# 2023 MIRACLE MILE ENTRY FORM

**Must be postmarked by Sunday, March 18, 2023.**

Swimmers can enter online through [Club Assistant](#) or by mail. USE THIS FORM FOR MAIL-IN ENTRIES ONLY. Make checks payable to: **TAM**

**SUBMIT A COPY OF YOUR USMS REGISTRATION CARD.**

### Mail entry form to:

Lynn Sondag 143 21<sup>st</sup> Avenue, San Francisco, CA 94121.

**Questions:** 415-254-5080, [lynn.sondag@dominican.edu](mailto:lynn.sondag@dominican.edu)

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age at time of swim \_\_\_\_\_

- Male  
 Female

Team Name \_\_\_\_\_

Team Abbreviation \_\_\_\_\_ USMS# \_\_\_\_\_

Time: \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_ Date Swum: (mm/dd/yy) \_\_\_\_\_

Please enter time to the 100<sup>th</sup> of a second. (Example: 24:12.12)

### Did you swim in a pool that was:

- 25 yards  
 25 meters  
 50 meters

### Donation

What you pay is completely up to you. 100% of your donation is tax-deductible and TAM as a 501c3 organization will contribute 50% of your donation to Go2 Foundation for Lung Cancer. **If you donate \$100 or more, you will receive a Special Edition silicone swim cap.**

- \$10  \$25  \$50  \$100  Other: \_\_\_\_\_  
 I am making this donation as a gift in honor or in memory of a loved one:

\_\_\_\_\_  
*Your honoree's name will be given to Go2 Foundation for Lung Cancer.*

### Yes, help me celebrate my swim:

- \$10 Miracle Mile Go Pocket  
 \$12 Miracle Mile Swim Cap

\_\_\_\_\_ **Total Enclosed**

*Please make checks payable to TAM. Thank you!*