

19th Annual YMCA Lake Amy Belle Swim Race

Saturday, July 20st 2012, 12:00 Noon

WHEN: Saturday July 20, 2012, Race at 12:00 Noon, Check in at 11:30

WHERE: Lake Amy Belle at YMCA Camp Minikani, Hubertus

WHO: All swimmers who can finish a 500-yard swim in 11 minutes or less

FEE: \$15 (\$10 for Y Members),

T-SHIRTS: \$15 (guaranteed only if ordered by July 2th, 2013)

AWARDS: Medals to all finishers, trophy to 1st place swimmers

This is a fun race and safety is our top concern. Hand paddles & fins are not allowed, but floating tow "noodles" are allowed, provided and required for all swimmers age 10 or younger. All swimmers must also wear a brightly colored cap (provided) during the race. The race takes place around buoys marking a half-mile oval. Swimmers can choose either the half or 1 mile race. Those swimming in the mile swim 2 laps around the course. Guard rowboats will follow swimmers. Any swimmer too tired to finish may swim to a boat for aid. Any swimmer receiving aid will not be allowed to continue. All finishers receive a medal. Swimmers must fill out the entry form and release below, **including their 500yd time.**

Advance registration is due by Tuesday July 16th, after that, registration cost is \$25

Mail to: Lake Swim, c/o Eric Jernberg, 5204 W Wells St, Milwaukee WI 53208-3038

Race results will be available on line at: swim-wimasters.org 14 days after the race

Weather check or other ?: Eric Jernberg 414-443-6460 or jernberge@yahoo.com

No refunds if event is cancelled due to bad weather

Directions: to Camp Minikani from Milwaukee County

Take US-45 freeway north from Milw to Exit # 54 (Lannon Rd/Mequon Rd (Germantown Exit))

Go left on Lannon Rd. to Second Stop light (state route 175, Appleton Ave.)

Turn right for 1 block to Willow Creek Rd. Turn left and drive west for 1 mile to Amy Belle Rd.

Turn right on Amy Belle Road, drive 1 mile to the camp entrance (see Leadership Lodge building)

===== Cut & Return =====

Swimmers Name _____ Age _____ Male _____ Female _____

Address _____ City _____ Zip _____ Phone _____

Check One: _____ ½ Mile Race _____ 1 Mile Race 500 yard Time: _____ (required)

Race Fee Enclosed (\$10, \$15, or \$25): \$ _____

T-Shirt (optional \$15 each, xxl is \$16 each)

shirt size (if ordered) _____ small _____ med _____ large _____ x-large _____ xx-large

T-Shirt Fee Enclosed: \$ _____

Total Enclosed: \$ _____ **Make Check out to:** North Milw. Swim Club

I hereby absolve and hold harmless the YMCA, all race sponsors and participants from any liability for any injury incurred by myself while participating in the Lake Amy Belle Swim. I further provide that this hold harmless agreement applies to my heirs, executors and assigns. I have swum the 500 yd time listed above and I am in good physical condition to swim this race.

Participants Signature _____ Parents Signature (if minor) _____

Date _____ YMCA or Team affiliation _____