



# FIRE & ICE

## WINTERFEST

*Come experience what USA Today called one of the "top 10 zaniest winter festivals" in the world!*

## Sub Zero Superhero Endurance Swim

Hosted by Lava Hot Springs Foundation, Rocky Mountain Masters, & Lava Heat Aquatics

**February 7, 2015, 9-11am**

- Events** The Mile (1650 yards, 33 laps or 66 pool lengths) and/or 3,000 yards (60 laps or 120 pool lengths)
- Facility** Lava Hot Springs' Indoor Aquatic Center  
195 N. Center Street, Lava Hot Springs, ID 83246  
[www.LavaHotSprings.com](http://www.LavaHotSprings.com)
- Course** This is a 6 lane, 25 yard, 3.5' to 12' deep indoor pool equipped with backstroke flags and antiwave lane lines.
- Who Can Participate?** Think of this like a community fun run... but swimming! Anyone can participate, but we recommend you possess the ability to swim strongly.
- Cost** Preregistration: \$15 for preregistration—guarantees event tshirt  
Day of "Deck" registration: \$20—probably includes tshirt, but sizing cannot be guaranteed
- Awards** Heroic efforts and costumes will be admired. Such costumes and efforts will be given prizes both literal and figurative in nature.
- How to Register** Pre-register by January 31 by sending registration form and payment to  
Lava Heat Aquatics  
PO Box 669  
Lava Hot Springs, ID 83246
- Confused?** Karen Homstad (208) 251-5230 / [karen.homstad@lava.idaho.gov](mailto:karen.homstad@lava.idaho.gov)

**Check out [www.LavaHotSprings.org](http://www.LavaHotSprings.org) to see all the weekend's great Fire & Ice Winter Fest events and activities!**

**Registration Form – Mail to Lava Heat, PO Box 669, Lava Hot Springs, ID 83246**

NAME					PHONE	
EMAIL					ZIP CODE	
ADULT TSHIRT SIZE (CIRCLE)					EVENT (CIRCLE ONE OR BOTH)	
S	M	L	XL	2XL	The Mile – 1650 yards	3000 yards