



# “SWIM THE SUN” 15<sup>TH</sup> ANNUAL ST. LOUIS AREA MASTERS +4 MILE, 5K, +2-MILE & +1-MILE OPEN WATER SWIM RACES

at Sunnen Lake (YMCA of the Ozarks), Potosi, Missouri

**DATE:** Sunday, June 12, 2016, Sanctioned by: Ozark LMSC for USMS Inc.

**TIME:** 8:00 am start for the 4 mile, 8:15 am start for 5K, 8:30 & 8:45 am for the 2 & 1-mile races. Check in begins at 7:00 am; pre-race instructions will be given at 7:45 am.

**LOCATION:** Sunnen Lake is part of the YMCA of the Ozarks, Trout Lodge, located approximately 75-85 minutes southwest of St. Louis in the Mark Twain National Forest. For driving directions, see below.

**EVENT:** Triangular 1-mile course; marked by 7' orange triangular buoys, and lifeguards in kayaks. From water start to land finish is 1.1 miles. One lap around course is 1.1-miles, twice around is 2.1-mile, three times is 3.1-miles (5K) and four times around is 4.1 miles.

**Maximum 2 hour 30 minute time limit for 4.1 Mile Swimmers (2:05 per 100 yard)**

**Maximum 2 hour 15 minute time limit for 5K Swimmers (2:28 per 100 yard)**

**NO EXCEPTIONS!!!!**

**ELIGIBILITY:** Persons eighteen (18) years of age and older and all levels of swimming ability are welcome. Age is determined by swimmer's age on June 12, 2016. Participants must be 2016 USMS members or pay the additional \$20 OEVT fee. You may apply for USMS membership online prior to the event at the USMS website <http://www.usms.org/reg/>. We are in the Ozark LMSC. One Event USMS registration (OEVT) of \$20 is also available for the event with online registration, but OEVT membership is good only for this event.

**FEES:** \$50 if entered by June 1, 2016; \$65 if entered by 6 PM CDT, June 11 2016. Online registration only! Online entries are paid by credit card to ClubAssistant.com Events. Includes a swim cap, and the post-event lunch buffet social and day pass entry to YMCA Trout Lodge. Fees are non-refundable & non-transferable. Event website: [www.swimthesun.com](http://www.swimthesun.com)  
The race will be limited to the first 100 swimmers to sign up.

**DEADLINE:** Race day entries will NOT be permitted. Deadline to enter online is June 11, 6 PM CDT  
**[https://www.clubassistant.com/club/meet\\_information.cfm?c=1732&smid=7689](https://www.clubassistant.com/club/meet_information.cfm?c=1732&smid=7689)**

**SAFETY:** Swimmers must wear the fluorescent swim cap provided at check-in. The water temperature is expected to be about 75-82F.

**RULES:** Current USMS rules will apply for the Masters' Division.

**WETSUITS:** Swimmers wearing wetsuits or other non-porous attire are welcome to register in the Wetsuit Division, but will not be eligible for official placing in the results due to the competitive advantage wet suits provide. If the water temperature is above 78F, wetsuits will not be permitted.

**RESULTS:** Results will be sent to each participant who provides an email address and posted on the internet at [www.ozarklmsc.org](http://www.ozarklmsc.org).

**SOCIAL:** Your registration fee entitles you to eat at the buffet at the Trout Lodge. Spouses and/or guests may also purchase a day pass at the price of \$30 that entitles him or her to use of the facility along with the lunch buffet at the Trout Lodge (There are no longer just "meal charges"). When you're done eating, why not spend the day? By registering you receive a day pass that will allow you to partake in any of the many

activities the camp has to offer. It is important, however, that if you do bring guests, they be registered and paid for. Check out their website at [www.ymcaoftheozarks.org](http://www.ymcaoftheozarks.org).

**ACCOMMODATIONS:** The YMCA does have limited number of rooms available for those choosing to stay at Trout Lodge. Contact Trout Lodge directly to get the current rate and make reservations. The rate includes three meals a day, but you must stay at least two nights (Fri.-Sat. or Sun.-Mon.) There is no Saturday check in or checkout. Rooms can be reserved directly on line at the web site above or by calling 314-241-YMCA (9622). Other hotels can be found along I-255/I-270 and I-55 (approximately 70 miles from Lake).

**DIRECTIONS:**

***Do Not Depend on GPS for Directions – Rural Location***

**From St. Louis Area:** (Approximately 75 miles from the Arch) I-55 for 22 miles from I-270, until you reach Festus and Hwy. 67 south (at exit 174B). 6 miles on Hwy. 67, until you reach Hwy. 110 (west), go for approx. 10 miles to Hwy. 21 (south). Make a left onto Hwy. 21 and go for 27 miles - until you reach Potosi. Turn right onto Hwy. 8 (west) for 12 miles to AA. At AA, turn right and go for 2 miles.

**OR** I-270 to Tesson Ferry Road (Hwy. 21). Hwy. 21 (south) to Potosi (approx. 55 miles). Turn right onto Hwy. 8 (west) for 12 miles to AA. At AA, turn right and go for 2 miles

**Columbia:** (Approximately 140 miles) take US 63 S. to Jefferson City, to Hwy. 68 S., to I-44 E., to Hwy. 19 S., to Steelville. Take Hwy. 8 E. to AA. Turn left on AA to entrance of YMCA.

**Rolla:** (approximately 50 miles) take I-44 E. to Hwy. 19 S., to Steelville. Take Hwy. 8 E. to AA. Turn left on AA to entrance of YMCA.

**Kansas City:** (approximately 250 miles) take I-70 E. to Hwy. 19 S. to Steelville. Take Hwy. 8 E. to AA. Turn left on AA to entrance of YMCA.

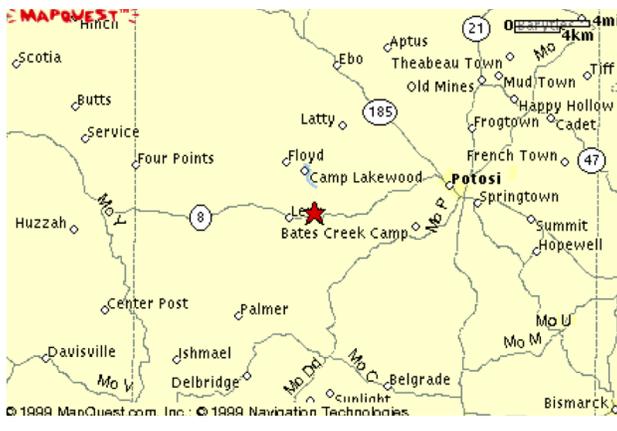
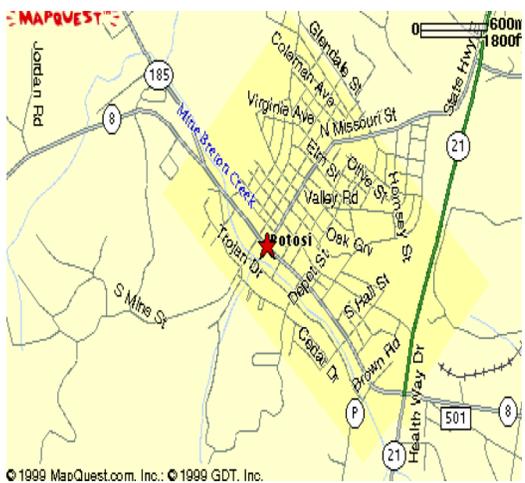
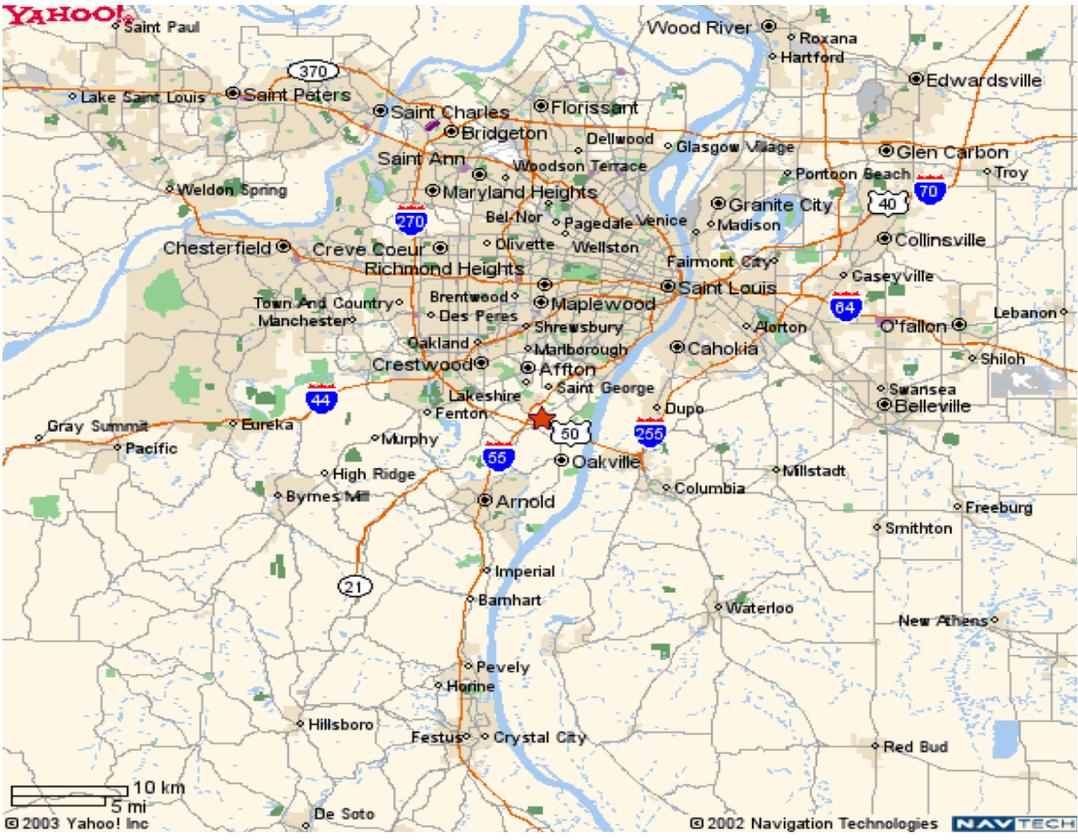
**From the East (Indianapolis and Louisville):** (approximately 300 miles for Indianapolis and 350 miles for Louisville) Once in St. Louis, take I-55 S. for 22 miles to Hwy. 67 S. to Desloge. Take Hwy. 8 W. for 32 miles thru Potosi to AA. Turn right at AA and go 2 miles to YMCA.

**Memphis:** (approximately 325 miles) take I-55 N. to Cape Girardeau. Take Hwy. 72 W. to US 67 N. Take US 67 N. to Flat River. Take Hwy. 8 W. thru Potosi to AA. At AA, turn right and go for 2 miles to YMCA.

**Chicago:** (approximately 350 miles) take I-55 S. thru St. Louis to Hwy. 67 S. Go for 28 miles on Hwy. 67 S. to Desloge. Take Hwy. 8 W. for 32 miles thru Potosi to AA. At AA, turn right and go for 2 miles to YMCA.

**RACE DIRECTOR:** Doug Havlin, [doughavlin@gmail.com](mailto:doughavlin@gmail.com) (314) 324-1964

**SAFETY DIRECTOR:** Brigitte Stotter, [brigittestotter@gmail.com](mailto:brigittestotter@gmail.com)





**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed