



**15th ANNUAL CHICAGO MASTERS' BIG SHOULDERS 5K & 2.5K
OPEN WATER LONG DISTANCE SWIM CLASSIC
USMS 2.5K NATIONAL CHAMPIONSHIP
Saturday, September 10, 2005, 8:00 a.m. at Ohio Street Beach, Chicago
Sanctioned by Central Masters Swimming Association for USMS, Inc. (#215-OW01)**

SPONSORS: Jointly Sponsored by the Chicago Park District and Chicago Masters Swim Club.

TIME: 8:00 A.M. start for first wave of 2.5K Swim; 8:15 A.M. start for first wave of 5K Swim. Check In for both events begins at 6:45 A.M. Course Briefing at 7:45 A.M. Waves seeded by 1 mile time.

COURSE: Triangular course; marked by buoys, and lifeguards in row boats. One lap around course is 2.5 K, twice around is 5K. (See map on reverse.) Water temperatures have varied between 65 and 80 degrees (It's a big lake).

PARKING: Discounted Parking is available at Navy Pier. Bring your parking stub to the registration table for a validation stamp.

QUESTIONS? Check out our Website at www.bigshoulders.org call Peggy Dempsey at 312-455-1218, or email Chris at chris@bigshoulders.org.

ONLINE REGISTRATION: Register for the race online at www.signmeup.com/bigshoulders.

USMS REGISTRATION: You must attach a legible copy of your current U.S. Masters Swimming card, or a completed one day membership application with your entry form. Cost for an annual membership is \$34.00, and a one day membership is \$11.00. Application forms are available at www.bigshoulders.org.

RACE DAY ENTRIES: RACE DAY ENTRIES WILL BE PERMITTED. YOU MUST BRING YOUR USMS REGISTRATION CARD AND PAY THE \$55.00 LATE ENTRY FEE. No one day USMS registrations permitted on race day.

NO REFUNDS WILL BE GIVEN FOR ANY REASON!

ENTRY FEE: \$40.00 if received by 8/31/2005; \$55.00 from 9/1/2005 to day of race. **Make check payable to CHICAGO MASTERS SWIM CLUB.** All participants will receive a goody bag at the race, which in past years has included water bottles, swimming products, food, etc.

T-SHIRTS: One high quality collectable shirt included with entry fee! Extra shirts may be purchased for an additional \$15.00. Please indicate size and quantity on reverse side.

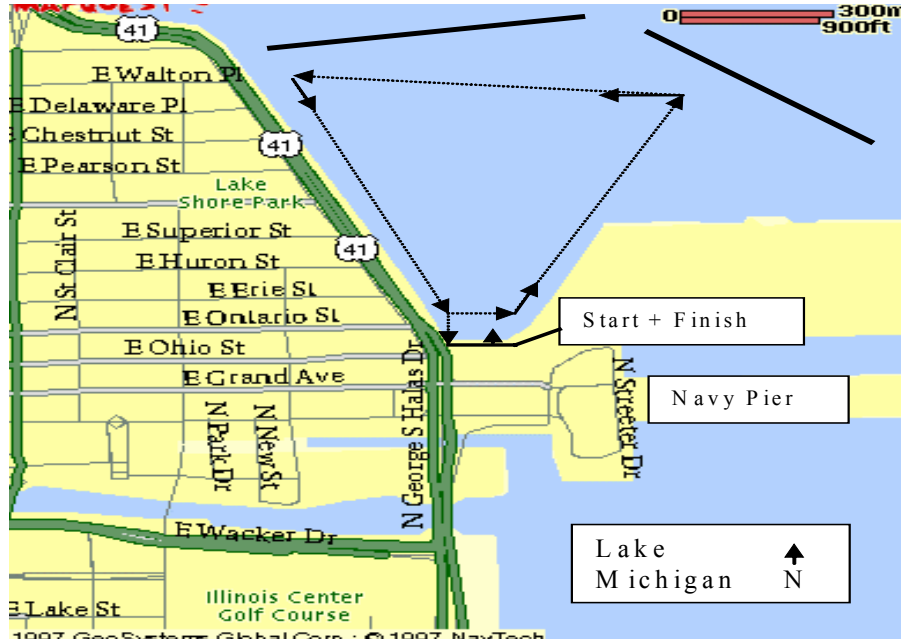
WETSUITS: Swimmers wearing wetsuits or other non-porous attire are welcome to register in the Wetsuit Division, but may be started in a different wave and will not be tabulated with the age group swimmers who do not wear wetsuits. Swimmers wearing wetsuits will not qualify for National Championship Awards.

AWARDS +RESULTS: Each finisher will receive a medal. In addition, results for each age group will be posted on the internet at www.bigshoulders.org. Wetsuit swimmers are scored for top three male and female overall.

RULES: All swimmers are required to wear the supplied fluorescent swim caps for safety reasons. Current USMS rules will apply.

HIT THE ROOF!: Rooms at the Red Roof Inn, located at 165 E. Ontario, Chicago, IL, just 4 blocks from the race, are being held for a limited time at the incredible rate of \$119.99 per night. Call for reservations at (312) 787-3580, and ask for the Big Shoulders discount, or check out their web site at www.redroof.com.

MAP FOR BIG SHOULDERS OPEN WATER LONG DISTANCE SWIM CLASSIC



Registration begins at 6:45 A.M., and the race starts at 8:00 A.M. sharp! Race begins at Ohio Street Beach next to Olive Park. Access the beach by leaving Lake Shore Drive from North or South at Grand/Illinois exit and going toward the lake. Park at Navy Pier. Map shows course used for the past several years. One lap around course = 2.5k, two laps = 5k swim. Course is subject to change depending upon race day conditions.

CHICAGO MASTERS' BIG SHOULDERS 5K & 2.5K ENTRY FORM

NAME _____ AGE: _____ GENDER: M or F (circle one)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ DATE OF BIRTH _____

Emergency Contact _____

Emergency contact ph # _____

EMAIL _____ WETSUIT (YES OR NO) _____

DISTANCE: (CIRCLE ONE) (5K) (2.5K) 1 MILE SEED TIME _____

Note: Swimmers will be seeded by 1 mile seed time and placed in wave starts at race.

ENTRY FEE _____ \$40.00 if received by 8/31/2005; \$55.00 from 9/1/2005 to day of race. If insufficient funds are sent, your entry will be rejected.

T-SHIRTS: _____ (One shirt included with each entry) Shirt size (S, M, L or XL) _____

USMS #: _____ (All entrants must be USMS registered. One day registrations available for \$11.00 – Make check payable to CMSA and include one day reg. form).

Total Enclosed: _____ Make check for entry and T-Shirts payable to **CHICAGO MASTERS SWIM CLUB.**

Mail entry and Check to: **Big Shoulders 2005, c/o Peggy Dempsey, 833 W. 15th place #507 Chicago, IL. 60608.** DO NOT SEND IN MAIL AFTER September 3, 2005.

USMS 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.

Date: _____ Signature: _____