

CT  
Shenanigans

# AquaRun

gift  
for a  
child  
Presence for a Lifetime

for a Child  
2012

**AquaRun: 2K Swim  
then 5K Run**

OR

**Swim: 2K or 4K**

OR

**Run: 5K**

**Sunday, August 12, 2012**

**11:30AM Start**

**Les Davis Marine Park  
Ruston Way - Tacoma, WA**

REGISTER THRU 8/11/12 at

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

Gift For A Child Donation at

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

Sanctioned by:  


## USMS Swim For A Child 2K and 4K Open Water Swims

Sunday, August 12, 2012

Hosted by Gift for a Child in conjunction with Blue Wave Aquatics, Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc. -Sanction # TBD

**ONLINE REG thru 8/11/12:**

<https://www.clubassistant.com/club/TBD>

**Events:** The 2K & 4K swims-clockwise out-and-back course, parallel to the shore, in 54-57°F saltwater Commencement Bay. Both events start together in the water and finish on the beach.

**Location:** Les Davis Marine Park, 3427 Ruston Way, Tacoma, WA 98402.

Portable restrooms located near the start/finish area. Metro Park restrooms open 9 AM at Les Davis & Dickman Mill Piers.

**Schedule:** (All briefings at Les Davis Marine Park)  
10 AM Registration/Bag Pick-up/Body Marking

**11:15 AM MANDATORY Pre-race Briefing**

(11:30 AM AquaRun starts)

**11:35 AM 2K and 4K SWIMS start**

(11:40 AM 5K RUN starts)



**USMS Eligibility:** 18 years of age or older as of August 12, 2012 w/USMS or foreign registration for 2011 or \$20 One-Event USMS Registration fee.

**Entry Fee: \$40. Race Day registration: \$50.** Fee includes official race swim cap, MUST be worn during the swim. Also : technical shirt, goodie bag, random drawing prizes, age-group awards and delicious post race food and drink. **Advance registration \$10 discount deadline if received by August 11, 2012.**

**Rules:** Current USMS rules will govern the event.

**Neoprene WETSUITS are required for all swimmers** unless exempted by safety committee by 8/11/12.

Email race director [zenacourtney@hotmail.com](mailto:zenacourtney@hotmail.com) for specific exemption details.

**TWO practice swims at Les Davis Marine Park**

**Wednesday, Aug 1<sup>st</sup> @ 7:00 PM**

**Tuesday, August 7<sup>th</sup> @ 7:00 PM**

**Call ahead if you plan to come: 253-740-9872**

**Safety:** Lifeguards, kayaks, safety boats and jet skis monitoring entire racecourse. Swimmers must wear swim cap and race chip provided with race number clearly marked on both hands.

**ALL swimmers MUST attend the pre-race briefing.**

**\$20 fee if chip not returned at end of race.**

Name: \_\_\_\_\_ USMS#\* \_\_\_\_\_ - \_\_\_\_\_  
 Street: \_\_\_\_\_ DOB (mm/dd/yy) \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Event (circle): **2K 4K\*\*** Age: \_\_\_\_\_ Gender (circle): **M F**  
 T-shirt/circle: M or F Size/circle: XS S M L XL 2XL  
**Fee calculation: Make checks payable and mail to:**  
 Entry Fee (prior to 7/30) \$40 GFAC AquaRun  
 Late Entry Surcharge \$10 c/o Zena Courtney  
 1-Event USMS fee (\$20) \_\_\_\_\_ 1853 Overview Drive NE  
**Total fees remitted** \_\_\_\_\_ Tacoma, WA 98422

\*USMS, Canadian, or foreign Masters Registration is required.

For paper entries, non-PNA swimmers must enclose a photocopy of their current registration. Those without current Masters Registration must pay the \$20 One-Event USMS registration fee.

\*\*4K entrants must complete the first 2K within 1-hour or they will be pulled from the race

**Liability 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 DAMAGE, 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 the all the risks inherent in open water swimming and agree to assume those risks."

**Must be signed and dated for acceptance.**

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_



# GFAC AquaRun/SWIM/RUN

**HUGE THANK YOU!** to our **WONDERFUL** sponsors: C.I. Shenanigans, Connelly Law Offices, NW Sports Rehab, Jockey Person to Person, Blue Wave Aquatics, Isaiah Heyer/ Glass Fish Art, South Sound Running, Browns Point Vol. Fire, Citizens for a Healthy Bay

**RAFFLE DRAWING:** There will be a raffle drawing for a random donated prizes (free running shoes, designer cupcakes, and more) *Must be present.*

**FOOD:** Hot drinks, yummy carbs, and fruit will be served to participants following the race.

**AWARDS:** Awards begin after the last competitor finishes. Custom fired glass awards (www.glassfishart.com) for 1<sup>st</sup> overall male and female in each event. 1<sup>st</sup>-3<sup>rd</sup> place awards for age groups: Under 18, 18-24, 25-29, 30-35, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, etc. to 80+



**Results:** Results will be posted at the event on race day and at [www.aquarunforachild.org](http://www.aquarunforachild.org) shortly after.

**QUESTIONS:** Contact Zena Courtney at H: 253-927-3695, C: 253-740-9872 OR [zenacourtney@hotmail.com](mailto:zenacourtney@hotmail.com) OR go to [www.aquarunforachild.org](http://www.aquarunforachild.org)

## DIRECTIONS:

**Southbound:** I-5 S from Seattle to I-705 N exit and merge onto I-705 N.

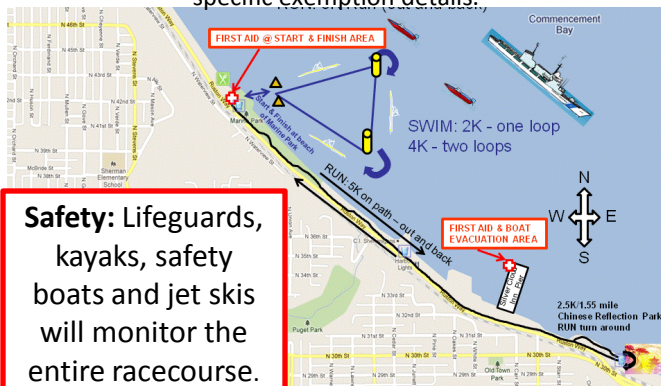
**Northbound:** I-5 N from Olympia, take right lane WA-7 South/I-705 N exit toward Pacific Ave/City Center. Keep left at the fork, follow signs for City Center and merge onto I-705 N.

**Continuing on from both directions:** Just past downtown, exit to left onto Schuster Pkwy. Stay left at Y in road to 'Waterfront', becomes Ruston Way at overpass. Proceed to Les Davis Marine Park and turn left (south) on Dale Street to N Waterview Street. Park on N Waterview to left and right. Please do NOT park at Lobster Shop.

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**Tuesday, August 7<sup>th</sup> @ 7:00 PM**  
**Call ahead if you plan to come: 253-740-9872**

## 2K AquaRun AND 2K or 4K Swim ONLY Course: Out and Back-CLOCKWISE

Neoprene WETSUITS are required for all swimmers unless exempted by safety committee by 8/11/12. Email race director [zenacourtney@hotmail.com](mailto:zenacourtney@hotmail.com) for specific exemption details.



**Safety:** Lifeguards, kayaks, safety boats and jet skis will monitor the entire racecourse.

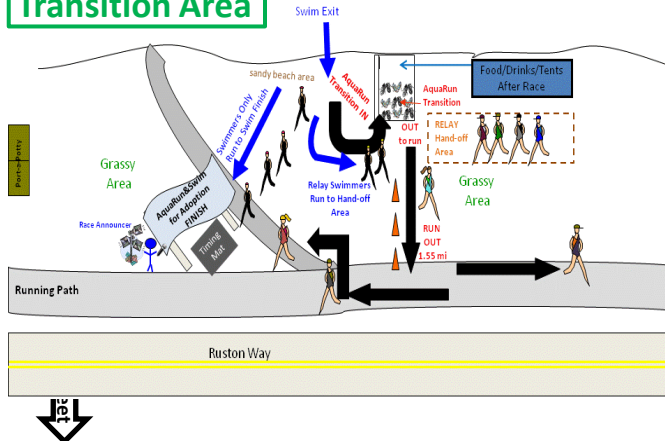
Swimmers must wear swim cap and race chip provided with race number clearly marked on both hands.

**ALL Participants MUST attend pre-race briefing at Les Davis Marine Park.**

\$20 fee if chip not returned at end of race.

## 5K AquaRun AND Run ONLY Course: Out and Back-CLOCKWISE-on path

### Transition Area



## REGISTRATION INFO

10 AM Registration/Bag Pick-up/Body Marking  
**11:15 AM MANDATORY Pre-race Briefing**  
**Race Day**

EVENT	START	Price	Price
AquaRun -Individual	11:30am	\$45	\$60
AquaRun -Relay	11:30am	\$60	\$75
Complete separate form per team member. Send w/payment (One Day insurance Fee for non-USMS \$20)			
<input type="checkbox"/> 2K <input type="checkbox"/> 4K Swim	11:35am	\$40	\$50
(One Day insurance Fee for non-USMS \$20)			
<input type="checkbox"/> 5K Run	11:40am	\$35	\$40
Total \$		_____	

Paid: Check#Amt \_\_\_\_\_ Cash Amt \_\_\_\_\_

Credit cards only accepted online registration.  
 \$5 credit for 5 or more Reg'd/team @ Reg table

Name: \_\_\_\_\_

Circle if applicable: RELAY SWIMMER RUNNER

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

DOB (mm/dd/yy) \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Race Day Age: \_\_\_\_\_ Gender (circle): **M F**

T-shirt/circle preference: Male or Female

Circle size: XS S M L XL 2XL

Completed entry form(s) & check payable the GFAC AquaRun, mail to: Zena Courtney, 1853 Overview Drive NE, Tacoma, WA 98422. **DUE on 8/11/12.**

