

ARMS AROUND BAINBRIDGE FUNDRAISING POOL RELAY SWIM
Help Swim a Virtual Relay from Blakely Harbor through Rich Passage to Point White Dock
to Manzanita Bay through Agate Pass to Fay Bainbridge and back to Blakely Harbor

Join your fellow community members in a virtual 30-mile pool relay swim around Bainbridge Island, as we raise money for friends and neighbors who face the financial obstacles that accompany medical treatment.

INDIVIDUAL SWIMMER REGISTRATION

To register 2 to 5 swimmers use the Group Swimmer Registration Form

When: Sunday, August 15, 2010
11:00am to 2:00pm

Where: Ray Williamson Pool at the Bainbridge Aquatic Center
8521 Madison Ave NE, Bainbridge Island
[Click here for location](#)

ABOUT THE SWIM

Each of the six pool lanes represents a segment of an open-water relay around Bainbridge Island. Swimming continuously in 30-minute segments, with up to five swimmers per lane, we will collectively swim at least 30 miles. Swimmers will go at their own pace and be grouped in lanes by ability. Fins, pull buoys, snorkels, etc., are all allowed. Each swimmer will be assigned a start time between 11:00am and 1:30pm. Your swim time will be e-mailed to you three days before the swim. It will also be available at www.armsaroundbainbridge.com.

REGISTRATION AND SPONSORS

The donation for registration is \$25.00 per 30-minutes of pool time per swimmer. You may register for up to three hours of 30-minute slots. Want to swim with your friends? Five swimmers registering together will have a lane to themselves. Use the Group Swimmer Registration Form.

While not required, swimmers are encouraged to seek sponsors for their swim. To learn more, check out [Arms Around Bainbridge on Facebook](#).

Last Name _____ First Name _____ Age _____
Sex M__ F__ How did you hear about our event? _____
Street _____ City _____
State _____ Zip _____ E-mail _____
Telephone _____ Cell Phone _____
Emergency Contact _____ Relationship to Swimmer _____
Emergency Contact Phone _____

SWIM SPEED

It takes me approximately _____ minutes to swim 200 yards (4 laps, or 8 lengths of the pool).

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Last Name _____ First Name _____

REGISTRATION, DANCE TICKETS AND DONATIONS

Length of Swim:

0.5 hours	\$25.00	1.0 hours	\$50.00	Swim Length:	_____ hrs
1.5 hours	\$75.00	2.0 hours	\$100.00		
2.5 hours	\$125.00	3.0 hours	\$150.00	Registration Fee:	\$ _____

Dance Tickets _____ @ \$20 each (*18 or older; under 18 is free*) \$ _____

Additional Donation: \$ _____

Total Amount Enclosed (Make Check Payable to "Arms Around Bainbridge") \$ _____

We are a 501(c)(3) charitable organization. Contributions are tax-deductible.

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Last Name _____ First Name _____

ACCIDENT WAIVER AND RELEASE FROM LIABILITY

I UNDERSTAND AND AGREE THAT THIS ATHLETIC EVENT IS A TEST OF MY PHYSICAL AND MENTAL LIMITS AND THERE IS THE POSSIBILITY THAT I MAY SUFFER PROPERTY LOSS, SERIOUS INJURY, OR DEATH. THIS COULD BE CAUSED BY THE FACILITIES; BY COLLISION WITH THE POOL WALL OR OTHER SWIMMERS IN MY LANE OR THE ADJACENT LANES; AND/OR LACK OF HYDRATION. PROPERTY LOSS, SERIOUS INJURY, OR DEATH COULD BE CAUSED BY THE ACTIONS OF OTHER PEOPLE INCLUDING BUT NOT LIMITED TO PARTICIPANTS, VOLUNTEERS, SPECTATORS, EVENT OFFICIALS, EVENT PRODUCERS, AND COURSE MONITORS.

I HEREBY FREELY AND VOLUNTARILY ASSUME ALL RISKS OF PARTICIPATING IN THIS EVENT. _____ (INITIAL)

I CERTIFY THAT I AM PHYSICALLY FIT AND HAVE TRAINED AND PREPARED TO PARTICIPATE IN THIS EVENT. I HAVE NOT BEEN ADVISED NOT TO PARTICIPATE BY A QUALIFIED MEDICAL PERSON.

I UNDERSTAND THAT THIS ACCIDENT WAIVER AND RELEASE OF LIABILITY ("AWRL") WILL BE USED BY ARMS AROUND BAINBRIDGE ASSOCIATION AND EVERYONE INVOLVED IN PUTTING ON THE EVENT IN WHICH I AM PARTICIPATING AND THAT IT WILL GOVERN MY ACTIONS AND RESPONSIBILITIES AT THE EVENT.

FOR CONSIDERING MY APPLICATION AND PERMITTING ME TO PARTICIPATE IN THIS EVENT, I AGREE AND IN DOING SO BIND MY EXECUTORS, ADMINISTRATORS, HEIRS, NEXT OF KIN, SUCCESSORS TO: (A) IRREVOCABLY AND FOREVER WAIVE, RELEASE AND DISCHARGE FROM ANY AND ALL CLAIMS AND LIABILITY FOR MY DEATH, DISABILITY, PERSONAL INJURY, PROPERTY DAMAGE, PROPERTY THEFT OR ACTIONS OF ANY KIND, NATURE OR DESCRIPTION WHICH MAY HAPPEN TO ME WHILE TRAVELING TO OR FROM THE EVENT, OR WHILE PARTICIPATING IN THE EVENT, ARMS AROUND BAINBRIDGE ASSOCIATION, ITS DIRECTORS, EMPLOYEES, AGENTS, VOLUNTEERS, AND OTHER EVENT PARTICIPANTS: (B) INDEMNIFY, DEFEND AND HOLD HARMLESS THE INDIVIDUALS AND ENTITIES MENTIONED IN THIS PARAGRAPH FROM ANY AND ALL LIABILITIES OR CLAIMS MADE BY ANY OTHER INDIVIDUALS OR ENTRIES AS A RESULT OF ANY OF MY ACTIONS DURING THIS EVENT.

I HEREBY CONSENT TO RECEIVE MEDICAL TREATMENT WHICH MAY BE DEEMED ADVISABLE IN THE EVENT OF ACCIDENT, INJURY, AND/OR ILLNESS TO ME DURING THIS EVENT. _____ (INITIAL)

I UNDERSTAND THAT THIS EVENT OR RELATED ACTIVITIES MAY BE FILMED AND I MAY BE PHOTOGRAPHED BEFORE, DURING, OR AFTER THIS EVENT. I AGREE TO ALLOW MY PHOTO, VIDEO OR FILM LIKENESS TO BE USED FOR ANY LEGITIMATE PURPOSE BY THE EVENT HOLDERS, PRODUCERS, SPONSORS, ORGANIZERS OR ASSIGNS, INCLUDING BUT NOT LIMITED TO SALES OF PICTURES TO RAISE FUNDS FOR ARMS AROUND BAINBRIDGE ASSOCIATION.

THIS AWRL WILL BE INTERPRETED BROADLY TO PROVIDE A RELEASE AND WAIVER TO THE MAXIMUM EXTENT PERMISSIBLE UNDER THE LAW.

I HAVE CAREFULLY READ THIS AWRL AND FULLY UNDERSTAND AND APPRECIATE ITS CONTENTS. I AM AWARE THAT THIS IS A WAIVER OF RIGHTS AND A RELEASE OF LIABILITY AND IS A CONTRACT BETWEEN ARMS AROUND BAINBRIDGE ASSOCIATION AND ME, AND I SIGN AT MY OWN FREE WILL.

Swimmer Signature: _____ Date: _____, 2010

If under the age of 18, parent/guardian must sign below:

Signature: _____ Date: _____, 2010

Print Name: _____

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Please mail this completed form along with your check to:

Arms Around Bainbridge Association
c/o Sharon Kane
3654 Crystal Springs Drive NE
Bainbridge Island, WA 98110

OR

Drop off this completed form along with your check at:

Island Fitness
190 Madison Ave N
Bainbridge Island, WA

MORE COOL STUFF YOU'LL WANT TO KNOW ABOUT

Arms Around Bainbridge Street Dance

Madrone Lane, Winslow (between Blackbird Bakery and BPA)

Friday, August 13th at 5:30 pm

Bring the whole family to this festive event. The Randy Oxford Band will be playing great dancing music, and food and drinks will be available from local restaurants. Special activities for kids will be offered, too.

Admission to the dance is \$20 per adult. Children under 18 are admitted free. Reserve your tickets now!

Arms Around Bainbridge 30-mile Open Water Relay Swim

Saturday, August 14th, 5:00am to 7:00pm

The fourth annual open water relay swim completely circumnavigating Bainbridge Island.

For experienced open water swimmers.

For more information or to sponsor a swimmer go www.armsaroundbainbridge.com or our Facebook page at <http://www.facebook.com/pages/Arms-Around-Bainbridge/129416467086753>

Sponsor a Swimmer

Not a swimmer? No problem! You can sponsor a swimmer and they'll do all the work! To put **your** Arms Around a swimmer, go to our Facebook page at <http://www.facebook.com/pages/Arms-Around-Bainbridge/129416467086753> for more information and to make your pledge.