

*No rock stars. No gift bags. No balloons at the finish line.
Just you and the water.*

It's the annual
BARE BONES SWIM!

Sunday, July 19th, 2009

A fun(d)raiser for the Boulder Aquatic Masters team and the
Cullen McReynolds and Klaus Heiman Families.

Date	Boulder Aquatic Masters will be hosting the <i>Bare Bones Swim Event</i> on Sunday, July 19th, 2009.
Time	7:00am - 8:00am – Registration. 8:15am – Race Directors Instruction – <i>mandatory for all participants</i> 8:30am – 2 mile swim starts (2-loops): Beach start 8:35am – 1 mile swim starts (1-loop): Beach start
Place	Swim Beach at the Boulder Reservoir (directions on the back)
Course	1 mile loop course marked by buoys (2 mile swimmers will do the course twice). Lifeguards will be on board and/or kayaks, and EMTs will be present. <i>This is NOT an officially sanctioned race.</i>
Rules	Participants <i>must</i> be 18 years or older <i>and</i> obey all BAM Open Water Swim rules. Wetsuits are allowed.
Cost	Pre-registration (postmarked by July 12th) - \$15. After July 12 th and race day - \$20. The first 100 registrants will get a cool T-shirt.
Results	Results will be announced at 9:30am at the finish line. There will be wetsuit and non-wetsuit results. Refreshments and bagels will be served at the finish line. (Ok, so it isn't completely bare bones).
More info	Go to www.bamswimteam.org or call Hermine Higgins at 303-406-1048.

To register, fill out the form below and mail to BAM, 3440 Berkeley Avenue, Boulder, CO 80305

July 19, 2009 BAM "Bare Bones" Open Water Swim Event Registration Form

Name: _____ Phone: ____ - ____ - ____		No: (BAM use only)	
Address: _____			
Email (if not a BAM member): _____			
Event: <input type="checkbox"/> 1 mile <input type="checkbox"/> 2 mile	Wetsuit: <input type="checkbox"/> No <input type="checkbox"/> Yes	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Age:
Form of payment: <input type="checkbox"/> Cash <input type="checkbox"/> Check (make checks out to: BAM) <input type="checkbox"/> Credit Card			
Amount \$ _____ Credit Card #: _____ Exp Date: _____			
Waiver: My signature indicates that I have read the waiver on the back of this page and understand and acknowledge its contents:			
Signature: _____ Date: _____			
Emergency Contact: _____			
Emergency Contact Phone #: _____			

The Boulder Reservoir is located at 5565 51st Street, Boulder. Registration will be near the 2-story building adjacent to Swim Beach.

Directions: Take 51st St north from Jay Road, Boulder Reservoir is on your right. Swim Beach is located just east of the main parking area.



About the families we are helping:

Klaus Heiman, 6 years old, has a unique cancer that was diagnosed in 2007. His parents, Tim and Tracy met at a BAM workout. In the spring of 2009, Klaus and family were in New York City going through treatments and surgery.

Cullen McReynolds, age 3, was diagnosed on 6.17.09 with stage 4 neuroblastoma. Cullen's parents, Laura McKeever and Chip McReynolds, met through BAM. Cullen was diagnosed with a very aggressive cancer in the lymph nodes and in the bones. A large mass in the adrenal gland and kidney area was found. He is currently at Children's Hospital in Denver and is an extremely feisty boy and ready to continue the fight!

WAIVER - Please sign and date on reverse side

I acknowledge and agree that there are particular risks associated with open water swimming, including risk of physical injury and death, and I voluntarily choose to take part in the Bare Bones Swim sponsored by Boulder Aquatic Masters (BAM) at Boulder Reservoir. I acknowledge that I am assuming all risks associated with the Bare Bones Swim at Boulder Reservoir. Additionally, I agree to hold harmless, release, defend, and indemnify BAM, COMSA, their affiliated organizations and companies, and all their agents, employees, representatives, assignees, officers, directors and insurance carriers for any and all present and future liability and/or claims for injury or death to persons or damage to property arising of my participation in the Bare Bones Swim, including claims based on alleged or actual negligence, or breaching any express or implied warranty or contract. I agree to be bound by all USMS, COMSA, and Boulder Aquatic Masters rules, including the following:

- a. No one is to enter the water prior to the official starting times.
- b. No one is to swim beyond the end of the official ending time.
- c. Parking must be in designated lots. No parking is allowed on the road