

The Down East Family YMCA
13th Annual Echo Lake Swim
Saturday, August 2Nnd 2008

8:30 am registration.

10:00 race starts (500 yard followed by 1.5 mile).

The thirteenth running of the Echo Lake Swim returns to Camp Beech Cliff on Mt. Desert Island.

There is a 500 yard swim followed by a 1.5 mile swim. Awards, swim cap and picnic are included in the registration. A T-shirt is included for the 1st 50 registrants. Those registering on the day of the race may order a t-shirt for \$5.

Family and friends are invited.

Please include \$3 per non-swimmer who will be attending the picnic.

Registration fee: \$15 for 18 & under

\$25 for 19 & over

Contact Matt Montgomery at mmontgomery@midmaine.com.

The Down East Family YMCA 14th Annual Echo Lake Swim

Saturday, August 2nd, 2008.

Name _____ **E-mail** _____

Address _____ **Home Phone** _____

Age ____ **DOB** _____ **Gender: M F** **T-shirt size: S M L XL** **Race: 500 yard 1.5 mile**

Number attending swimmer (not including swimmer): _____ **(x \$3)** **Total enclosed:** _____

Please make check out to: Down East Family YMCA

Send payment to: DEFY, attn: Matt Montgomery, P.O. Box 25, Ellsworth, ME 04065

Waiver: "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 Open Water Swimming including possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE ECHO LAKE SWIM AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: DOWN EAST FAMILY YMCA, CAMP BEECH CLIFF, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES."

Signature of Participant or Guardian

Date

