The Down East Family YMCA

18th Annual Echo Lake Swim

Saturday, August 4th 2012

8:30 am registration.

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

The seventeenth running of the Echo Lake Swim
Conveniently located at Ike's Point
(Rt. 102 between Somesville & S.W. Harbor)
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: $10 for 18 & under
$20 for 19 & over
$50 family registration (2 adults and kids)
Family Challenge (2 adults and any # of children) $40

Contact Matt Montgomery at mmontgomery@defymca.org

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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, ACADIA NATIONAL PARK, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES."

_____ _____

Signature of Participant or Guardian **Date**