

the long bridge swim

The 17th Annual Lake Pend Oreille
LONG BRIDGE SWIM
Sandpoint, Idaho

*The Northwest's Premier
Open Water Swimming Event*
1.76 mile swim from the south end of
the Long Bridge to Dog Beach
IRS Non-Profit Tax ID #82-0484120

TAKE THE **CHALLENGE**, TAKE THE **PLUNGE!**



AUGUST 6, 2011

2011 MAIL-IN REGISTRATION FORM

SUPPORT SWIM LESSONS

Since 2010 the Long Bridge Swim has raised funds to support swim lessons for underserved kids and adults in the greater Sandpoint area. You may make a donation with your registration for the Swim or find friends, family and colleagues to sponsor your swim (the Long Bridge Swim is 2,832 meters long, so one penny per meter equals \$28.32, two pennies per meter equals \$ 56.64, etc. You may also have people sponsor your swim for a flat amount, such as \$10, \$25, \$50, etc. The three individuals and the three groups (swim teams, families, etc.) who raise the most money will be recognized at the post-Swim party at Dog Beach and will receive **AMAZING PRIZES!**



I WISH TO DONATE (please circle): \$10 • \$25 • \$50 • \$100 • \$250 • \$500
\$ _____ OR I/we will attempt to raise \$ _____ from sponsors.

PRE-SWIM DINNER

Please join LAKE PEND OREILLE WATERKEEPER, fellow swimmers, family members and volunteers for an evening of fun the night before the Swim! Enjoy a delicious pasta dinner and entertainment. The dinner is from 5:30 p.m. - 7:30 p.m. at Trinity at City Beach. Lake Pend Oreille Waterkeeper works to protect our lake from pollution and keep it safe for swimming. For more info call 208-597-7188 or visit www.lakependoreillewaterkeeper.org



SUPPORT OUR 2011 SPONSORS

Lake Pend Oreille I Sponsor (\$5,000): McFarland Family

Lake Pend Oreille II Sponsor (\$2,500): Parsons

Race Starter Sponsors (\$1,000): Sandpoint West Athletic Club • TransCanada GTN • Trinity at City Beach

Long Bridge Sponsors (\$500): Avista • N. Idaho Family Medicine - Frazier King, M.D. • Bonner General Hospital • Panhandle State Bank • Walmart • Women's Health Care - Cynthia Dalsing

Dog Beach Sponsors (\$250): STCU • American West Bank • Horizon Credit Union • Keller Williams Realty • Les Schwab • Litehouse Foods • The Lodge at Sandpoint • Sandpoint Property Management • Summit Insurance - Angela Potts • Washington Trust Bank • Winter Ridge Natural Foods - Gregg Prummer

Swimmer Sponsors (\$100): dee and Ray Kosse • Century 21 Riverstone • Lake Country Orthopaedics - John Faggard, M.D. • Tony Manzanares • Petal Talk • Tomlinson Sotheby's International Realty • Wells Fargo Bank • Williams & Parsons, PC, Certified Public Accountants

the long bridge swim

DATE: Saturday, August 6, 2011

TIME: Check-in begins at 6:30 a.m. Swimmers under 18 registering the morning of the swim, must have parent or guardian present to sign liability release. Pre-swim meeting 8 a.m. • Swim start approximately 9 a.m. following conclusion of mandatory safety meeting.

NEW CHECK-IN LOCATION: The check in location is Sandpoint High School at 410 South Division Ave in Sandpoint. We will shuttle all swimmers and (spectators who desire) to the south end of the bridge where the swim starts.

EARLY PACKET PICKUP: Avoid the long lines! Early packet pickup is strongly encouraged. Long Bridge Swim packets will be available at Sandpoint High School, Friday August 5 from 2 - 6 pm.

SAFETY: Safety is our #1 priority. Qualified safety personnel have the authority to pull any swimmer out of the event for safety reasons. All swimmers must proceed under their own power - no "towing" of other swimmers permitted and no floatations devices allowed (i.e. kick boards, lifejackets, noodles etc). Swimmers under 8 years old must be approved by director. (208-265-5412) The swim will proceed in all but lightning and severe wind/cold. **REFUNDS WILL NOT BE GIVEN IF CANCELLED DUE TO WEATHER OR ANY OTHER REASON.** Wetsuits are recommended, but not required. It will make you safer and swim faster! Participants wearing fins will not qualify for "speed" awards. • 2.5 hours time limit for swim

STICK AROUND AFTER THE SWIM! Swimmers will enjoy food, music, prizes and raffle drawings. Prizes will not be of great material value. The real prize is the satisfaction of participating in the healthful – and somewhat crazy – activity of swimming all the way across Lake Pend Oreille. **Results will be posted on the website within 7 days.**

For more information contact Karen McClelland at (208) 265-2615 Check out past pictures on our website at: www.longbridgeswim.org • email: longbridgeswim@yahoo.com Great spectator viewing! Spend a weekend of fun in Sandpoint!



Cut Here ✂

Super Early registration - \$12 (postmarked by September 10, 2010)
 Early registration - \$16 (postmarked by June 18, 2011)
 Regular registration - \$20 (postmarked by July 9, 2011)
 Late registration - \$25 (no guarantee of T-shirt)
 If no T-shirt is wanted subtract \$5

Name: _____ Phone: _____

Address: _____

Male Female Age (as of 8/7/11) _____ Date of birth: _____

Your email: _____

Team affiliation (USS registered swimmers only): _____

Fun and unusual information: (personal accomplishments and honors, obstacles overcome): Please elaborate on back!

List years you've participated in this swim or check here for first time _____

T-shirts will be given out before event - circle size:

Youth S M L • Adult S M L XL (XXL XXXL add \$2)

Extra T-shirts \$8, indicate size & number.

Make checks payable to: **Long Bridge Swim • 2023 Sandpoint West Drive • Sandpoint, ID 83864** or register online at: www.longbridgeswim.org

PURCHASE A VIDEO OF THE SWIM CALL CHUCK SMITH AT 208.263.7171

<input type="checkbox"/> Super early registration \$12 postmarked before Sept. 10, 2010		
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<input type="checkbox"/> Regular registration \$20 postmarked before July 9, 2011		
<input type="checkbox"/> Late registration \$25 postmarked after July 9, 2011		
Extra T-shirts \$8 ea	#	
Waterkeeper Dinner \$15 ea	#	
Swim Lesson Donations		
2011 DVD \$25 Plus \$5 S&H		
TOTAL		

ACCIDENT WAIVER AND RELEASE OF LIABILITY

■ I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it a potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to participants, volunteers, spectators, coaches, event officials and event monitors, and/or producers of the event and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. ■ I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. ■ I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holder, sponsors and organizers of the event in which I may participate, and that it will govern my actions and responsibilities at said events. ■ In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter occur to me including my traveling to and from this event, the following entities or persons: **The Long Bridge Swim, Idaho Transportation Department, LPO School District #84, and/or Rudolf and Janice Kreps**, their directors, officers, employees, volunteers, representatives and agents, the event holders, event sponsors, event volunteers; (B) Indemnify and hold harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releases or otherwise. ■ I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event. ■ I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns. ■ The Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. ■ I hereby certify that I have read this document; and, I understand its content.

 (Print Participant's Name) (Age) (If under 18 years, Parent or Guardian must sign below) Signature (Date)

PARENT/GUARDIAN WAIVER FOR MINOR (under 18 years old)

■ The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parent or legal guardian.

 (Print Parent or Guardian Name) (Age) (Signature of Parent or Guardian)

Mail form with your registration and/or donation payment to:
 Long Bridge Swim
 2023 Sandpoint West Dr.
 Sandpoint, ID 83864

208-265-2615
longbridgeswim@yahoo.com