

**SPRING LAKE  
OCEAN MILE SWIM**

**At**

**SPRING LAKE**

**Saturday July 17, 2010**

**At**

**9:30 am**

**Registration Begins at 8:00 am**

**At**

**NORTH END PAVILION**

Cost \$20.00 includes Tee shirt while supplies last

**Questions please contact Cindy Lustrino at:  
clustrino@aol.com**

**Swim Waiver & Release**

In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages I may have against the Borough of Spring Lake, the representatives, successors or assigns of the participating organizations, race volunteers, and all sponsors for any injuries that may be suffered by me in this event. I will additionally permit the use of my name and pictures in media coverage. I further attest and verify that I am physically able to participate in this event. I attest that I have read the rules and regulations of the Jack Meyer Memorial Mile Swim and will follow them to the best of my ability. I release any other organization involved in the race.

Printed Name \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_ Age \_\_\_\_\_ Email \_\_\_\_\_