



12TH Annual Motor City Mile

All proceeds benefit the

Lance Armstrong Foundation and the Different Strokes Scholarship Fund

Wednesday, July 6th 2011

Belle Isle Beach, Detroit MI

General Information

- **Start Time 5K and 1 Mile:** 9:00 am (warm up in roped swim area only from 8:00am to 8:45am)
- **Start Time ½ Mile:** Approximately 10:15 (warm up in roped swim area only from 8:00am to 10:00am)
- Meet Director: Shannon Dunworth (248) 477-0521
- Sponsored by: Different Strokes Swim Shop (248) 477-0521
- Post race refreshments for participants (NO CONCESSIONS WILL BE PROVIDED)
- Great Raffle Prizes!!!!
- Great awards for event winners
- Free T-shirt and goody bag for pre-registered participants on a first come, first serve basis. (T-shirts for deck entries may be available after the start of the event.)
- We reserve the right to postpone or cancel the event for any situation which may create a safety concern. In the event of said situation, no competitors will be due a refund.

NEW ADDITIONS FOR 2011

A NEW LIFEGUARDS ONLY EVENT HAS BEEN ADDED. LIFEGUARDS WILL SWIM A MILE RACE WITH THEIR RESCUE TUBES DURING THE SWIMMERS' MILE EVENTS. THIS WILL BE FREE TO ALL LIFEGUARDS WHO REGISTER AND SPECIAL T-SHIRTS WILL BE GIVEN TO ALL PARTICIPANTS. MUST BE LIFEGUARD CERTIFIED AND PROVIDE YOUR OWN RESCUE TUBE.

EARLY CHECK-IN WILL BE AVAILABLE ON TUESDAY, JULY 5TH AT ALL THREE DIFFERENT STROKES LOCATIONS (LIVONIA/ST. CLAIR SHORES/AUBURN HILLS) DURING STORE HOURS. WE ENCOURAGE YOU TO TAKE ADVANTAGE OF THIS NEW OFFERING SO AS TO AVOID WAITING IN LINE THE MORNING OF THE EVENT! ANOTHER PLUS: T-SHIRTS AND GOODY BAGS ARE IN LIMITED SUPPLY SO BE SURE TO GET YOURS BY CHECKING IN THE DAY BEFORE. IN-STORE MOTOR CITY MILE SPECIALS WILL ALSO BE AVAILABLE!

WE ARE EXCITED TO ANNOUNCE TIMING CHIPS WILL BE PROVIDED BY 3DISCIPLINES RACING THIS YEAR. NEOPRENE STRAPS AND A PLASTIC CHIP WILL BE ISSUED TO YOU AT THE TIME OF CHECK-IN AND YOU ARE RESPONSIBLE FOR THAT CHIP AND STRAP ONCE IT IS HANDED TO YOU. IF YOU LOSE THIS AT ANY POINT, MEANING YOU DO NOT TURN IT IN AT THE FINISH LINE YOU WILL BE RESPONSIBLE FOR THE \$40 REPLACEMENT COST. THERE ARE NO EXCEPTIONS TO THIS.

Awards

Awards will be given for 1st through 3rd in each event

Registration

- **Entry deadline: July 1, 2011**
- Online registration: www.different-strokes.com
- Please make the **minimum donation** of \$20.00 per event out to LAF. For more information on the Lance Armstrong Foundation, please visit their website at www.laf.org
- Entries can be mailed to: Different Strokes
C/O Open Water Swim Entry
19651 Middlebelt Rd
Livonia, MI 48152
- **5 K Check in: 7:15am Until 8:30am** SEE ENTRY FORM FOR NEW ENTRY RESTRICTIONS
- **1 Mile Check in: 7:15 am Until 8:30am**
- **½ Mile Check in: 7:15 am Until 9:45am**
- **Deck Entries** will be allowed, space permitting, during the check in time at a **minimum** tax-deductible donation of **\$30.00** per swimmer.
- **MANDATORY MEETING for 5K and 1 Mile ATHLETES 8:45 a.m.**
- **MANDATORY MEETING for ½ Mile ATHLETES 10:00 a.m.**

Race Description

The ½ mile course will consist of a ¼ mile northeast swim around a buoy, a ¼ mile south swim around a buoy, and a 100 yard swim to shore. The 1-mile swim will be a triangle consisting of a ¼ mile swim to the northeast, a ½ mile swim to the west, and a ¼ mile swim to the southeast. The 5k swim will follow the 1-mile course for 3 full loops plus one loop of the ½ mile course. Belle Isle beach will be the start and finish point for all races. The course will be marked with buoys, kayaks will patrol the course and City of Detroit Lifeguards will be on site in case of emergencies. The Safety Coordinator reserves the right to pull anyone from the race that he deems a safety risk to themselves or to the staff.



Motor City Mile Entry Form July 6th, 2011

Name: _____ Age: _____ Sex (Circle): M F
 Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____ Phone: _____

EVENT #: _____

½ MILE RACE (approximate start time 10:15am)

- | | |
|----------------------------|---------------------------|
| Event #13 10 & Under Girls | Event #14 10 & Under Boys |
| Event #15 11-12 Girls | Event #16 11-12 Boys |
| Event #17 Open Women | Event #18 Open Men |

1-MILE RACE (start time 9:00 am)

- | | |
|---------------------------|--------------------------|
| Event #1 12 & Under Girls | Event #2 12 & Under Boys |
| Event #3 13-14 Girls | Event #4 13-14 Boys |
| Event #5 Open Women | Event #6 Open Men |
| Event #7 Master Women | Event #8 Master Men |

5-KILOMETER RACE (start time 9:00 am)

All swimmers entering the 5K must have completed a 500 yard or 400 meter swim in a sanctioned USA, YMCA, USM, NCAA, High School, or Middle School meet in 6:00.00 or faster within the last 18 months.

Meet _____	Date _____	500yd/400m time _____
Event #9 13 & Under Girls	Event #10 13 & Under Boys	
Event #11 Open Women	Event #12 Open Men	

LIFEGUARD RACE

Must be lifeguard certified and swim with your rescue tube
EVENT #19 Open Lifeguard 1 Mile

ALL ATHLETES MUST SIGN: Please read carefully before signing acknowledgement, waiver and release.

USMS/USA SWIMMING OPEN WATER SWIMMING RELEASE: "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 agree to abide by any decision of a race official relative to my ability to safely compete in this event. I acknowledge that I am aware of all the risks inherent in the open water swimming (training and competition), including but not limited to: fall, contact with other participants, contact with volunteers, contact with spectators, weather effects-including high heat and/or humidity, currents, water conditions, possible permanent disability or death and agree to assume all of those risks. As a condition of my participation in the Motor City Mile Swim For the Cure or any activities incident thereto, I, for myself and anyone entitled to act on my behalf, hereby waive any and all rights to claims for loss or damages, including all claims for loss or damages caused by negligence, active or passive, or the following: United States Masters Swimming, INC., USA Swimming, INC., the Local Masters Committees, the local USA Swimming Committees, the Host Clubs, Host Facilities, Event Sponsors, Event Committees, or any Individual Officiating at or Supervising the event. In addition, I agree to abide by and be governed by the rules of USMS and/or USA Swimming. I grant to all of the foregoing to use any photographs, videos, or recordings or any other record of this event for any legitimate purpose. Finally, I specifically acknowledge that I am aware of all the risks inherent in open swimming and agree to those risks.

Signature: _____ Date: _____

IF PARTICIPANT IS UNDER EIGHTEEN (18) YEARS OF AGE

I have read the above and execute the foregoing acknowledgement, waiver and release for and on the behalf of the minor named herein. I hereby authorize any licensed physician, emergency medical technician, hospital or other medical or health care facility to treat the minor named herein for the purpose of attempting to treat any injuries received by said minor arising out of relating to this event.

SIGNATURE OF PARENT OR GUARDIAN IF PARTICIPANT IS 17 YEARS OLD OR YOUNGER

Signature: _____

Please bring completed release form to the Motor City Mile Swim on Wednesday, July 6th 2011