

Sunday 7 September 2008 3rd Annual 5K Race For The Hudson™
at Kingsland Point County Park in Sleepy Hollow, New York
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # 068-09B

The 3rd Annual 5K Race for The Hudson™, a USMS-sanctioned competitive open water swim event, will benefit the Friends of Claire Foundation (www.friendsofclaire.org) which promotes awareness of and supports research for ALS Disease. Along with a \$25 registration fee, participants in the 5K Race are required to collect pledges as outlined below to support Friends of Claire. Event organizers emphasize safety, providing kayak support and additional layers of protection for participants under the watchful eye of the U.S. Coast Guard, local police and fire rescue marine units. The course is carefully designed so that it adheres to the delicate tidal flows of the Hudson River. No wetsuits permitted in USMS-sanctioned events. For additional course details and event information, or to register on-line, go to www.hudsonriverswim.org.

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Print Your First & Last Name _____

2008 USMS Registration # _____

(Include a legible photocopy of your 2008 USMS registration card with mailed registration form and fees. If registering for event online, a legible photocopy of your 2008 USMS registration card MUST be submitted during race check-in on event day.)

Street Address _____

City _____ State _____ Zip _____

Date of Birth ____/____/____ Age _____ Gender (circle one): Male Female
 m m d d y y on Sun 7 Sept 2008

Day Tel (_____) _____ - _____ Cell (_____) _____ - _____

Your E-Mail Address _____

Select (check one) T-Shirt Size: Small ____ Medium ____ Large ____ X-Large ____

Emergency Contact _____ Tel (_____) _____ - _____

Emergency Contact Relationship to You _____

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"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 the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I 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 OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water swimming and agree to assume those risks."

Signature _____ Date _____

FEES (check ONE of the following entry registration & fund-raising options):

_____ \$25 event registration fee with minimum \$350 fund-raising pledges*

_____ \$25 event registration fee with minimum \$250 online fund-raising pledges* through www.active.com

*Additional fund-raising checks may also be submitted during check-in on event day.

Entry fee and pledge checks are to be made payable to: **Friends of Claire Foundation**.
 Mail fully executed event registration form, 2008 USMS Registration card copy and checks to:
Friends of Claire, P. O. Box 7669, Greenwich, CT 06836.
MAIL must be RECEIVED by Saturday 30 August. ONLINE event registration ENDS at 12:01AM on Sunday 31 August.

Check In Time: 8:00-9:30AM

Check In Location: Kingsland Point County Park, Sleepy Hollow, NY

Race Start Time: 12:00PM. Swimmers will board buses for transportation across the river to the race start location in Nyack, NY. Pre-race briefing will take place upon exit from buses at Nyack race start location.

Please visit www.hudsonriverswim.org for additional event information, including swim course description and detailed map.

DIRECTIONS to event check-in location (Palmer Avenue, Sleepy Hollow, NY):

From Rockland

NYS Thruway South, over the Tappan Zee Bridge, to Exit 9

Off exit make a right onto Route 9 north to Sleepy Hollow. Make a left (towards the Hudson River) onto Pierson Street, (which becomes Bellwood) and continue to Palmer Avenue. Turn left onto Palmer Avenue and continue to Kingsland Point Park.

From Westchester

Route 287 West to the New York State Thruway North.

After the highway merges, follow to exit 9, (this is the last exit before the bridge)

At the end of the exit ramp, take a left at the light. Continue to the next traffic light and make a right onto Route 9 north to Sleepy Hollow. Make a left (towards the Hudson River) onto Pierson Street, (which becomes Bellwood) and continue to Palmer Avenue. Turn left onto Palmer Avenue and continue to Kingsland Point Park.

From NYC (East Side)

North on East River Drive to Willis Avenue Bridge into Major Deegan Expressway to New York Thruway (North). Exit 9 (Tarrytown - last exit before bridge). At end of exit ramp, go left at light. Continue to the next traffic light and make a right onto Route 9 north to Sleepy Hollow. Make a left (towards the Hudson River) onto Pierson Street, (which becomes Bellwood) and continue to Palmer Avenue. Turn left onto Palmer Avenue and continue to Kingsland Point Park.

From NYC (West Side)

North on West Side Highway to Saw Mill River Parkway to New York State Thruway (North). Exit 9 (Tarrytown - last exit before bridge). At end of exit ramp, go left at light. Continue to the next traffic light and make a right onto Route 9 north to Sleepy Hollow. Make a left (towards the Hudson River) onto Pierson Street, (which becomes Bellwood) and continue to Palmer Avenue. Turn left onto Palmer Avenue and continue to Kingsland Point Park.

From Long Island (Eastern)

Throgs Neck or Whitestone Bridge to New York extension of New England Thruway to Route 287 to New York State Thruway (North). Exit 9 (Tarrytown - last exit before bridge). At end of exit ramp, go left at light. Continue to the next traffic light and make a right onto Route 9 north to Sleepy Hollow. Make a left (towards the Hudson River) onto Pierson Street, (which becomes Bellwood) and continue to Palmer Avenue. Turn left onto Palmer Avenue and continue to Kingsland Point Park.

From Long Island (Western)

Triborough Bridge to Major Deegan Expressway to New York State Thruway (North). Exit 9 (Tarrytown last exit before bridge). At end of exit ramp, go left at light. Continue to the next traffic light and make a right onto Route 9 north to Sleepy Hollow. Make a left (towards the Hudson River) onto Pierson Street, (which becomes Bellwood) and continue to Palmer Avenue. Turn left onto Palmer Avenue and continue to Kingsland Point Park.

From New Jersey

North on Palisades Parkway or Garden State Parkway to New York State Thruway (South). Go over the Tappan Zee Bridge and get off the first exit after the toll. At end of ramp, (traffic light) make a right onto Route 9 north to Sleepy Hollow. Make a left (towards the Hudson River) onto Pierson Street, (which becomes Bellwood) and continue to Palmer Avenue. Turn left onto Palmer Avenue and continue to Kingsland Point Park.

From Connecticut

South on Merit Parkway, Boston Post Road or Connecticut Turnpike to 287 West to New York State Thruway (North). Exit 9 (Tarrytown - last exit before bridge). At end of exit ramp, go left at light. Continue to the next traffic light and make a right onto Route 9 north to Sleepy Hollow. Make a left (towards the Hudson River) onto Pierson Street, (which becomes Bellwood) and continue to Palmer Avenue. Turn left onto Palmer Avenue and continue to Kingsland Point Park.