



**U.S. MASTERS
SWIMMING**

**19th ANNUAL CHICAGO MASTERS' BIG SHOULDERS 5K & 2.5K
OPEN WATER LONG DISTANCE SWIM CLASSIC**

******USMS 5K OPEN WATER NATIONAL CHAMPIONSHIP******

**Saturday, September 12, 2009, 8:00 a.m. at Ohio Street Beach, Chicago
Sanctioned by Illinois Masters Swimming Association for USMS, Inc. (#219-0010W)**

TIME: 8:00 A.M. start for first wave of 5K Swim; 8:15 A.M. start for first wave of 2.5K Swim. Check-in for both events begins at 6:30 A.M. Course Briefing at 7:40 A.M. Waves seeded by age and distance. Wetsuit swimmers and entries received after Sept. 6 will be in a separate heat.

COURSE/TIMING: Triangular 2.5K course; marked both by buoys and lifeguards in row boats. (See map on reverse.) Swimmers start in the water, and finish with a run up the beach. Water temps have varied between 65-80°F. ChampionChip timing system used (\$25 fee for failing to return Chip).

PARKING: Discounted Parking is available at Navy Pier. Bring your parking stub to the registration table for a validation stamp.

QUESTIONS? Check out www.bigshoulders.org, call Scott at 630-408-8884, or email Chris at bigshoulders2009@yahoo.com

ONLINE REGISTRATION: Register for the race online at www.signmeup.com/bigshoulders.

USMS REGISTRATION: You must attach a legible copy of your current U.S. Masters Swimming card with your entry form, and bring a copy to the race. Cost for an annual membership is \$35.00, or \$20.00 after Sept. 1, 2009. (If you are not yet a USMS member, you can register now for Big Shoulders, write "pending" for USMS No., and register for USMS after 9/1/09 for \$25). **You must bring your USMS card to show at the race check in.** USMS registration form available at www.bigshoulders.org, or register at <https://www.clubassistant.com/club/usms.cfm>.

RACE DAY ENTRIES: Race Day Entries Will Be Permitted If Space Permits, But You Must Bring Your USMS Membership Card And Pay The \$70.00 Late Entry Fee.

RULES: All swimmers are required to wear the supplied fluorescent swim caps for safety reasons. Current USMS rules will apply.

ENTRY FEE: \$50.00 if received by 8/31/2009; \$60.00 from 9/1/2009 to 9/9/2009; \$70.00 for day of race registration. NOTE – Registration fee does not include USMS registration fees. **Make check for entry fees payable to CHICAGO MASTERS SWIM CLUB. NO REFUNDS WILL BE GIVEN FOR ANY REASON!** All participants will receive a goody bag at the race, which in past years has included water bottles, swimming products, etc.

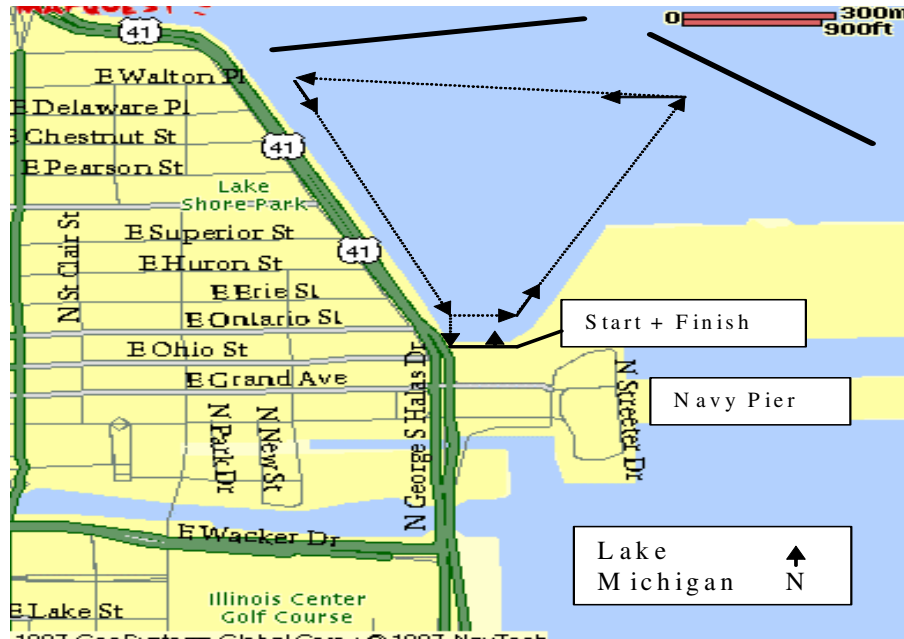
T-SHIRTS: One high quality collectible shirt is included with entry fee! Extra shirts may be purchased for an additional \$15.00. Please indicate size and quantity on reverse side.

WETSUITS: Swimmers wearing wetsuits are welcome to register in the Wetsuit Division, but may be started in a different wave and will not be tabulated with the age group swimmers who do not wear wetsuits. However, swimmers wearing the Blue Seventy suit "point zero 3" model will be permitted to swim and be tabulated with the age group swimmers.

AWARDS & RESULTS: Each finisher will receive a finisher's medal. Results will be posted on the internet at www.bigshoulders.org. Wetsuit swimmers are scored for top three male and female overall. Top 10 5K finishers in each age group/gender will receive USMS National Championship Awards (Sorry, wetsuit swimmers do not qualify).

LODGING: Big Shoulders makes arrangements with local hotels to obtain group rates. Check out www.bigshoulders.org for more information on discounted places to stay near the event.

MAP FOR BIG SHOULDERS OPEN WATER LONG DISTANCE SWIM CLASSIC



Registration begins at 6:45 A.M., and the race starts at 8:00 A.M. sharp! Race begins at Ohio Street Beach. To access Ohio Street Beach, exit Lake Shore Drive from either north or south at the Grand/Illinois exit and head east towards the lake. Park at Navy Pier. Map shows course used for the past several years. One lap around the course is 2.5k, two laps is 5k. Course is subject to change depending upon race day conditions.

CHICAGO MASTERS' BIG SHOULDERS 5K & 2.5K ENTRY FORM

NAME _____ AGE: _____ GENDER: M or F (circle one)
(on race day)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ DATE OF BIRTH _____

Emergency Contact _____ Emergency contact phone # _____

EMAIL _____ WETSUIT (YES OR NO) _____

DISTANCE: (CIRCLE ONE) (5K) (2.5K) T-Shirt size (S, M, L or XL) ___(1 shirt included with entry)

USMS #: _____ (All entrants must be USMS registered. If not a member, register for USMS membership at <https://www.clubassistant.com/club/usms.cfm>).

USMS CLUB NAME & CODE _____

ENTRY FEE _____ \$50 if received by 8/31/2009; \$60 from 9/1 to 9/9/2009. Race day entries register on site. **If insufficient funds are sent, your entry will be rejected.**

ADDITIONAL T-SHIRTS: _____ (One shirt included with each entry. Additional Shirts are \$15).
Shirt size (S, M, L or XL) _____ (Indicate number of extra shirts desired).

Total Enclosed: _____ Make check for entry and extra T-Shirts payable to Chicago Masters Swim Club.

Mail entry and Check to: **Big Shoulders 2009, Scott Reeves, 1333 Greenwillow Ln., Glenview, IL 60025.**
DO NOT SEND VIA USPS AFTER August 31, 2009.

RELEASE OF LIABILITY BY PARTICIPANT: 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 of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those 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 THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE CHICAGO PARK DISTRICT, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS 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 in open water swimming and agree to assume those risks.

Date: _____ Signature: _____