



**August 12, 2006**

**Location:** Collins Cove, Webb Street, Salem, Ma.

**Time:** Registration 12 pm **Start Time:** 1 pm

**Cost:** Pre-registration \$18 **Post Registration:** \$20 (After July 30th)

**Award categories:** -18, 19-29, 30-39, 40-55, 56+ (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place, male and female)

**Contact:** Brandi Dion for more information (978) 740-0788 or bnsfitness@yahoo.com

**Register on-line at** [www.active.com](http://www.active.com)

**Sponsored by:** A. Lichelle Aldana, DDS, PC, North Shore Swim Club, Sidelines Sports Bar and Grill, os20gear, Salem Park and Recreation

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AWARDS GIVEN TO TOP FINISHERS \* SWIM CAPS GIVEN TO ALL PARTICIPANTS \* FREE PIZZA POST RACE \* T-SHIRTS TO THE FIRST 75 PARTICIPANTS.

PRINT CLEARLY!

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_

**Zip:** \_\_\_\_\_ **Phone number:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Gender:** (M) (F)

**Email:** (print VERY clearly) \_\_\_\_\_

**T-Shirt size:** (small) (medium) (large) (XL)

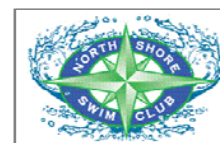
**Liability:** The City of Salem Park and Recreation Department, B&S Fitness Programs LLC and or the volunteers and race directors are not liable for personal injuries or loss of, damage to personal property. Since this is physical activity and an event, injuries and death may occur. Each participant in this event is responsible for themselves and should inform the race director of any physical limitations, which may prevent full participation in this event.

Signature (parent or guardian if under 18): \_\_\_\_\_ Date: \_\_\_\_\_



**Please mail registration form to:**

B&S Fitness Programs LLC  
c/o Brandi Dion – One Mile Swim  
15 Maple St.



Salem, Ma. 01970

A. Lichelle Aldana, DDS, PC

