

1st Annual

NAV-E-SINK OR SWIM



Distance Festival

1.2 Mile (1 loop) or 2.4 Mile (2 loops) Swims

For Melanoma Awareness *Sponsored by The Budzyna Family*

May 28, 2006 8:30 AM

Victory Park, Rumson, NJ

Half Ironman or Ironman Format



Chip Timing by Compuscore.

2.4 mile contestants gets splits

2.4 mile swimmers will exit the water, run through a shoot across timing pads, and back into the water

Entry Fees:

Pre-registered by May 15th \$20

Post Registration after May 15th \$25

Pre-Registered SHTC Members \$15

Includes quality Sweatshirt,
bathing cap and other amenities

Online Registration available at www.raceforum.com

Website www.sandyhookers.org/NAV-E-Sink

Arrive at 7:00 to cheer on the **Swim For Kids (8 Mile Swim)**
start. Stay and cheer them on after your event. Estimated finish
time 10:30-11:00am www.sandyhookers.org/sfk

Directions:

From North: Garden State Parkway Exit 109, make left at light, then jughandle to Half Mile Road.

From South: Garden State Parkway Exit 109, follow signs to Half Mile Road.

Half Mile Road: Take Half mile road to end. Make right on to West Front Street. Stay on West Front through Red Bank, through Fair Haven and down the hill into Rumson. Tennis courts on your left, Lafayette St, left, follow signs to parking.

Awards: 1-3 overall Male & Female

Age Group: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up Male & Female.

Wetsuits encouraged. Water Temperature expected 68-70 degrees



Make Check Payable and mail to: SHTC, PO Box 186, Red Bank, NJ 07701

Call Sandy Hookers at; 732-614-6028 for more information, or e-mail: raceinfo@sandyhookers.org

First Name _____ Last Name _____

Address _____

City _____ St _____ Zip _____ Age _____ M/F _____

Phone # (____) _____ - _____ E-mail _____

NAV-E-SINK 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 Sandy Hookers Triathlon Club, the Borough of Rumson, the representatives, successors or assigns of these organization, 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 A Manning Sea Bright Ocean Mile Swim and will follow them to the best of my ability. I release the Sandy Hookers Triathlon Club, and any other organization involved in the race.

Printed Name _____

Signed _____ Date _____

Parent or guardian if under 18