

3rd Annual

# NAV-E-SINK OR SWIM

## Distance Festival

1.2 Mile (1 loop) or 2.4 Mile (2 loops) Swims  
& Kids Swim (12 and under) 300 yards



For Melanoma Awareness *Sponsored by The Budzyna Family*

### June 1st, 2008 8:00 AM

Victory Park, Rumson, NJ

### Half Ironman or Ironman Format

Chip Timing by Compuscore.

2.4 mile contestants gets splits

Online Registration

[www.raceforum.com/swim](http://www.raceforum.com/swim)

Entry Fee: Online No Extra Fees



Pre-registered by May 21st \$21

All Post Registration after May 21st \$25

Pre-Registered SHTC Members \$17

Kids Swim (12 and under) \$15

Includes quality Sweatshirt Shirt,  
bathing cap (Kids Swim: T-shirt)

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

Website [www.sandyhookers.org/NAV-E-Sink](http://www.sandyhookers.org/NAV-E-Sink)

Awards: 1-3 overall Male & Female

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

Wetsuits encouraged. Expected Water Temperature 70 degrees

#### 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.

Swim For Kids (4 or 8 mile swim) will be June 8th ,2008

Come cheer them on, or Try it! Now with a 4 miler!

[www.sandyhookers.org/sfk](http://www.sandyhookers.org/sfk)

**No Parking at Victory Park, side roads only!**

**Metro Race Forum**

Online Registration  
[www.RACEFORUM.COM](http://www.RACEFORUM.COM)



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

For more information e-mail: [raceinfo@sandyhookers.org](mailto:raceinfo@sandyhookers.org)

Event 1.2 2.4 Kids Swim Sweatshirt Shirt Size M L XL Kids Swim T-shirt M L

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 Nav-e-Sink 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