

The Greater Burlington YMCA/Pepsi

LAKE SWIM



New York to Vermont

Lake Champlain - August 6, 2005

8 miles across Lake Champlain
from Willsboro Point, NY, to Burlington, VT

Saturday

August 6, 2005

This 9th Annual Event

Is an important fundraiser for
YMCA Aquatic Programs.



We build strong kids,
strong families, strong communities.



Registration

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Date of Birth _____

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Brief biographical sketch (include open water swim experience, occupation, hobbies and anything you are comfortable describing you in a press release.)

Please check the type of swim you are interested in:

- solo (\$250 min. in pledges)
- team/relay (\$500 min. in pledges)

As a condition of being accepted in the Lake Champlain Swim, I agree to make timely payment of the registration fee before the event, to adequately train for the swim, to abide by event rules and regulations including water safety determinations that may result in my removal from the water if deemed to be in danger, to accept medical treatment deemed necessary during the event and to hold harmless by acknowledging and assuming the risks involved in an endurance activity of this nature and for myself and heirs waive all claims for damages or injury arising during this event against any individual, group, association, agency or government body involved with this activity's organization, conduct and/or support.

Signature: _____ Date: _____

Please return this form to: Greater Burlington YMCA,
266 College Street, Burlington, VT, 05401

9th Annual YMCA Lake Swim

This is a fundraiser to benefit the
Greater Burlington YMCA's
Specialty Swim Programs including:

- Swim Lesson Scholarships
- Free Senior Swim
- Arthritis Exercise
Therapy Swim
- Pre/Post Natal Exercise
- Adaptive Swim Lessons

Swim from New York to Vermont and
support these great programs at the
Greater Burlington YMCA.

Many thanks to our volunteers.
A special thanks to Al Martin,
for his continued support of the
Lake Swim.

DETAILS

Time: The eight-mile swim begins at Willsboro Point, NY, at 9 am.

This event is for experienced open-water swimmers only: Those unable to safely complete the swim or those who cannot keep a reasonable pace will be asked to leave the water at the YMCA lifeguard's request.

Swimmers must provide their own chase boat for the 8-mile event:
Volunteer chase boats may be available.

In case of inclement weather: the event will be postponed to Sunday, August 7, 2005. Weather standards will be determined by the U.S. Coast Guard.

All participants receive event T-shirts:
Individual participants raising more than \$500 receive a YMCA fleece vest.

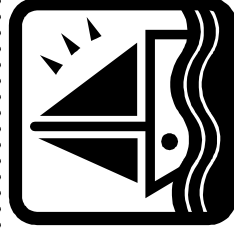
Celebration: Participants are invited to a reception that will be held in the afternoon, after the swim is completed. Specifics will be provided after registration.

REGISTRATION

To Register: Fill out the form on the back of this brochure and send it to the Greater Burlington YMCA. We'll confirm your registration and send you an information packet.

Deadline to register is July 15, 2005.

The minimum of \$250 in pledges (\$500 per relay) and any additional pledges must be turned in at the YMCA business office no later than 6 pm on August 5, 2005.



Attention Boat Owners, Lifeguards, Volunteers

Please contact us if you are interested in helping us run this event. There are plenty of jobs to go around and every bit of help we get will be appreciated!

For More Information Contact:

Tad Hoehl, YMCA Aquatics Director, phoehl@gbymca.org

Greater Burlington YMCA

266 College St., Burlington, VT, 05401 802-862-8993x143
or visit us on the web at www.gbymca.org.