



The Nuuanu YMCA & Waikiki Swim Club
2009 TURKEY SWIM,
NOVEMBER 15
 featuring the Classic 2K Swim, and the Turkey
 Lite 1K Swim

Register
 on-line at
www.ymcahonolulu.org

START: Promptly at 8:30 am, Sunday November 15, Ala Moana Beach Park, Diamond Head end. A staggered start may be used depending on the number of entrants.

COURSE: The 1000 and 2000 meter courses begin at the Diamond Head end of Ala Moana Beach Park, near the Magic Island parking lot. Participants swim toward the Ewa end of the park for 500 or 1000 meters, round the buoy clockwise and return over the same course, keeping the finish buoy on their left. The finish line is up the beach about 20 yards.

ENTRY FEE & DEADLINES:
 * \$25, if postmarked by 11/07/09 includes a 2009 Turkey Swim Towel.
 * \$35 late entry accepted up to 8 am on race day, includes towel if available.
 Web site: www.ymcahonolulu.org

Make check payable to **Nuuanu YMCA.**
 Mail to: 2009 1K/2K Turkey Swim
 Nuuanu YMCA
 1441 Pali Highway
 Honolulu HI 96813



THE TURKEY SWIM

Is an open water swim race, but due to Ala Moana Park's reef, the swimmer is protected from a true "rough" water race. This allows the novice swimmer a calm introduction into the excitement of ocean swim races while still providing the seasoned racer a challenge.

CHECK-IN & REGISTRATION: 7:00 to 8 am on race day at the Magic Island end of Ala Moana by Lifeguard stand 1E.

DIVISIONS:
 2K Elite Male & Female
 2K Age Groups (Male & Female) 10 & under, 11-12, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+
 1K Male & Female

AWARDS: 2K awards will be given to the first three male and female finishers. (Elite winners are not eligible for age group awards.)
 2K Age Group: An award will be given to the top 3 finishers in each age group.
 1K: An achievement certificate and a certificate for a turkey will be given to the first three male and female finishers.

INFO: Call the Nuuanu YMCA Healthy Lifestyles Department at 536-3556 or jbush@ymcahonolulu.org

RACE DIRECTOR Tom Presler

Rules: No mechanical aids such as flotation devices, fins, paddles, snorkels, or wetsuits are allowed. Course marshals will patrol the course on surfboards. No individual escorts are allowed. Swimmers who have not reached the halfway point in one hour will be asked to default. This application is non-transferable.

Event: Classic (2K) Lite (1K) Male Female Turkey Swim 2009

Age on race day _____ Phone number _____

Amount enclosed _____

Check one. All fees non-refundable: Last name _____ First Name _____

Entry fee + towel \$25 (by 11/07/09)

Late entry accepted until 8 am on Address: _____

race day (includes towel if available) - \$35 City, State, Zip: _____

Waiver for the 2009 Nuuanu YMCA & Waikiki Swim Club Turkey Swim. Read carefully and sign. In consideration and acceptance of my entry, I the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge all rights and claims for damage which may hereafter accrue to me against the Nuuanu YMCA, Waikiki Swim Club, race volunteers, the City and County of Honolulu, the State of Hawaii, and their officers, agents, representatives, successors, and/or assigns for any and all damages which may be suffered by me in connection with my association or entry in the 2009 Nuuanu YMCA & Waikiki Swim Club Turkey Swim. I will personally inspect the race course prior to the race and verify to my satisfaction that the course is safe for my participation. I have read the race application in its entirety and I understand that this race is a physically demanding event designed for only those individuals who are competent in open ocean swimming. Further, I attest and verify that I am physically fit and have sufficiently trained for the completion of this race and have no known medical condition that will prevent my successful completion of this race and my physical condition has been verified by a licensed medical doctor.

Signature (If participant is under 18 yrs. old, this form must be signed by parent or legal guardian) / Date signed _____