



# 20th Annual Gar Woods Polar Bear Swim

**Hosted by:** Gar Woods Grill & Pier and Bacardi USA

**Location:** 5000 North Lake Blvd. Carnelian Bay, CA - On the beach in front of Gar Woods Restaurant

**Date:** Saturday, March 6, 2010

**Time:** 2:30pm swim; Check-in 1:30; registration closes at 2:15pm

**Distance:** Approximately 250 yards

**Water Temp:** 39 degrees **Altitude:** 6229

**Entry:** \$30.00 per person prior to 3/01/10 - \$35.00 per person the day of the Race

**Two Categories:** Men and Women (Must be 18 years old)

- Safety:**
1. As per PBS Open Water Rules, swimmers must wear fluorescent caps, which will be provided the day of the race.
  2. Safety monitor craft will be positioned along the course for emergencies and first aid.
  3. Swimmers may remain in the water for a maximum time of 20 minutes only.
  4. The use of neoprene wetsuits or other non-porous attire should be considered due to the cold temperature. The use of fins, pull buoys, hand paddles or other swimming devices shall not be permitted. Soft hand paddles or fins may be used as prosthesis, provided in the opinion of the officials, they do not present a safety hazard to the swimmers.

**Please wear shoes, water socks or some kind of foot protection due to the rocky nature of the starting area.**

**Warning:** Participants should be adequately trained for this competition, which combines high altitude, cool water temperatures and a lengthy swim. Previous experience in similar conditions is highly recommended.

**Awards:** Awards to the first three and last place finishers in both men's & women's category.  
1st place \$150, 2nd place \$100, 3rd place \$50 and last place gets a free hot drink.  
A Commemorative gift will be included this year as part of your entry fee.

**Parking:** Park in the Gar Woods Parking Lot East of the Restaurant or along State Hwy. 28

## ----- Entry Form - Detach Here -----

**Checks payable to:** Gar Woods - Return \$30.00 by 3/1/10 \$ \_\_\_\_\_

**Mail to:** Gar Woods Polar Bear Swim  
P.O. Box 1133  
Carnelian Bay, CA 96140

**Please Print Clearly**

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Sex: \_\_\_\_\_ Club Affiliation: \_\_\_\_\_

I understand that the Polar Bear Swim and related activities are **HAZARDOUS** activities and that I have made a voluntary choice to participate in those activities despite the risks that they present. In consideration of my being permitted to participate in the event named above, I agree to ASSUME ANY AND ALL RISKS OF PERSONAL INJURY, DAMAGE TO PROPERTY OR DEATH, which might be associated with or result from my participation in the event. **Initial** \_\_\_\_\_

I further agree to RELEASE FROM LIABILITY and to INDEMNIFY AND HOLD HARMLESS SNOW FEST, GAR WOODS GRILL & PIER, BACARDI USA, INC. AND ANY OTHER SPONSOR OF THIS EVENT, their officers, directors, agents and employees and all other organizers or sponsors of the event for any damage, injury or death to myself or to any person regardless of the cause.

I understand that I will not consume any alcohol or drugs in the eight (8) hours prior to the start of the event. **Initial** \_\_\_\_\_

I understand that it is recommended that I wear a wet suit, a dry suit or some other form of body covering including foot protection to reduce the affects of the cold water. **Initial** \_\_\_\_\_

I have carefully read this agreement and understand all of its terms. I understand that this is a RELEASE OF LIABILITY, which will legally prevent me or any other person from filing suit or making any other legal claim for damages in the event of my death or injury to me. I nevertheless enter into this agreement freely and voluntarily and agree that it is binding upon my heirs, my assigns, legal representatives and me. **Initial** \_\_\_\_\_

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**This is a Liability Release! Please read carefully before signing!**

GAR WOODS GRILL & PIER, 5000 NO. LAKE BLVD., CARNELIAN BAY, CA 530-546-3366

WEB SITE: [www.garwoods.com](http://www.garwoods.com) - E-Mail: [onthewater@garwoods.com](mailto:onthewater@garwoods.com)