

10th Anniversary

Motor City Mile

Swim For the Cure

All proceeds benefit the

Lance Armstrong Foundation

Wednesday July, 8th 2009
Belle Isle Beach, Detroit MI

General Information

- **Start Time 5K and 1 Mile:** 9:00 am (warm up in roped swim area only from 7:30am to 8:30am)
- **Start Time ½ Mile:** Approximately 10:15 (warm up in roped swim area only from 7:30am to 10:00am)
- Meet Director: Shannon Dunworth (248) 477-0521
- Sponsored by: Different Strokes Swim Shop (248) 477-0521
- Post race refreshments for participants (NO CONCESSIONS WILL BE PROVIDED)
- Great Raffle Prizes!!!!
- Great awards for event winners
- Free T-shirt and goody bag for pre-registered participants on a first come, first serve basis. (T-shirts for deck entries may be available after the start of the event.)
- We reserve the right to postpone or cancel the event for any situation which may create a safety concern. In the event of said situation, no competitors will be due a refund.

Awards

- Awards will be given for 1st through 3rd in each event

Registration

- **Entry deadline: July 1, 2009**
- Online registration: www.different-strokes.com
- Entries can be mailed to: Different Strokes
C/O Open Water Swim Entry
19651 Middlebelt Rd
Livonia, MI 48152
- **5 K Check in: 7:15am Until 8:30am** SEE ENTRY FORM FOR NEW ENTRY RESTRICTIONS
- **1 Mile Check in: 7:15 am Until 8:30am**
- **½ Mile Check in: 7:15 am Until 9:45am**
- **Deck Entries** will be allowed, space permitting, during the check in time at a **minimum** tax-deductible donation of \$30.00 per swimmer.
- **MANDATORY MEETING** for **5K and 1 Mile** ATHLETES 8:45 a.m.
- **MANDATORY MEETING** for **½ Mile** ATHLETES 10:00 a.m.

Race Description

The ½ mile course will consist of a ¼ mile northeast swim around a buoy, a ¼ mile south swim around a buoy, and a 100 yard swim to shore. The 1-mile swim will be a triangle consisting of a ¼ mile swim to the northeast, a ½ mile swim to the west, and a ¼ mile swim to the southeast. The 5k swim will follow the 1-mile course for 3 full loops plus one loop of the ½ mile course. Belle Isle beach will be the start and finish point for all races. The course will be marked with buoys, kayaks will patrol the course, and anchored boats will have certified lifeguards on board in case of emergencies. The US Coast Guard will partition off the racecourse. An event cut off time of 2 hours will be strictly enforced; any swimmer not completing the course in the allotted amount of time will be brought to shore.

ON-LINE REGISTRATION
www.different-strokes.com

