

32nd ANNUAL CHICAGO MASTERS' BIG SHOULDERS 5K & 2.5K
OPEN WATER LONG DISTANCE SWIM CLASSIC
Saturday, September 9, 2023, 8:00 a.m. at Ohio Street Beach, Chicago
Sanctioned by Illinois Masters Swimming Association for USMS, Inc. (#)

TIME: 8:00 A.M. start for first wave of 5K Swim;
8:20 A.M. start for first wave of 2.5K Swim. Check-in for both events begins at 6:30 A.M. Course Briefing at 7:40 A.M. Waves seeded by time for 1st heat, then by age and distance.

COURSE/TIMING: Triangular 2.5K course; marked both by buoys and lifeguards in row boats. (See map on reverse.) Swimmers start in the water, and finish with a run up the beach. Water temps have varied between 63-80°F. D Tag timing system used.

PARKING: Discounted Parking is available at Navy Pier. Bring your parking stub to the registration table for a validation stamp.

QUESTIONS? Check out
www.bigshouldersswim.com, or email Chris at bigshoulders2013@yahoo.com

ONLINE REGISTRATION: Register for the race on March 1, 2023 online at
www.clubassistant.com/bigshoulders.

USMS REGISTRATION: You must be a USMS member (or international equivalent) to compete in Big Shoulders. You must be a full year USMS Member to compete in the USMS 5K Open Water National Championship. Online race registration begins with USMS membership verification. Cost for an annual membership is \$52.00. One Event Registration will be available for \$20. USMS registration forms are available at
www.clubassistant.com/club/usms.cfm.

RACE DAY ENTRIES: Race Day Entries are no longer available. Race has sold out the past 10 years. There will be no exceptions, no waitlist, no transfers and no whining.

RULES: All swimmers are required to wear the supplied fluorescent swim caps for safety reasons. Current USMS Open Water rules will apply.

ENTRY LIMIT/FEE: Reg. will close when entries reach **1200 total (800 in 5K, 400 in 2.5K)**. There will be no waitlist. Fee is \$95.00. NOTE – Registration fee does not include USMS registration fees. **NO REFUNDS, TRANSFERS or DEFERRALS WILL BE GIVEN FOR ANY REASON!** All participants will receive a goody bag at the race, which in past years has included water bottles, swimming products, etc.

T-SHIRTS: One high quality collectible shirt is included with entry fee! Extra shirts may be purchased for an additional \$15.00. Please indicate size and quantity on reverse side.

WETSUITS: Swimmers wearing wetsuits are welcome to register in the Wetsuit Division, but will not be tabulated with the USMS 5K swimmers, or with the age group swimmers in the 2.5K. However, swimmers wearing any suits approved by USMS will be permitted to swim and be tabulated with their age group.

AWARDS & RESULTS: Each finisher will receive a finisher's award. Results will be posted on the internet at www.bigshouldersswim.com. Wetsuits are scored only for top three male and female overall.

LODGING: Big Shoulders has a block of rooms reserved for \$209/nt at Courtyard by Marriott near the race start. Contact the hotel at 1 (800) 321-2211 or (312) 573-0800 and ask for the Big Shoulders rate. Rooms are limited and block expires on 8/12/2022.

MAP FOR BIG SHOULDERS OPEN WATER LONG DISTANCE SWIM CLASSIC



Registration begins at 6:45 A.M., and the race starts at 8:00 A.M. sharp! Race begins at Ohio Street Beach. To access Ohio Street Beach, exit Lake Shore Drive from either north or south at the Grand/Illinois exit and head east towards the lake. Map shows course used for the past several years. One lap around the course is 2.5k, two laps is 5k. Course is subject to change depending upon race day conditions.

CHICAGO MASTERS' BIG SHOULDERS 5K & 2.5K ENTRY FORM

NAME _____ AGE: _____ GENDER: M or F (circle one)
(on race day)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ DATE OF BIRTH _____

Emergency Contact _____ Emergency contact phone # _____

EMAIL _____ WETSUIT (YES OR NO) _____

DISTANCE: (CIRCLE ONE) (5K) (2.5K) T-Shirt size (S, M, L or XL) ____ (1 shirt included with entry)

USMS #: _____ (All entrants must be USMS registered or obtain a One Event Registration, available at <https://www.clubassistant.com/club/usms.cfm>).

USMS CLUB NAME & CODE _____

ENTRY FEE _____ \$95.00. If insufficient funds are sent, your entry will be rejected.

ADDITIONAL T-SHIRTS: _____ (One shirt included with each entry. Additional Shirts are \$15).
Shirt size (S, M, L or XL) _____ (Indicate number of extra shirts desired).

Total Enclosed: _____ Make check for entry and extra T-Shirts payable to **Chicago Masters Swim Club**.

Check www.bigshouldersswim.com to make sure race is still open before sending in registration. If entry is received after race has filled, it will be returned.

Mail entry and Check to: **Big Shoulders 2023, c/o Chris Sheean, 604 Clinton Ave., Oak Park, IL 60304.**

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Chicago Park District, Chicago Masters Swim Club, the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Date: _____ Signature: _____