



The Narrow River Preservation Association (NRPA) invites you to join in swimming on one of Rhode Island's most scenic waterways in a one-mile open-water loop swim.

When: Saturday, June 28, 2014, 9:00 a.m. (rain or shine)

Where: URI Boathouse - Campanella Rowing Center, 166 Walmsley Lane, North Kingstown, R.I. Parking is limited. Carpooling is encouraged.

Distance: One Mile (1/2 mile out and 1/2 mile back). Common start for Wetsuit and Non-wetsuit Divisions

Start and Finish: The beach adjacent to the URI boathouse dock

Maximum Time: Due to the increased registrations as well as safety concerns, the swimmers will be given one hour to complete the swim.

Timing: The Fast Lane Timing Service. Awards for best time overall, best times for male and female swimmers within Wetsuit and Non-wetsuit Divisions.

Limit: The first 150 registered entrants; the first 125 entrants will receive a 2014 Turnaround Swim T-shirt.

Check In: 7:45 a.m. to 8:40 a.m. No one will be admitted to the Turnaround Swim unless he or she has checked in and received a numbered swim cap by 8:40 a.m. on race day.

Mandatory Safety Briefing: 8:55 a.m.

Parking: Walmsley Lane, North Kingstown, R.I. Parking is limited; carpooling is encouraged.

Safety: Because of the uncertainty of weather conditions such as fog or lightning, the lifeguards and the event committee reserve the right to reschedule (for example, to Sunday, June 29) or alter the event to ensure the safety of the participants.

Entry Fee: Non-refundable \$30 if postmarked by June 18, 2014; \$35 on the day of the race.

SWIM SPONSOR: Have your name printed on the Turnaround Swim T-shirt to show your support Narrow River. \$45 to enter the swim, become a Swim Sponsor and receive an NRPA membership.

Event Information: Visit www.narrowriver.org, or contact Paul McCaffrey at (401) 569-0055 or mccaffreyeg@verizon.net.

Directions from Connecticut via I-95 Northbound:

- ▷ Take I-95 through Conn. to exit 3A in Rhode Island.
- ▷ Take exit 3A - Route 138 East and stay on 138 for about 15 miles. You will pass URI on your left.
- ▷ Travel 4 more miles to US-1 and take a LEFT onto US-1 North.
- ▷ Move to the right lane and travel 0.7 miles. A turning lane is available.
- ▷ Take a right onto Walmsley Lane and drive down the hill.
- ▷ Park on Walmsley Lane only, facing downhill on the left.



Direction from N.H. and Mass. via I-95 Southbound

- ▷ Take I-95 South to Exit 9/RI-4 South (a left exit).
- ▷ At the end of RI-4, merge onto US-1 South and drive past the exit for 138 East.
- ▷ Continue on US-1 South. You will pass the boathouse entrance on the opposite side of the median.
- ▷ At the Route 138 West intersection (a traffic light after the Holiday Inn on the right) make a U-turn.
- ▷ Travel north on US-1 for 0.7 miles and turn right onto Walmsley Lane.
- ▷ Drive down the hill. Park on Walmsley Lane only, facing downhill on the left.

Ninth Annual Narrow River Turnaround Swim
June 28, 2014 Entry Form

To register online, go to **www.narrowriver.org/turnaroundswim**.

Note: You will not be registered for the swim unless your entry fee is included with this registration.

Name:

Street Address or PO Box:

City/State/ZIP:

Telephone () —

E-mail Address:

Age: _____ Gender: Male Female

Division: Wetsuit Non-wetsuit

T-shirt Size: Small Medium Large Extra Large XXL

WAIVER

Please read and sign the following waiver:

I understand that my participation in the Narrow River Turnaround Swim involves risk of injury to myself, including the possibility of disabling injuries, heart attack, stroke or even death. I fully understand the potential risks with participation. I voluntarily choose to take part in this swim event and agree to assume all of those risks. I certify to the best of my knowledge, I am physically fit, know of no reason why I cannot participate and have not been otherwise informed by a physician. In consideration of accepting my entry, I the undersigned, intending to be legally bound, hereby waive and release any and all rights and claims for losses and damages that I have against the Narrow River Preservation Association (NRPA), the Rhode Island Rowing Association, OARS Organization, the Town of North Kingstown, the Town of South Kingstown, the State of Rhode Island and Rhode Island Department of Environmental Management, the University of Rhode Island and any other organization/persons connected with this swim event from any claim of damage or injury from participation in, or traveling to and from this event.

I FURTHER ATTEST AND CERTIFY that I am physically fit and capable of completing this event and that my physical fitness has been verified by a licensed physician/medical doctor within the past 12 months.

PLEASE CHECK ONE OF THE STATEMENTS BELOW:

YES, I HAVE COMPLETED AN OPEN WATER SWIM WITHIN THE LAST 3 YEARS OF 1 MILE OR MORE. Please enter the race and date:

NO, I HAVE NOT COMPLETED AN OPEN WATER SWIM OF 1 MILE OR MORE WITHIN THE LAST YEAR. I have provided written documentation signed by a witness that I have completed 1.5 mile swim in a pool in under one hour.

A parent or guardian must sign if the entrant is under 18.

SIGNATURE

Date

Payment: Please select one of the options below:

Swim Registration. Please enclose \$30 (or \$35 after June 18).

Swim Sponsor (includes swim registration, your name listed on the 2014 Turnaround Swim T-shirt and NRPA membership). Please enclose \$45.

Make your check payable to NRPA and send it with your completed application to:

**NRPA
PO Box 8
Saunderstown, RI 02874**

Thank you for your support of NRPA, and we look forward to seeing you on June 28.