

2nd Annual
QUASSAPAUG SAILING CENTER

1 MILE SWIM & BARBEQUE

Sponsored by and to Benefit the
Quassapaug Sailing Center

However, if you are not a swimmer then bring your bike and/or your running shoes and bike or run while everyone else is swimming

Swim in beautiful Lake Quassapaug in Middlebury, CT
60 Foot Deep, Spring Fed, Fresh Water Lake

1 Mile Swim Race Starts at 6:00 p.m. (Check-In 5:00 - 5:45 p.m.)
No Check in Needed to Bike or Run

**Quassapaug Sailing Center
Middlebury, CT
Friday, July 30, 2010**

(Rain date is Saturday July 31, 2010)

Everyone is invited to attend the Barbeque on the Deck overlooking the Lake starting at 7 p.m.
Followed by Dancing & Music with Waterbury YMCA's own DJ Jim from 8 to 11 p.m.

**Registration Fee includes Post Race Barbeque and Music and Dancing
On the Sailing Center's Deck Overlooking the Lake !!!**

Bring Your Own Beer, Wine, Soda, Water and/or Gatorade

**Swimmer Registration Fee is \$20.00 per person on or before July 29th
Swimmer Registration Fee is \$25.00 on July 30, 2010
Barbeque & Dancing Only Fee is \$15.00**

Directions

I-84 West, Exit 17 to Route 64 past Quassy Amusement Park.
After Amusement Park take First Right onto Old Woodbury Rd. and follow signs to QSC
I-84 East, Exit 16 at end of Ramp turn Right onto Route 188 then Left Turn onto Christian Road and
then Second Left onto Route 64 to Right Turn onto Old Woodbury Rd and follow signs to QSC

REGISTRATION INFORMATION:

Name: _____ Sex: _____

Date of Birth: _____ Age on Race Day _____

Address: _____ City: _____ State: ____ Zip: _____

Phone: _____ E-mail address: _____

Emergency Contact: _____ Emergency Phone: _____

Parent/Legal Guardian Signature if Under 18: _____

Name of Parent/Legal Guardian: _____

Names and of Dinner & Dancing Only Attendees _____

**By completing and mailing this registration form, I indicate my agreement to sign a
Liability Waiver Form at pre-race registration.**

Mail entry form, check* to:
QSC 1 Mile Swim
c/o David Heller
29 Coventry Lane
Naugatuck, CT 06770

For Info:
Call: (203) 723-9008
E-mail: sphdmh@aol.com
Website:
qsailingcenter.org

Or Drop the Registration Form Off at the Waterbury YMCA to Jim O'Rourke

**Please make checks payable to: Quassapaug Sailing Center*