

3rd Annual  
QUASSAPAUG SAILING CENTER

# 1 & 2 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

Both Races Start 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 29, 2011**

(Rain date is Saturday July 30, 2011)

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 28<sup>th</sup>  
Swimmer Registration Fee is \$25.00 on July 29, 2011  
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:**

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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 \_\_\_\_\_

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

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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](mailto: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  
All donations to QSC are tax deductible*