

11:00 AM, 06 November 2010, VETERANS DAY 5K
Open Water Swim Event presented by CIBBOWS
Hosted by the NY AQUARIUM

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RACE/COURSE DESCRIPTION: 2.5K straight line open water course, running parallel to shore, with turn arounds at the Coney Island Pier and at the end of Brighton Beach. Race start in front of NY Aquarium (West 8 Street). The Course will be marked by buoys. There will be approximately 8 kayaks to assist. Water temperature is expected to be 55 ~ 60 F and the swim will be with and against water currents. Expect random flotsam and jetsam with possibility of jellyfish. Swells can occur from surf and wind.

OTHER IMPORTANT INFORMATION: We have a limit of 100 swimmers. Because of the temperature of the water in November, swimmers will have a choice, during the event, to swim 1M, 2M or the complete 5K (3.2M). These turnaround points will be marked with buoys and explained at the mandatory briefing. **All swimmers must provide proof of previous open water swim(s) experience of one mile or longer somewhere on this form**, or by attaching letter of ability to complete a 5K or 1M open water swim from your coach. Additional event information & online registration available through www.cibbows.org or www.active.com.

MANDATORY BRIEFING: Please plan to arrive by 9:00AM to facilitate event check-in. Be early for 10:30AM mandatory pre-race briefing at the New York Aquarium, which will be held prior to the start at 11:00AM. There will only be 1 wave.

REGISTRATION FEES:

_____ \$50.00
_____ Voluntary donation to the NY Aquarium (501c3)

Total enclosed \$ _____ Make check or money order payable to CIBBOWS
\$10 of your registration fee will be donated to the NY AQUARIUM.

MAIL event registration to: CIBBOWS c/o Cristian Vergara, 312 Garfield Pl., Brooklyn NY 11215

For additional information about this event, contact race director:
Cristian Vergara at (718) 938-4988 or email at vergaracristian@hotmail.com.