

THE 2010 SWIM-A-CROSS – IMPORTANT INFORMATION

THANK YOU for your participation in the 2010 Swim-A-Cross for the local American Red Cross and Cary Medical Center’s *Healthy You* Program.

You are helping local victims affected by a house fire, flood or other disasters. Your support helps the Aroostook County Branch of the Pine Tree Chapter of the American Red Cross provide individuals or families with emergency shelter, food, clothing, infant supplies, replacement medicine / medical equipment, and emotional support.

Your support also helps *Healthy You* deliver valuable programs throughout Aroostook County – programs that address overall well-being including physical, emotional, mental, social, and family health.

All of these services are free to County recipients – thanks to you.

Prize packages will be awarded to the youth and adult swimmers who collect the highest total of donations and who complete a required minimum number of laps. (10 years of age and under = 1 lap; 11 to 16 years of age = 3 laps; and 17 years and older = 5 laps.)

All donations must be collected and turned in when you register for Swim-A-Cross on July 24. Additional donations will be accepted after the event, but will not count towards the award of any prize package.

The Youth Prize Package (under 17 years) **a \$600 value** includes “The Boulder SE”21-speed mountain bike from The Ski Shop in Van Buren, 3-month Presque Isle Indoor Pool membership, \$25 Gift Certificate from Theriault Equipment in Presque Isle, large two-item pizza from Reno’s Pizza in Caribou, and 2 tickets to the August 28th *Day of Destruction* race at Spud Speedway.

The Adult Prize Package (ages 17 and older) **a \$700 value** includes a notebook computer from Wal-Mart, lunch for two at Café Sorpresso in Presque Isle, 3-month membership at the Caribou or Presque Isle Inn Wellness Centers, oil change from Beaulieu’s Garage in Caribou, and 2 tickets to the August 28th *Day of Destruction* race at Spud Speedway.

Participants who register by phone, 493-4620, ext. 108 or email knorri@pinetree.redcross.org by July 16 will receive a free t-shirt when they sign in at the Swim-A-Cross on July 24.

All participants will receive a healthy-goody bag and a Certificate of Participation.

The following information must be completed to be eligible for prizes:

Name: _____

Address: _____

City/Zip _____ Phone number: _____ Age: _____

PARTICIPANT AGREEMENT

I agree to assure and hold harmless the Pine Tree Chapter of the American Red Cross and Cary Medical Center and all agents, servants and employees, for any and all claims, lawsuits, or judgments that may come as a result of the Swim-A-Cross. This agreement shall include but not be limited to, any settlements, judgments or awards by a court or a board of arbitration. This agreement will also include costs for legal representation and out of pocket expenses incurred by the Pine Tree Chapter of the American Red Cross and Cary Medical Center in connection with any action or defense necessary to protect themselves under the terms of this agreement. This agreement is governed by the applicable law or laws of the State of Maine. If any part of this agreement is determined to be unenforceable, all other parts shall be given full force and effect.

I have read the Participant’s Agreement and I voluntarily agree to the terms of this agreement.

Print Participant’s Full Name Participant’s Signature Date

If participant is under 18, please have parent/guardian read and also sign.

Print Parent’s/Guardian’s Full Name Parent/Guardian Signature Date