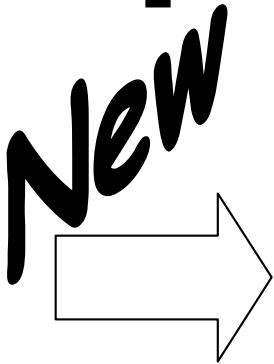


37th ANNUAL WAIKIKI ROUGHWATER SWIM

CONDUCTED BY THE WAIKIKI ROUGHWATER SWIM COMMITTEE, INC.

September 4, 2006, Monday



- * Register Online at Active.com and SAVE \$!
- * Confirmation Packets sent via Email ONLY!
- * Race Instructions online
- * Entries updated on the website July 1, 2006
- * Email Notifications August 28, 2006

CHOOSE ONE METHOD OF REGISTERING FOR WRSWIM 2006:

Online at Active.com –

Go online and with a few clicks of a mouse, you can register, “sign” your Waiver, and order T-Shirts, etc.
SAVE \$20.00 by registering online!

OR

By Mail –

Download & Print Race Application.

Read and complete the these forms:

1. Race Information
2. Entry Form
3. Waiver

Tides

Low Tide 6:39 AM

High Tide 2:02 PM

Sunrise 6:16 AM

Moon Rise 4:46 PM

SPONSORED/SUPPORTED BY THE FOLLOWING ORGANIZATIONS:

Ala Wai Petroleum
Atlantis Submarines
Hilton Hawaiian Village Hotel
National Association of
Underwater Instructors (NAUI)
Hui Wa'a Kaukahi Kayak Club
U.S. Coast Guard Auxiliary
Waikiki Swim Club

Outrigger Canoe Club
The New Otani
Kaimana Beach Hotel
Rainbow Aquatics
Swim Team
Straub Clinics & Hospital
Pictureman of Hawaii
Waikiki Yacht Club

FREE SWIM CLINICS

San Souci Beach:
8-9am June 25 & July 23
Hilton Hawaiian
Village Beach:
8-9am August 6

Accidental Waiver and Release of Liability

I am applying for the entry into the 37th Annual Waikiki Roughwater Swim on September 4, 2006. I realize this is an open ocean race subject to tides, currents, and waves and have trained and prepared sufficiently for this event. I realize that this event could not be held unless I am willing to assume all consequences of these risks. Therefore I assume full responsibility to inform myself as to all dangers and risks and I sign this Accident Waiver and release of Liability as a legally binding method of personally assuming all of these risks. In consideration of my entry I agree to execute this Accident Waiver and Release of Liability. The following wording is required by the insurance carrier as a condition of granting an insurance policy for the activities associated with the 37th Annual Waikiki Roughwater Swim.

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of these risks of participation and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and release of liability form will be used by the event holders, sponsors and organizers, and which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event. The following entities or persons: Ala Wai Petroleum, Atlantis Submarines, Hilton Hawaiian Village Hotel, Hui Wa'a Kaukahi Kayak Club, National Association of Underwater Instructors (NAUI), Outrigger Canoe Club, Pictureman of Hawaii, Rainbow Aquatics, Saurus, Straub Clinic & Hospital, The New Otani Kaimana Beach Hotel, U.S. Coast Guard Auxiliary, Waikiki Roughwater Swim Committee, Inc., Waikiki Swim Club, Waikiki Yacht Club, City and County of Honolulu, State of Hawaii, their directors, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by negligence of releases or otherwise. To be considered an official finisher you must complete the race in less than 2 hours and 40 minutes.

I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

This Accident Waiver and Release of Liability shall be constructed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document: and, I understand its content. No refunds.

Print Swimmer's Name

Age

Signature (if under 18 years old Parent
Parent or Guardian must sign)

Date

Parent Guardian Waiver for Minors (under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to act and release said parties on behalf of the minor and the parents or legal guardian.

Sept 4, 2006 - 37th ANNUAL WAIKIKI ROUGHWATER SWIM

Open to all ages – Distance 2.384 miles (3.8)

NEW: You will receive an Email Confirmation after registering. You must print this email for check-in on race day.

RACE PACKET: For entries received prior to August 18, 2006 an Email Confirmation and Pre-Race Instructions will be Emailed to each entrant. If no Email Confirmation is received by Saturday September 3, you must go to the late registration desk to pick up your Confirmation Card. This card is required to obtain your race chip on race day. If you want confirmation of receipt of entry, look on the website or enclose SASE. Confirmation cards and information for entrants will be available for pick up at Sans Souci Beach on race day 7:00 am to 8:30 am.

DATE: 9:00 am, Monday, September 4, 2006

COURSE: Out the Kapua (Outrigger Canoe Club) Channel, across Waikiki, and in the Hilton Hawaiian Village Hotel channel. Course will be marked by flags every few hundred meters.

START: Sans Souci Beach between the Natatorium and the New Otani Kaimana Beach Hotel, Waikiki. There will be staggered starts at 5-minute intervals beginning at 9:00 am.

SEEDING START: To reduce crowding at the start, the field will be divided into groups of approximately 150 to 200 people based upon 2000 meter seeded times. The fastest swimmers will be in the first group and slower swimmer in the succeeding groups seeding is first come, first serve. Late entries may be put into slower groups depending on availability. The race committee reserves the right to place you in any group. If you have been unable to finish in the past or have difficulty swimming 2000 meters you should not enter unless you have significantly improved your swimming ability. Hawaii residents are strongly urged to the 2000-meter course at Ala Moana Park and use that time as a seeded time. If you swam last year's Waikiki Roughwater Swim, please enter your time (can be found on the 2004 Waikiki Roughwater Swim Official Results) in the space provided on the application form.

SAFETY: Your safety is our most important concern. There will be boats and paddlers on surfboards patrolling the racecourse. Swimmers are responsible for their own physical condition and are encouraged to train adequately and have a physical check-up prior to the swim. Swimmers who have not passed the buoy No. 10 by 11:00 am will be pulled from the water. All non-finishers will be taken to the Ala Wai Boat Harbor.

FINISH: Duke Kahanamoku beach in front of the Hilton Hawaiian Village Hotel. Swimmers must cross the finish line, which will be 20-30 meters up the beach from the water's edge. To be an official finisher, you must complete the race in less than 2 hours and 40 minutes and wear a swim cap.

NUMBERING: Race day all swimmers will be numbered on legs. You will be disqualified if you are not numbered.

EMAIL: Your race number will be emailed to you. If you do not have email, race number can be picked up in person at late registration table on Sept 3rd or 4th.

ESCORTS: To ensure fair competition, no escorts on surfboards, kayaks or boats are permitted.

SWIM AIDS: This is a swimming event: flotation devices, snorkels, fins, wetsuits of any kind or any other swimming aides are prohibited. Goggles are strongly recommended. Your entry fee includes a swim cap that **MUST** be worn during the race.

PROTESTS: Must be submitted to referee by 11:30 am or within 30 minutes of swimmer, whichever is later.

ENTRY FEE: \$50.00 per swimmer if postmarked by August 18, 2006. \$70.00 postmarked after August 18, 2006.

Entry fee is non-refundable. Checks payable to: WRSC. Mail to: WRSC, P.O. Box 2847 Wailuku, Hawaii 96793 Register online at www.active.com and save \$20.00.

LATE REGISTRATION: \$70.00 per swimmer if postmarked after August 18, 2006. If out of state, do not mail in entries after August 18. Late entries will be accepted from 12:00 to 3:00 pm Sunday Sept 3, 2006 at the end of Paoa Place, between the Hilton Hawaiian Village and FT. \$75.00 CASH ONLY. DeRussy (see map for late entry location).

RACE DAY ENTRIES: Time permitting, late entries will be accepted race day. Race day entry fee is \$100.00:

CASH ONLY.

T-SHIRTS: All T-shirts will be distributed at the finish line. If you do not swim or finish the race, you can still pick up your shirt at the Shirt Table. T-shirt table will close at 1:00 pm.

AGE DIVISIONS: Male & Female: 10&Under, 11-12, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, etc. Top three overall male and female finishers will be placed in an elite division.

AWARDS: Name of the first individual to finish will be engraved on the "Alexander Hume Ford" perpetual trophy. Elite division awards to the top three male and female finishers. Elite division winners will not participate in the age group competition. Awards will be presented to the top three male and female finishers in each division (or 5% of entrants, which ever is greater). "Bossabeau Cup 2006 trophy to the first place men's 55-59 division. Awards ceremony to start at 12:00 noon. Timers will wait for the last official swimmer to finish. All entrants will receive complete race results in the mail. Awards will not be mailed to the winners at the expense of the committee. Awards will not be mailed to the winners at the expense of the committee.

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QUESTIONS: Please address questions in writing and send with a SASE to: WRSC, P.O. Box 2847, Wailuku, Hawaii 96793; or by email: TedSheppard@Yahoo.com

ENTER ONLINE AT WWW.ACTIVE.COM and Save \$20.00.

It will cost you more for mail-in entries. *We encourage you to sign up on-line!*