



SOUND TO THE COVE

1/2 MILE, 1 MILE, 5K, 10K OR KIDS SPLASH

AUGUST 10, 2013

SWIMMER'S PACKET

SWIM
ACROSS AMERICA
MAKING WAVES TO FIGHT CANCER

July 8, 2013

**SAA Nassau Suffolk
Executive Committee**

Gerry Oakes
Kevin Shine
Courtney Falk
Pamela Danbusky
Don Regan
Rich Infield
Maureen McAdam
Hector Murphy
Joe & Vicki Stanco
Paul VanValkenburg
Eileen Liddy
Angelo Pirozzi
Carol Maroney
Kurt Kiess
John Rittenhouse
Barry Goldblatt
Burt Zweigenhaft
John Gianasca
John Coyle

**Major Fundraisers &
Team Captains**

Ken & Mimi Aneser
Jonathan Ardito
Jim Baranello
Martin Bergin
Dan Cavallo
Dennis Crilly
Al De Philipps
Jamie Dittrich
Steven Durante
Trent Fraebel
Mike & Keira Ford
Jessica Foschi
Trent Fraebel
Michael Gallagher
Alex Harellick
Randy Hill
Louis Lagalante
Wai Lam
The Leondis Family
Liz McDonough
Charles Murphy
Scott Okal
Daniel Rapelje
Chris Robinson
Elizabeth Schuler-
Ghiorse
Elliot Sealove
Jim Sirignano
Trevor and Alexa
Stanco
Suzanne Sullivan
Andrew Van Valkenburg

Welcome, and thank you for your interest in joining the Swim Across America (SAA) on Saturday August 10, 2013 at our **12th Annual "Sound to the Cove-Swim to Fight Cancer."** Our first "Sound to the Cove Swim" was held in August, 2002 at beautiful Morgan Memorial Park and was generously hosted by the City of Glen Cove, NY. Since that time, our swimmers, volunteers and local corporate sponsors from NYC to Montauk Point have raised over \$4.8 million to fight cancer. In doing so, we have made a distinct difference here on Long Island, at treatment facilities helping cancer patients and their families, and in our first class research projects.

VERY IMPORTANT FACT: Since 2002, over 81% of ALL donations made by our swimmers, volunteers and sponsors have gone directly to our beneficiaries. We are a completely volunteer organization here on Long Island, and we take pride in enabling our donors to have a direct impact in the fight against cancer. In addition, you know EXACTLY WHERE YOUR DONATIONS ARE GOING – funding state of the art research and treatment at some of the world's leading cancer fighting institutions: Memorial Sloan Kettering, Children's Hospital at Montefiore, Cold Spring Harbor Lab, Mercy Medical Center, the Feinstein Institute, and Fighting Chance (learn more about our beneficiaries, by visiting <http://www.swimacrossamerica.org/NS>)

In addition to our "Sound to the Cove –Swim to Fight Cancer" on August 13th, we hosted our 2nd Annual "HAMPTONS Swim to Fight Cancer", in the Town of East Hampton on Saturday July 6th. Here SAA and the East Hampton Volunteer Ocean Rescue Squad had hosted their 3rd Annual Swim and have raised approximately \$125,000. In addition, we will also be hosting nine pool swims throughout July and August.

In this "swimmers' packet" is all of the information you will need to prepare for your swim:

- | | | |
|--|------------------------------|-------------------------------|
| 1. Welcome Letter | 2. Directions to Morgan Park | 3. Event Timeline |
| 4. Registration Form | 5. Donor Tracking Form | 6. Swimmer Guidelines |
| 7. Day of Event Waiver | 8. Local Corporate Sponsors | 9. Fundraising Instructions |
| 10. Sample Fundraising Letter | 11. Donor Tracking Form | 12. Fundraising Sample Letter |
| 13. 10K, 5K, 1 Mile and ½ Mile Course Maps | | |

Post swim this year, we will again enjoy a celebratory brunch, and also hear directly from our beneficiaries about their recent progress.

Please email me at kevin@swimacrossamerica.org if we missed something or if you have any additional questions. Until we meet on August 10th, good luck with both your swim training and fundraising. FACEBOOK USERS: Copy and paste the link to your personal fundraising page on your wall and ask your friends to help you fight cancer!

I look forward to seeing you on August 10th and I thank you again for your interest in the Swim Across America!

Sincerely,



Kevin Shine
Swim Across America, Inc. - Chair, SAA-Nassau Suffolk Committee
Swim Across America- N / S * P.O. Box 7878, Garden City, N.Y 11530



Swim Across America Nassau Suffolk 2013



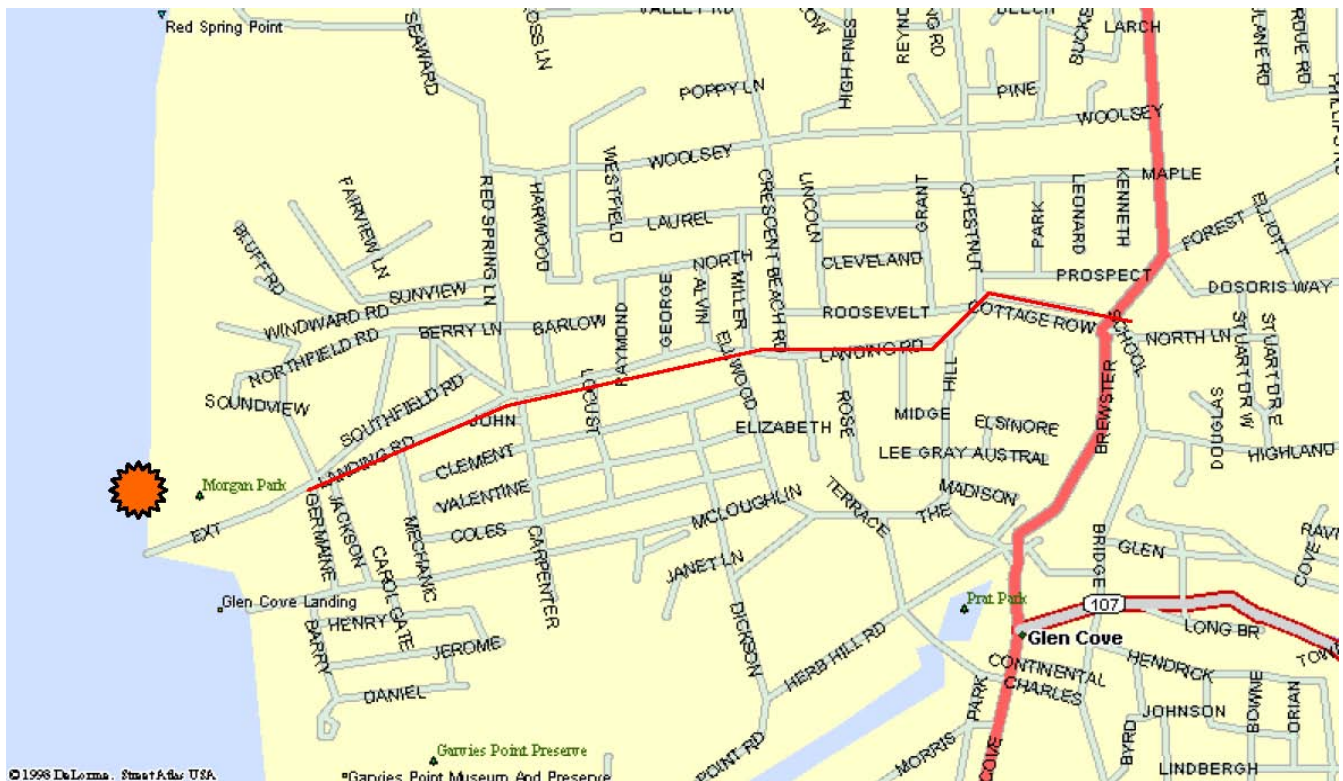
Morgan Memorial Park Directions

Morgan Park is a spectacular facility in the City of Glen Cove, on the north shore of Nassau County, situated on the northeast corner of Hempstead Harbor, facing L.I. Sound.

For Door-to-Door Directions, use:

<http://maps.google.com/> - Address: Morgan Memorial Park, Glen Cove, NY

From both east and west, take Exit 39 off the Long Island Expressway, and follow Glen Cove Road north. After approx. 1.75 miles you will cross Rt. 25A (Northern Blvd). Continue north approx 2 miles and Glen Cove Road merges with Rt. 107. Take Rt. 107 to the end (G.C. Fire Station). Make a right here on Brewster Street. Go 3 lights and make a left on Cottage Row. Go 1 block and make a left on Landing Road. Go 1 block and follow Landing Road to the right. Follow Landing Road approx. 1 mile and make a left on Germaine Street. The entrance to Morgan Park will be on your right. (see map).



"Sound to the Cove - Swim to Fight Cancer 2013" – EVENT TIMELINE

Morgan Memorial Park , Glen Cove, N.Y. – Saturday August 10, 2013

Time	Swimmers					Boaters	Kayakers	Volunteers
	10K Boat Start	5K Beach Start	1-Mile Beach Start	1/2-Mile Beach Start	Family Fun Splash Beach Start	10K Only		
4:30 AM	10K Swimmers Arrive Check-in & Breakfast					10 K Boaters Arrive Check-in & Breakfast	10 K Kayakers Arrive Check-in & Breakfast	10 K Volunteers Arrive Check-in & Breakfast
5:00 AM	10K swimmers leave Morgan Park for Larchmont					10K Boats leave Morgan Park	10K Kayakers leave Morgan Park	
5:15 AM						Swim Director Place course buoys & balloons for 5K & 1 Mile Swim		All other Volunteers Arrive Check-in & Breakfast
5:30 AM								Volunteer Meetings & Assignments held at Registration Stage Area
6:00 AM	10K SWIM START from the beach at Larchmont Shore Club	5K Swimmers Arrive Check-in & Breakfast					5K Kayakers Arrive Check-in & Breakfast	
6:30 AM			1 Mile Swimmers Arrive Check-in & Breakfast	1/2 Mile swimmers arrive Check-in & Breakfast			1 Mile Kayakers Arrive Check-in & Breakfast	
6:45 AM							5K kayakers Event Meeting and instructions at dock	
7:00 AM					Family Fun Splash Swimmers Arrive Check-in & Breakfast			Brunch Volunteers Arrive
7:15AM		5K Swimmers Event Meeting and instructions with Swim Director on Dock					1 Mile and 1/2 Mile kayakers meeting at Harbour Beach closer to Dock	
7:30 AM		5K SWIM START	1 Mile Swimmers Enter Beach Area				Remaining Kayakers leave beach	
7:45 AM			1 Mile Swimmers Instructions					
8:00 - 8:15 AM			1 Mile Swim Start	1/2 Mile swimmers enter beach area				
8:15 AM				1/2 Mile Swimmer instructions				
8:30AM	10K Swimmers start to arrive at Finish			1/2 Mile Swim Start				
8:45AM					Family Fun Splash Swim – 25 Yards Swim off Beach Begins			
9:00 AM		5K swimmers start to arrive at Finish	1 Mile Swimmers start to arrive at Finish					
9:15AM				1/2 Mile Swimmers start to arrive at Finish				
9:30 AM - 10:00 AM	ALL SWIMMERS ON THE BEACH!!							
9:00 AM - 10:00 AM	Team Pictures @ Beach							
10:00 AM - Noon	Brunch , Music , Award Ceremonies and Check Presentations in Morgan Park							
Noon	ALL Volunteers Clean and Pack Up							



**Timeline of Sound to the Cove (STC) Swim to Fight Cancer
Morgan Park, Glen Cove, N.Y. – August 10, 2013**

4:30AM	<ul style="list-style-type: none"> • 10K Swimmers/Boaters/Kayakers Arrive- GCYC Dock • Register, bagels and juice
5:00AM	<ul style="list-style-type: none"> • 10K Swimmer/Boaters/Kayakers/GCHP leave dock for Larchmont
5:15AM	<ul style="list-style-type: none"> • Volunteers Arrive -setup begins
5:30AM	<ul style="list-style-type: none"> • Volunteer meeting and assignments located at stage area
6:00AM	<ul style="list-style-type: none"> • 10K Swim start from Larchmont Shore Club • 5K Swimmers Arrive, additional kayakers and boaters arrive • Register, bagels and juice
6:30AM	<ul style="list-style-type: none"> • 1 mile and 1/2 mile kayakers arrive, registration and breakfast
6:45AM	<ul style="list-style-type: none"> • 5K-kayak meeting on Harbor Beach
7:00AM	<ul style="list-style-type: none"> • 1 & 1/2 Mile Swimmers arrive Register, bagels and juice
7:15AM	<ul style="list-style-type: none"> • 5K Swim Instructions -MP Beach • 1 mile and 1/2 mile Kayakers - Meeting and instructions on Harbor Beach
7:30AM	<ul style="list-style-type: none"> • Approximate Start of 5K Swim - MP Beach
7:45AM	<ul style="list-style-type: none"> • 1 mile Swim Instructions-MP Beach
8:00AM	<ul style="list-style-type: none"> • Approximate Start of 1 mile Swim - each heat at 5 minute intervals
8:15AM	<ul style="list-style-type: none"> • 1/2 mile Swim Instructions
8:30AM	<ul style="list-style-type: none"> • 1/2 Mile Swim Starts--each heat at 5 min intervals • 10K swimmers begin to finish
8:45AM	<ul style="list-style-type: none"> • Kid's Splash Swim - 25yd swim at MP Beach
9:00AM	<ul style="list-style-type: none"> • 1mile/5K swimmers begin to finish
9:30AM-10:00AM	<ul style="list-style-type: none"> • ALL SWIMMERS DRY • Team Pictures if not taken earlier
10:00AM-11:00AM	<ul style="list-style-type: none"> • Brunch and Ceremonies in Morgan Park



**SWIM ACROSS AMERICA - NASSAU/SUFFOLK 2013
EVENT DAY WAIVER FORM**

**SWMMERS BOATERS, KAYAKERS, SPOTTERS, LAND VOLUNTEERS
ALL SWIMMERS, BOATERS, KAYAKERS, AND LAND VOLUNTEERS MUST READ THIS FORM
CAREFULLY BEFORE SIGNING THE ACKNOWLEDGMENT, WAIVER AND RELEASE FROM
LIABILITY ("AWRL"). THIS FORM MUST BE PRESENTED AT THE EVENT CHECK-IN TABLE
PRIOR TO PARTICPATION IN THE SWIM OR ANY EVENT VOLUNTEER ACTIVITIES.**

<input type="checkbox"/> Swimmer	<input type="checkbox"/> Kayaker
<input type="checkbox"/> Boater	<input type="checkbox"/> Land Volunteer

I, the undersigned volunteer, participant or parent or legal guardian if participant or volunteer is under age 18 (collectively referred to hereinafter as "Participant" or "I"), intending to be legally bound, do hereby understand and agree that volunteering or swimming the distance and in the conditions involved with this Event (including training for and participation in the swim) is rigorous activity that involves risks including, but not limited to: weather and water conditions, interaction and/or collision with other people and/or things in the water, and other hazardous and/or life threatening conditions. By signing this Release Agreement below, Participant or Volunteer assumes any and all risks of injury and/or damages that may occur as a result of such participation in the Event.

By signing this Release Agreement below, I certify that Participant is physically fit, has not been informed otherwise by a physician and has adequately trained to participate in this Event. I acknowledge that I am aware of the risks inherent in open water swimming (including those listed above) which could result in permanent disability or death, and agree to assume all of those risks. I further certify that it is Participant's responsibility to dress appropriately for this event, and Participant is solely responsible for Participant's health and safety.

In consideration of my participation in the Event, and/or any activities incident thereto, I, for myself and my heirs, executors and administrators, hereby release and discharge from liability Swim Across America, including the **Nassau / Suffolk Committee (SAA), and all SAA Beneficiaries including Memorial Sloan Kettering Cancer Center, Fighting Chance, Children's Hospital at Montefiore, Mercy Medical Center, Cold Spring Harbor Laboratory and The Feinstein Institute of North Shore – LIJ;** all officers, employees, volunteers and agents; and the host facilities, transportation vendors, corporate sponsors, and other individuals assisting with the Event or related clinics (the "Released Parties") and waive any and all rights to claims for loss or damages or rights of current or future action, including all claims for loss or damages against the Released Parties. By signing below, Participant or Volunteer agrees to indemnify, defend and hold harmless the Released Parties from and against all claims, demands, causes of action, damages and expenses (including reasonable attorneys fees) related to the Event.

I grant Memorial Sloan Kettering Cancer Center, Fighting Chance, Children's Hospital at Montefiore, Mercy Medical Center, Cold Spring Harbor Laboratory, The Feinstein Institute of North Shore – LIJ and SAA permission to use my name and/or likeness in any medium, including the right to use any photographs and/or video taken by photographers/film crews for any purpose including advertising, publicity, in house publications and promotions. Any rights thereto shall remain the property of SAA and Memorial Sloan Kettering Cancer Center, Fighting Chance, Children's Hospital at Montefiore, Mercy Medical Center, Cold Spring Harbor Laboratory, and The Feinstein Institute of North Shore – LIJ.

<i>Signature of Participant</i>	<i>Date</i>	<i>Signature of Parent or Legal Guardian (if under 18)</i>	<i>Date</i>
<i>Print Name of Participant</i>		<i>Print Name of Parent of Legal Guardian (if under 18)</i>	
<i>Email of Participant</i>		<i>Cell Phone # of Participant or Legal Guardian (if under 18)</i>	
<i>Address of Participant (address, city, state, zip)</i>			
<i>Name of Emergency Contact</i>		<i>Relationship to Participant</i>	
<i>Phone Number of Emergency Contact</i>		<i>Cell Phone Number of Emergency Contact</i>	



“Sound to the Cove – Swim to Fight Cancer”
Morgan Memorial Park, Glen Cove, N.Y.
Saturday, August 10, 2013

Rules, Guidelines, and General Information

I. Miscellaneous Information

- a. Swimmers are asked to register online at www.swimacrossamerica/ns, or bring the completed Swimmer Registration Form with you to the Swim
- b. Swim Across America reserves the right to remove any swimmer before or during the event for non-compliance with these rules or for creating a safety hazard for any swimmer, including him/herself.
- c. Violation of these rules may also make a swimmer ineligible to swim in any future Swim Across America event.

II. Swim Across America- “Sound to the Cove Swim” is not a race.

III. Pre-swim

- a. Swimmer Arrival – Please refer to the Event Timeline for arrival times and swim start times for the 5K, 10K, 1-Mile, ½ Mile and “Family Fun Swim” swims. Please park in the lot at the entrance to Morgan Park.

Swimmers and Volunteers – Please see attached Timeline for Arrival, Registration and Start Times

Upon arrival, please proceed directly to the check-in/registration tables at the stage area. All swimmers and parents/ guardians of swimmers under 18 must read, complete and sign a ‘**SAA Day of Event Waiver**’, provided in the Swimmer Package or given to you at registration.

You should have with you, if not already submitted, the following:

- i. A copy of the Event Day Waiver, signed by a parent/legal guardian if the swimmer is under 18 years of age.
 - ii. A sealed envelope with your collected check/cash donations and sponsor tracking sheet inside. Your name and the amount of money in the envelope (only cash and checks you bring to the swim) must appear on the front of the envelope. Note this does not include money you raised on-line. That will be tracked separately.
- b. Once you are checked in, you will receive a swim cap, and be marked with your swimmer number (both upper arms). Personal belongings will be bagged and tagged,



then transported to the finish line for you. 10K and 5K swimmers please only take necessary personal possessions with you on the boats, avoiding any valuables.

- c. Fruit, juices, coffee and bagels will be available prior to the swim.
- d. All SWIMMERS must attend the Swim Director's meeting on the morning of the swim. See Event Timeline for your swim's safety instruction time on the beach. For 10K swimmers, this meeting will take place at the Dock prior to boarding the boats.

e. All SWIM EVENTS will begin at the direction of the Swim Director.

For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by the SWIM DIRECTOR.

IV. During the Swim

- a. Swimmers must stay on the marked course. The course markings will be given to you on the morning of the swim at the respective Swimmer's Meeting.
 - i. If a swimmer goes off the marked course, or is lagging too far behind the main group, Swim Across America reserves the right to regroup the swimmer. This will be done in the interest of safety of all swimmers, and to stay within the time limits for the open water swim.
- b. **If a swimmer is in distress or needs assistance, that swimmer should remove his/her swim cap and wave it. With that signal, you will be assisted by a nearby kayaker, then a nearby boater if necessary. Our primary objective is to have a safe and fun event. Kayakers will be a constant presence in the swim lanes for your assistance; do not hesitate to request help if necessary.**
- c. If a swimmer decides to exit the water onto a boat on his/her own accord, or if a swimmer is removed from the water by a Swim Across America official for hypothermia, cramping, dehydration, exhaustion, or other disability; that swimmer will not be allowed to re-enter the water for safety reasons. The Swim Director and the Glen Cove Harbor Patrol have the discretion to ask someone to be removed for safety reasons; ALL swimmers must adhere to their decision.

V. Post Swim

- a. Once on the beach at Morgan Park, all swimmers must proceed through the finish line and to the checkout table. Swim Across America volunteers will be there to direct you once you exit the water.

All swimmers who are unable to finish the event under their own power must proceed to the checkout table on the beach at Morgan Park as soon as they arrive there.

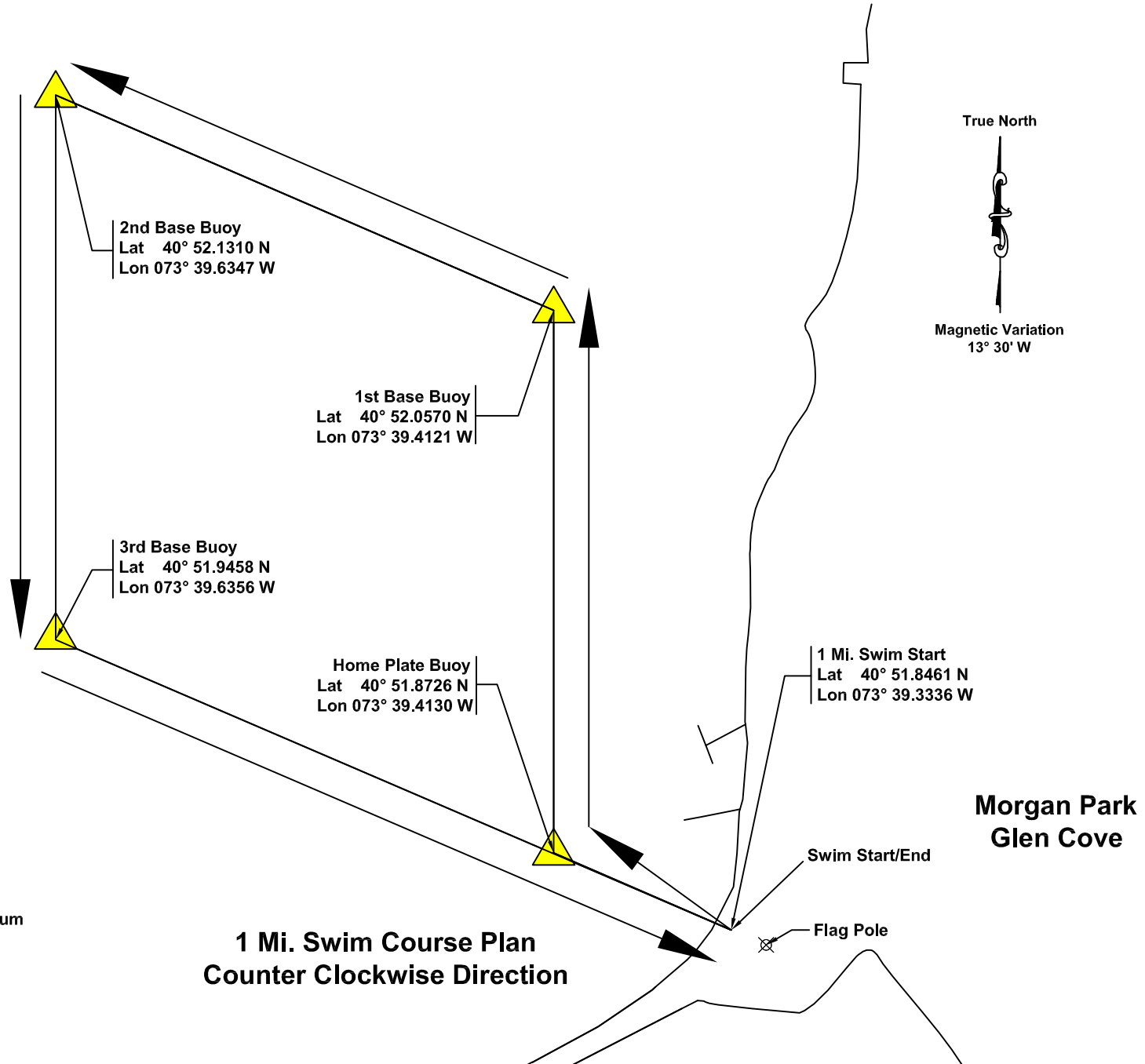
The Event Check-Out process is critical to ensure ALL Swimmers are properly accounted for after the event!



- b. Upon completing the event, all swimmers should remain on or near the beach at Morgan Park to cheer on the swimmers finishing behind them, and to make the finish more exciting.... Cheer them ON !
- c. Swim Across America will provide water and a beach towel to all swimmers as they finish the event. Outdoor showers will also be available at the beach.
- d. Once ALL swimmers have exited the water, all swimmers, volunteers and their guests are invited to attend the post-swim brunch on the lawn at Morgan Park.
- e. During the Brunch, the SAA Committee will recognize the people and organizations that helped create this event. We will also hear from our event's beneficiaries, and present them with a facsimile check for the funds raised. We encourage all swimmers and volunteers to join the post-swim festivities.

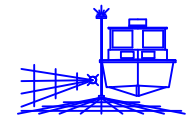
Questions?

Email: gerry@swimacrossamerica.org



Note:
 All coordinates are given in
 WGS 84 (NAD-83) Chart Datum

**1 Mi. Swim Course Plan
 Counter Clockwise Direction**



**RS MARINE DIVING
 ENTERPRISES, INC**
 Hydrographic Survey Division
 PO Box 581 Northport, 11768
 Tel: 631 261-3698 Fax: 631 261-3698
 rsmarine@optonline.net

Project
SOUND TO THE COVE - SWIM TO FIGHT CANCER
 5 K - 10 K - 1 Mi. Swim Courses
 Larchmont Shore Club to Morgan Park, Glen Cove, N.Y.

Scale: As Shown Date: 07/20/09
 Drawing by: R. Smith Drawing No.: Swim Coordinates.dwg

Owner
SWIM ACROSS AMERICA, INC.
 One International Place, Suite 4600
 Boston, MA 02110

Client
NASSAU-SUFFOLK, N.Y. COMMITTEE
 P.O. Box 7878
 Garden City, NY 11030



Larchmont Shore Club
10K Swim Start
 Lat 40° 54.8706' N
 Lon 073° 45.0708' W

True North



Magnetic Variation
 13° 30' W

10K Swim Direction 149° Magnetic

7K Location Buoy
 Lat 40° 53.7052' N
 Lon 073° 43.5860' W

5K Location Buoy
 Lat 40° 52.9307' N
 Lon 073° 42.5932' W

Marker Buoy 1N
 Lat 40° 52.7666' N
 Lon 073° 42.1001' W

Marker Buoy 2N
 Lat 40° 52.6025' N
 Lon 073° 41.6072' W

5K Turn Around Buoy
 Lat 40° 52.3633' N
 Lon 073° 40.8873' W

Marker Buoy 3N
 Lat 40° 52.2742' N
 Lon 073° 40.6213' W

5K Mid Buoy B
 Lat 40° 52.2859' N
 Lon 073° 40.4697' W

5K Mid Buoy A
 Lat 40° 52.2085' N
 Lon 073° 40.0522' W

Marker Buoy 4N
 Lat 40° 52.1099' N
 Lon 073° 40.1284' W

Morgan Park
1 Mi, 5K Start
1 Mi, 5K, 10K End
 Lat 40° 51.8461' N
 Lon 073° 39.3336' W

Green "23"
 Nav Buoy
 FL G 4s

Marker Buoy 1S
 Lat 40° 52.8189' N
 Lon 073° 42.3643' W

Marker Buoy 2S
 Lat 40° 52.6551' N
 Lon 073° 41.8712' W

Marker Buoy 3S
 Lat 40° 52.4910' N
 Lon 073° 41.3781' W

Marker Buoy 4S
 Lat 40° 52.3270' N
 Lon 073° 40.8851' W

Marker Buoy 5S
 Lat 40° 52.1629' N
 Lon 073° 40.3922' W

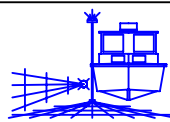
Marker Buoy 6S
 Lat 40° 51.9993' N
 Lon 073° 40.0552' W

Marker Buoy 7S
 Lat 40° 51.9314' N
 Lon 073° 39.6442' W

Prospect Pt.
 10K & 5K Return Swim Direction 127° Magnetic
 200 ft. Wide Swim Lane
 Port Washington
 Mott Pt.

Note:
 All coordinates are given in
 WGS 84 (NAD-83) Chart Datum

5 & 10K Swim Course Plan



**RS MARINE DIVING
 ENTERPRISES, INC**
 Hydrographic Survey Division
 PO Box 581 Northport, 11768
 Tel: 631 261-3698 Fax: 631 261-3698
 rsmarine@optonline.net

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 SOUND TO THE COVE - SWIM TO FIGHT CANCER
 5 K - 10 K - 1 Mi. Swim Courses
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 Scale: As Shown Date: Revised 05/08/12
 Drawing by: R. Smith Drawing No.: Swim Coordinates 2012.dwg

Owner
 SWIM ACROSS AMERICA, INC.
 One International Place, Suite 4600
 Boston, MA 02110

Client
 NASSAU-SUFFOLK, N.Y. COMMITTEE
 P.O. Box 7878
 Garden City, NY 11030



Swim Across America - Nassau/Suffolk
Registration Form For Swimmers & Volunteers
Please Check All Appropriate Items

Sound to Cove Open Water Swim

Morgan Park, Glen Cove
Sat. Aug 10, 2013

Participant: Swimmer Kayaker
 Boater Volunteer

- 1/2 mile swimmers: \$250 minimum
- 1 mile: \$500 min 18+, \$250 minimum under 18
- 5k: \$1,000 minimum
- 10k: \$5,000 minimum
- Family Fun Swim: \$100 min., \$50 for 10 & Under

Public Pool Swim

Nassau County Aquatic Center Pool
Wed. July 24, 2012
3:00 - 8:00 PM
For All Swimmers

- Adult (18+) \$500 Minimum Donation
- Teen (13-17) \$250 Minimum Donation
- Youth (12 + under) \$100 Minimum Donation

Note: The Swim Director reserves the right to cancel or reschedule any event due to unsafe conditions.

Last Name: _____ First Name: _____ Sex: M F
 Address: _____ City: _____ State: _____ Zip: _____
 Daytime Phone: _____ Evening Phone: _____
 Cell Phone: _____ Cell Phone Provider (for Event Day Notifications): _____

_____ _____
 Email address (Please Print Legibly)

Have you participated in a Swim Across America event before? Yes ____ No ____

Which Ones (Location and Years) _____

Do you have any special requirements? Yes ____ No ____ If Yes, please explain fully on the reverse side

I, the undersigned participant, parent or legal guardian if under age 18, intending to be legally bound, do hereby certify that I and/or the minor child are physically fit, and have not been informed otherwise by a physician. I acknowledge that I, individually, and as parent or legal guardian of minor child, am aware of the risks inherent in swimming (training, competition, and recreation) including possible permanent disability or death, and agree to assume all of those risks. As a condition of my individual participation, and/or the participation of said minor child, in Swim Across America's Nassau Suffolk Swim events, or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, caused by negligence, active or passive, including all claims for loss or damages caused by Swim Across America, Inc. (SAA) Memorial Sloan-Kettering Cancer Center, Mercy Medical Center and all other beneficiaries, the host facilities, Nassau County, the City of Glen Cove, and corporate sponsors. I consent that the photographs and or video, taken by photographers/film crews shall remain the property of Swim Across America and may be used for the purpose of advertising, publicity, in house publications and promotions.

The undersigned Participant and or parent or legal guardian of minor participant hereby agrees to indemnify, defend and hold harmless Swim Across America and all Swim Across America Officers, employees, volunteers and agents from and against all damages and expenses due from any and all claims, demands or causes of action resulting from participating in Swim Across America Events.

Signature of Participant *Date*

Print Name of Participant

Signature of Parent or Legal Guardian *Date*

Print Name of Parent or Legal Guardian (if under 18)

For 10K and 5K Sound Swimmers Only

I attest that _____ can complete a 1 mile swim in under 30 minutes.

Pool Director/Lifeguard: _____

Signature *Print Name* *Phone*

Return this form to: Swim Across America, Inc. PO Box 7878, Garden City, NY 11530-7878
 Phone: 1-888-SWIM-USA (794-6872) email: gerry@swimacrossamerica.org



Donation Form

A Swim to Fight Cancer
Nassau/Suffolk Events

Donation
Please make your donation payable to **Swim Across America, Inc.** and return it to your swimmer/volunteer with this sheet.

Thank You!

Please fill this form out completely and legibly to prevent processing delays. Donations are tax deductible to the fullest extent allowed by law.

Matching Gifts

Many companies provide their employees with matching gifts/pledges. Check with your employer on its specific guidelines.

Our Beneficiaries include Memorial Sloan Kettering Cancer Center's Swim Across America Research Laboratory, Cold Spring Harbor Labs, Children's Hospital at Montefiore and the Miracle Building at Mercy Medical Center to house the MSKCC in Nassau County. Please visit our Website www.swimacrossamerica.org/ns for a complete list of our beneficiaries.

Since we began in 2002 we have sent 81% our swimmers', Volunteers' and Sponsors' donations directly to our beneficiaries.

Name of Person Being Sponsored

Address

Team Name (if applicable)

Sponsor's Information (please print)

Mr. & Mrs. Mrs. Mr. Ms. Miss Other: _____

Last Name First Name

Business Address (if business donation)

Mailing Address

City State Zip

I'm Behind You Every Stroke!

- Honorary Swimmer \$1,000**
- Inspiration..... \$500**
- Commitment..... \$250**
- Spirit..... \$100**
- Other Amount (Single Payment in full)..... \$_____**

THANK YOU!
(This form may be copied as needed.)



Swim Across America 2013 – Fundraising Instructions

Fundraising –Challenge Yourself!

SAA is a grassroots fundraising organization. We ask our swimmers (and volunteers) to communicate our message and opportunity to fight Cancer to their personal network of family, friends, co-workers, neighbors, and ask for their financial support of your swim and volunteer efforts. It is our experience that when you communicate your passion for our cause, the first class quality of our beneficiaries, and the fact that we expect to grant 100% of all funds received from our swimmers and volunteers directly to our beneficiaries; you will experience enthusiastic support from your network. While each event has a 'minimum in collected donations' for entry, we're hopeful all of our swimmers will set personal fundraising goals well in excess of the minimums required.

Instructions

We suggest you consider fundraising '**online**'. It is easy to setup, safe and very efficient. First, go to our website at: www.swimacrossamerica.org/ns, and select the event in which you would like to swim or volunteer. Once you complete the online registration, you can create your own personal web page, add a photo, a personal message, establish a fundraising goal, and email a web-link to your personal network of friends and supporters.

If you choose to send a letter to your potential supporters, include with each letter a copy of the '**Swim-Donation Form**', for each of your supporters to complete. On this form, be sure to add your name and address on the top right so your supporters can send their donation back to you! It might also be a good idea to include a stamped self-addressed envelope for your sponsors to return to you!

It is your responsibility to bring all these forms and cash/check donations with you the day of the Swim. Please note your name and the Total \$\$ contained in the envelope, on the outside of this envelope! Also, include a completed '**Sponsor's Donations Form**', listing names & addresses of all "offline" sponsors, & their donations. Any online donations will be tracked automatically; we just want to make sure we get the details for anyone giving you cash or checks provided on the event day.

A "Sample Fundraising Example Note" is included in the package for your reference. You are encouraged to customize and personalize your message to your supporters, but this provides you with some facts and figures to help you get started.

SAA - NS Committee Incentive Fundraising Awards 2013

In the past, we have presented post-swim Awards, to our most successful fundraisers. We will also make 2010 Awards to those swimmers/volunteers who achieve the following fundraising levels:

- **Adult - \$2000**
- **Child 18 and Under - \$1000**

Awards in the past have been, either a quality pullover windshirt, a fleece jacket, or fleece vest, or carry bag all with the SAA Flag and year inscribed. These Awards will be presented at our Annual Meeting, and all top-fundraisers will be invited to that meeting.



Swim Across America – 2013 - Sample email or Note to Sponsors

Dear xxxx,

I am writing you this letter soliciting your support for a great cause in the fight against cancer. On Saturday August 10, 2013, I will be participating with Swim Across America (and **Team XXXX**) in the annual 1-mile Sound-to-the-Cove swim at Morgan Park in Glen Cove, NY to raise money for cancer research and treatment priorities. Like many of the other participants, I/we swim in the honor of friends and relatives currently battling cancer, and in the memory of those whose lives were lost to this terrible disease.

The Nassau/Suffolk chapter of SAA was founded in 2001, and since then we have raised over \$4.8 Million in support of our Beneficiaries.

I am asking friends to donate what ever they can and whatever they feel appropriate. In addition, if you would like to join the team as a swimmer or volunteer, please register online at the website noted below. We welcome swimmers, kayakers and volunteers; and anyone willing to help out with the fundraising efforts. This year my personal Fundraising Goal is \$XX, 000 for the 2013 Event; and I need your help. Our swimming and fundraising efforts are nothing compared to the struggle that cancer patients face every day. With your help, we have the chance to bring the cure closer.

As in past years, we expect that our 2013 Swim expenses will be funded entirely by our generous Corporate Sponsors, so 100% of my collected donations will go directly to our Beneficiaries. This year we will support,

- **The Swim Across America Lab at the Memorial Sloan-Kettering Cancer Center in NYC.**
- **The Children's Hospital at Montefiore, Bronx, NY**
- **Cold Spring Harbor Laboratory**
- **The Memorial Sloan-Kettering Cancer Center at the Mercy Medical Center in Rockville Centre, NY.**
- **Fighting Chance**

This is a tough fight, we need your help; please accept the challenge!! There is a link to the Swim Across America (SAA) Home Page below, providing you with more information on the organization and our beneficiaries.

If for any reason you are uncomfortable doing this transaction on the web, please feel free to send your checks directly to me. Please Make Checks Payable to **Swim Across America, Inc.**, and forward to,

Name
Address
Address

Your dedication to this event is a living testament to your commitment to helping all those less fortunate. Swim Across America is all about empowering individuals to make a difference in the fight against cancer. Through your participation and fund-raising, we are making that difference; and SAA will not stop until we reach our goal of finding a cure to cancer!

Sincerely,

First name. Last name

Web Sites:

1. *Click on the link below to visit my online fundraising web page and make an On-line Donation*
(Insert URL from Online fundraising page here)
2. For Information on SAA - Nassau /Suffolk, our events and beneficiaries, please see our SAA-NS Website
 - <http://www.swimacrossamerica.org/ns>

If you are unable to click on the links above you can paste the URL into the Keyword or Address field of your browser

More About Swim Across America

Our Mission Statement

Swim Across America, Inc., [SAA] is dedicated to raising money and awareness for cancer research, prevention and treatment through swimming- related events. With the help of hundreds of volunteers nationwide and past and current Olympians, SAA is helping find a cure for cancer through athleticism, community outreach and direct service.

Since 1987 SAA has grown to hold dozens of events all over the country, each with its own distinct personality. You can swim under the Golden Gate bridge in San Francisco, swim with NESAC conference swimmers at Nantasket Beach, or even with Olympians in Boston Harbor. Swim Across America began as a grassroots organization with events developing organically. Now, those events raise hundreds of thousands of dollars - and money raised is still given to local beneficiaries which happen to be some of the best in the world. Now, we are nationwide and bringing Swim Across America events to the whole country, from coast to coast.

The SAA community is made up of swimmers, friends, parents, sons and daughters, teachers, coaches and the well - meaning. Many of our most loyal supporters aren't swimmers, but honor family and friends by donating, volunteering, or by helping us raise money in our continued effort to find a cure. Join the SAA family and Get Involved.

And We Continue to Evolve!

Since our inception, we have grown from a single event in Nantucket, MA, to dozens of events across the U.S. From New York to California, we are swimming across America. To date, Swim Across America has raised over \$45 million for cancer research, prevention and treatment. Our major research beneficiaries- Dana-Farber Cancer Institute in Boston, Memorial Sloan-Kettering Cancer Center in NYC, Rush University Medical Center in Chicago, Cancer Support Team of Westchester County, Children's Hospital of New York-Presbyterian, the Seattle Cancer Care Alliance, The Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins, Moffitt Cancer Center in Tampa, Baylor Charles A. Sammons Cancer Center in Dallas, UCSF Benioff Children's Hospital in San Francisco, Women & Infants Hospital in Rhode Island, Aflac Cancer & Blood Disorders Center at Children's Healthcare of Atlanta, The Alliance for Cancer Gene Therapy in Stamford, CT, Mercy Medical Center in Long Island, Cold Spring Harbor Lab in NY, Fighting Chance in Long Island, and Children's Hospital & Research Center in Oakland, CA - all recognize our funding source as instrumental to their success. Without Swim Across America, much of their research would be left with no monetary support.

Our events unite recreational swimmers, competitive swimmers, Masters swimmers, Olympians, kayakers, boaters and hundreds of volunteers all committed to pursuing a cure for this devastating disease. In all, over 5,000 swimmers, ranging in ages from 4 to 78, participate on an annual basis in our events.

However, in this one year alone, 1,334,000 cases of cancer will be diagnosed in the US. Every man, woman and child is somehow affected. This staggering statistic offers compelling proof of the need to continue devising new approaches to research and treatment.