



Miracle Mile
POSTAL MILE FOR LUNG CANCER
TAMALPAIS AQUATIC MASTERS

Swim a mile and help find a cure for lung cancer.

Tamalpais Aquatic Master's
2024 MIRACLE MILE
POSTAL SWIM

50% of all proceeds will be donated to:



Go2 Foundation
for Lung Cancer



*Jon Steiner was a long-time member of Tamalpais Aquatic Masters and active with local and national Masters Swimming committees. Jon lost his battle with lung cancer in 2006. He originated the TAM 1650 "Don't Waste Your Base" swim in 1996. Today the event, renamed the Miracle Mile, attracts close to 200 swimmers each year. **TAM has donated more than \$20,000 over the past eight years.***

HOW TO
PARTICIPATE

WHAT YOU'LL NEED:

A pool at least 25 yards in length

DISTANCE:

1650 yards or 1500 meters (swum in a 50m or 25m/yd pool)

DATE:

Anytime between January 1, 2024 and February 29, 2024. Entries must be postmarked by Monday, March 18, 2024

AGE DIVISIONS:

18-24, 25-29, 30-34...100+, male and female

TAMALPAIS AQUATIC
MASTERS

www.tammasters.org

USMS/PMS SANCTION:

#384-S002

ABOUT

The Go2 Foundation
for Lung Cancer
www.go2foundation.org

Tamalpais Aquatic Masters
www.tammasters.org

ELIGIBILITY

All swimmers registered with USMS for 2024 are eligible to participate.

MASS TEAM ENTRIES

In order to make entering easier for teams with many participants, an excel spreadsheet can be provided that indicates the information required and that is prepopulated for swimmers on the team who have participated in past Postal 1650 swims. Contact Lynn Sondag, lynn.sondag@dominican.edu for a spreadsheet for your team.

RULES

All USMS and Pacific Masters rules apply. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Participants must follow their facility guidelines for COVID-19 precautions during the event. The CDC guidelines for aquatic venues can be found at <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>.

Note: We are not requiring that you submit split sheets. However, please hold onto your split sheet so that we may verify records, if necessary.



A handy stick-on pocket made from recycled bottles. Visit gopocketgo.com



Celebrate your swim with a Miracle Mile Swim Cap (super soft silicone).

2024 MIRACLE MILE ENTRY FORM

Must be postmarked by Sunday, March 17, 2024.

Swimmers can enter online through [Club Assistant](#) or by mail. USE THIS FORM FOR MAIL-IN ENTRIES ONLY. Make checks payable to: **TAM**

SUBMIT A COPY OF YOUR USMS REGISTRATION CARD.

Mail entry form to:

Lynn Sondag 143 21st Avenue, San Francisco, CA 94121.

Questions: 415-254-5080, lynn.sondag@dominican.edu

Name _____

Address _____

Email _____

Phone: _____ - _____ - _____

Date of Birth: _____ Age at time of swim _____

- Male
 Female

Team Name _____

Team Abbreviation _____ USMS# _____

Time: _____ : _____ . _____ Date Swum: (mm/dd/yy) _____

Please enter time to the 100th of a second. (Example: 24:12.12)

Did you swim in a pool that was:

- 25 yards
 25 meters
 50 meters

Donation

What you pay is completely up to you. 100% of your donation is tax-deductible and TAM as a 501c3 organization will contribute 50% of your donation to Go2 Foundation for Lung Cancer. **If you donate \$100 or more, you will receive a Special Edition silicone swim cap.**

- \$10 \$25 \$50 \$100 Other: _____
 I am making this donation as a gift in honor or in memory of a loved one:

Your honoree's name will be given to Go2 Foundation for Lung Cancer.

Yes, help me celebrate my swim:

- \$10 Miracle Mile Go Pocket
 \$12 Miracle Mile Swim Cap

_____ Total Enclosed

Please make checks payable to TAM. Thank you!