



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
2019 MIRACLE MILE
POSTAL SWIM**

50% of all proceeds will be donated to:

Bonnie J. Addario Lung
Cancer Foundation



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 with just a few participants. Today the event, renamed the Miracle Mile, attracts close to 200 swimmers each year. TAM has donated \$12,000 to BJA over the past six years.

**HOW TO
PARTICIPATE**

WHAT YOU'LL NEED:

A pool at least 25 yards in length and someone to time you

DISTANCE:

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

DATE:

Anytime between January 1, 2019 and February 28, 2019. Entries must be postmarked by Saturday, March 11, 2019.

AGE DIVISIONS:

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

**TAMALPAIS AQUATIC
MASTERS**

www.tammasters.org

USMS/PMS SANCTION:

###-####

ABOUT

The Bonnie J. Addario Lung
Cancer Foundation
www.lungcancerfoundation.org

Tamalpais Aquatic Masters
www.tammasters.org

ELIGIBILITY

All swimmers registered with USMS for 2019 are eligible to participate.

RELAYS

4 person relay entries will be accepted in the following age groups: 18+, 25+, 35+, etc., male, female, and mixed. **Each person swims (and must individually enter prior to submitting the relay entry) the 1650**; relay entries are scored on total combined time for the four (4) 1650s.

TEAM COMPETITION

Each year, the team with the highest percentage of membership participating in the event will receive an award. Three teams will win, one each from among the small, medium, and large team entries. Simply inform the event director Glenda Carroll (gccarroll43@gmail.com) that your team is participating and of the total membership of your team.

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 Glenda Carroll, gccarroll43@gmail.com for a spreadsheet for your team.

RULES

All USMS and Pacific Masters rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Meters times may be converted to yards times by dividing by 1.02.

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.



Miracle Mile
POSTAL MILE FOR LUNG CANCER
TAMALPAIS AQUATIC MASTERS

2019 MIRACLE MILE ENTRY FORM

Must be postmarked by Saturday, March 11, 2019.

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:

Glenda Carroll, 21 Windsor Ave., San Rafael, CA 94901.

Questions: 415-454-6327, gccarroll43@gmail.com

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

Payment

What you pay is completely up to you. 50% of your payment is tax-deductible and will go to the Bonnie J. Addario Lung Cancer Foundation to help find a cure for cancer.

\$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 Bonnie J. Addario Lung Cancer Foundation.

Check here to also have a certificate mailed to you.

Please make checks payable to TAM. Thank you!