



June 19, 2010

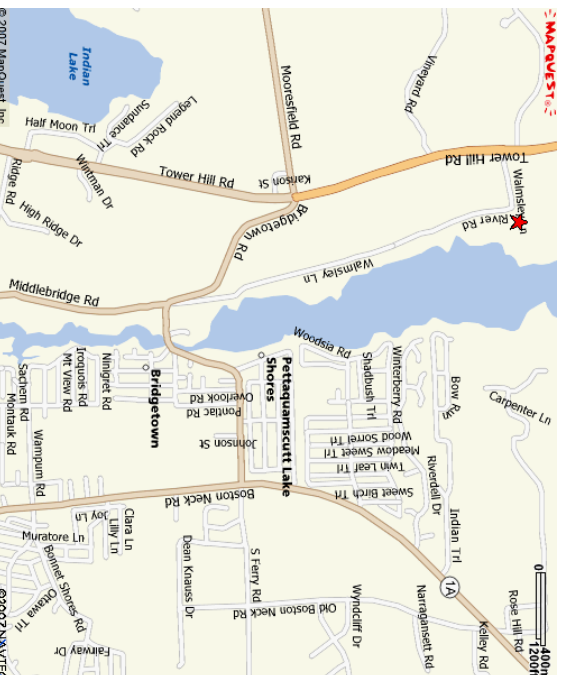
Presenting Sponsor: **THE WASHINGTON TRUST**  
*Company* Member FDIC



Place  
stamp  
here

**Narrow River Preservation Association  
 (Turnaround Swim)  
 PO Box 8  
 Saunderstown, RI 02874**

**From 95 Northbound (From CT)**  
 Take 95 through CT, to exit 3A in Rhode Island.  
 Take exit 3A - Route 138 East.  
 Stay on 138 for approximately 15 miles.  
 You will pass the University on your left. Travel 4 more miles to Rt. 1  
 At the Route 1 intersection take a LEFT onto Route 1 North.  
 Get into the right hand lane. Travel 0.7 of a mile. A turning lane is available.  
 Take a right onto Walmsley Lane.  
**Cars park on Walmsley ONLY FACING DOWNHILL ON THE LEFT. PARKING IS LIMITED, CARPOOLING IS ENCOURAGED**



**From 95 Southbound (from NH, MA)**  
 95 South to Exit 9/Route 4 South. Rt 4 splits left.  
 Follow Route 4 approx. 6 miles until it merges and becomes Route 1 South,  
 Continue on Route 1 South, you will pass the boathouse entrance on the opposite side of the median.  
 At the Route 138 intersection (Mobil station on the right) make a U-turn.  
 Travel on Rt. 1 Northbound for 0.7 of a mile. Take right onto Walmsley Lane.  
 Travel downhill and park **ONLY FACING DOWNHILL ON THE LEFT. PARKING IS LIMITED, CARPOOLING IS ENCOURAGED**

THE 5th ANNUAL NARROW RIVER TURNAROUND SWIM  
Presenting Sponsor: The Washington Trust Company

**\*Note: You will not be registered for the swim unless your entry fee is included with this registration.**

NAME \_\_\_\_\_  
Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M \_\_\_\_\_ Phone # \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

ADDRESS \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

**ATTENTION:** Due to the increased popularity of the swim, pre-registration is strongly recommended.

**WAIVER (MUST BE SIGNED)** I understand that my participation in the Narrow River Turnaround swim involves risk of injury to my self, including the possibility of disabling injuries, heart attack, stroke or even death. I fully understand the potential risks with participation. I voluntarily choose to take part in this swim event and agree to assume all of those risks. I certify to the best of my knowledge, I am physically fit, know of no reason why I can not participate and have not been otherwise informed by a physician. In consideration of accepting my entry, I the undersigned, intending to be legally bound, hereby waive and release any and all rights and claims for losses and damages that I may have against the Narrow River Preservation Association, the Rhode Island Rowing Association, OARS Organization, North Kingstown, South Kingstown, the State of Rhode Island and Rhode Island DEM, the University of Rhode Island and any other organization/persons connected with this swim event from any claim of damage or injury from any participation in, or traveling to and from this event.

\_\_\_\_\_ I FURTHER ATTEST AND CERTIFY that I am physically fit and capable of completing this event and that my physical fitness has been verified by a licensed physician or medical doctor within the past 12 months. PLEASE CHECK ONE OF THE BELOW.

YES, I HAVE COMPLETED AN OPEN WATER SWIM WITHIN THE LAST 3 YEARS OF 1 MILE OR MORE \_\_\_\_\_ (RACE AND DATE)

\_\_\_\_\_ NO, I HAVE NOT COMPLETED AN OPEN WATER SWIM OF 1 MILE OR MORE WITHIN THE LAST YEAR. I have provided written documentation signed by a witness I have completed 1.5 mile swim in a pool in under one hour.

(SIGNATURE) \_\_\_\_\_ (PARENT MUST SIGN IF UNDER 18) \_\_\_\_\_ (DATE) \_\_\_\_\_ (AGE) \_\_\_\_\_ (SEX) \_\_\_\_\_ (T-Shirt Size)

**PLEASE MAKE CHECKS PAYABLE TO THE Narrow River Preservation Association**

Mailing Address: PO Box 8, Saunterstown, RI 02874

**The Narrow River Preservation Association invites you to join in swimming on one of Rhode Island's most scenic waterways in a 1 mile open water loop.**

**When:** June 19, 2010, Saturday, 9:00 a.m.  
(rain or shine)

**Where:** URI Boathouse, Walmsley Lane,  
North Kingstown RI

**Distance:** 1 Mile (1/2 mile out & 1/2 mile  
back); Wet suits allowed.

**Maximum Time:** Due to the increased registrations as well as safety concerns, the swimmers will be given 1 hour to complete the swim.

**Timing:** The Fast Lane Timing Service

**Entry Fee:** Non-Refunable-\$20 postmarked  
by June 9, 2010; \$25 day of the race. For  
\$40 enter swim + become member of NRPA

**Limit:** The first 150 registered entrants

**Check In:** 7:45 – 8:40 a.m. (No one will be  
admitted in to the swim unless he/she is registered by 8:40 a.m. on race day.)

**Mandatory Safety Briefing:** 8:50 a.m.

**Parking:** Walmsley Lane, North Kingstown,  
RI

**Safety:** Due to uncertainty of weather conditions (e.g., fog or lighting), lifeguards/event committee reserve the right to reschedule (e.g., Sunday) or alter the event to ensure safety of the participants.

**Event Info:** www.narrowriver.org  
or contact Paul McCaffrey: (401)884-1223  
or email: mccaaffreyg@verizon.net

**Start/Finish:** The University of Rhode  
Island boathouse dock on Walmsley Lane,  
North Kingstown, R.I.