MARK YOUR CALENDAR

MAKE A SPLASH IN 2020

on Monday morning 20 January 2020
(Martin Luther King Jr. Day federal holiday)

100 x 100's Workout Challenge

at the Nassau County Aquatic Center

Online registration is now OPEN

Limited to 100 participants on a first received basis - don't miss out!
This fun fitness event has filled up and closed out early every year!

Combat the winter blues, and remain focused and on track
with your swim training through the holidays by making your
personal Workout Challenge fitness commitment today!

Unique commemorative “Workout Challenge Survivor” souvenirs,
generous goodie bags, raffle prizes, music, snacks and beverages
galore. Motivating, enthusiastic large-group training dynamics.
Fantastic endurance training foundation opportunity.
Set your 2020 goals now and plan to participate!

Must be 18 years of age or older to participate. Completing all 100x100's is not
required - just challenge yourself by swimming as much or as long as you can.
Participants will be in lanes with others of similar speed/ability level. You can do
all freestyle or mix in other strokes; you can swim with equipment or without. The
swim session will be divided into four segments with opportunities for bathroom,
hydration or nutrition breaks, or to switch to a different lane. We’ll have training
equipment (paddles, fins & kickboards) available at the pool for you to borrow.

For INFO or to SIGN UP go to: www.excelswimming.com
Monday 20 January 2020 Sixth Annual Workout Challenge
~ on Martin Luther King Jr. Day observed federal holiday ~

7:45AM to 11:45AM at the Nassau County Aquatic Center

Check-In & Goodie Bag Pickup 7:00-7:25AM • Group Photo 7:30AM
Workout Challenge Starts Promptly at 7:45AM & Concludes at 11:45AM

★ Limited to 100 participants on a first-received basis ★

Online registration ENDS at 12 NOON on Friday 17 January 2020
or when 100 participant limit is reached, whichever comes first.

Active.com registration link is at www.excelswimming.com

Cost: $30.00 non-refundable, non-transferable registration fee. All major credit cards accepted.
All participants will receive commemorative Workout Challenge items, beverages and snacks,
raffle ticket, generous goodie bag with discount coupons, product samples, and much more!

ELIGIBILITY: Must be 18 years of age or older. Completing all 100 x 100’s is NOT required; just challenge yourself by swimming as far or long as you can within the four-hour time limit. Participants will be placed into lanes respective to training capability with others of similar speed. The workout will be divided into segments with opportunities for brief bathroom, hydration or nutrition breaks, or to change lane order or otherwise. If you miscalculated your training pace or want to do some Stroke or IM instead of just freestyle, you can switch to a different lane at any time.

What to BRING: Fully executed U. S. Masters Swimming Release Form (attached), along with your swim suit, swim cap (if you have long hair), goggles (extras!), any training equipment you like to use (paddles, buoy, fins, snorkel, etc.), extra towels, water bottle and some fuel/nutritional items such as Power Gel, Hammer Gel, Clif Shot Bloks, etc. We have a supply of paddles & fins at the pool for you to borrow.

Direct Workout Challenge inquiries to Lisa at excelswimming@aol.com
Monday 20 January 2020 • Sample Workout Challenge

Round #1: 36 x 100 (WU + 3 rounds 11x100's) as follows:

WU: 3x EZ (25Drill-25Swim-25Kick-25Swim) on :15 rest
2x Cruise on :20 slower than fastest interval
3x BUILD on :10 slower than fastest interval
6x STRONG on fastest lane training interval

~ ~ ~ brief 1-2 minute rest break ~ ~ ~

Round #2: A total of 18 x 100's done as follows:
2x easy loosen up - no interval - off last in lane
16x consistent PACE moderate training interval

~ longer rest break with raffle prize giveaways ~

Round #3: 28 x 100 (4 rounds of 7x100) as follows:
1x 100 Easy on :30 over fastest lane interval
6x 100 FAST at fastest lane training interval

. . . repeat above (1Easy+6Fast) 4 times . . .

~ ~ ~ brief 1-2 minute rest break ~ ~ ~

Round #4: 18 x 100 (2 rounds of 9x100) as follows:
4x on fastest interval that lane majority can make
3x BUILD speed on :10 easier than fastest interval
2x Finish STRONG :20 easier than fastest interval

. . . . repeat above [ 4 + 3 + 2 ] again . . .

TOTAL: 36+18+28+18 = 100x100's = 10,000 yards!
PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.

2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

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Street Address, City, State, Zip

E-Mail Address

Signature of Participant Date Signed

Revised 07/01/2014