



Swim Across America Nashville 2010
Saturday, August 21, 2010
Sanders Ferry Park in Hendersonville, TN

Making Waves to Fight Cancer

Event Details: This event is an open water swim, with distances of ½ mile or one mile. For swimmers ages 14 and under, there will be a 200 yard designated course. The course will be set with buoys, and there will be ample support by rescue boats and kayakers.

How to participate: You can participate in several different ways:

- **Swim as an Individual:** Each individual swimmer must earn at least \$250 in donations. For swimmers ages 14 and under, the minimum is \$100. Swimmers can set up a fundraising website, and friends, family, etc. can sponsor you by making an online donation. Don't let the website scare you—it's very, very easy and the instructions walk you through the process! Go to www.swimacrossamerica.org and click on "Nashville Swim" to register. You can also take donations offline; all checks should be made payable to *Swim Across America*.
- **Swim as a team:** Teams consist of at least 3, but no more than 5 swimmers. The collective members must raise a minimum of \$1,250.00 (\$500 for swimmers 14 and under) in donations. Teams also set up a website, and each member of a team can set up an individual website as well.
- **Sponsor a swimmer:** If you can't swim, sponsor a swimmer or a team! Go to www.swimacrossamerica.org; click on "Nashville Swim" on the left side of the page. On the right side of the page, click on "Sponsor a Swimmer". Enter the name of the swimmer/team and be generous!!!!
- **Double your Donation:** Swim Across America is a 501(c)(3) nonprofit corporation. Some companies offer matching funds for your charitable donation, so please consult your company's human resources department for details on matching funds!
- **Dedicate a page in our SAA Journal:** If you have a friend or loved one who has been affected by cancer, we are preparing a tribute journal to be distributed to the event participants and sponsors. Contact Jean Mainland at jean@swimacrossamerica.org for details.

- **Donate:** Donate to Swim Across America! Any funds designated for the Nashville swim will go to local agencies who work with cancer research and support!
- **Volunteer:** If you would like to serve on a committee or be a site volunteer on the day of the event, please email Jean Mainland at jean@swimacrossamerica.org.

How to Raise Funds: The Swim Across America website offers many great suggestions for how to raise funds. Use your imagination—throw a party, host a yard sale, hold an auction. Or simply ask everyone you know—we all have friends and family who have been affected by cancer—let's work together to end this devastating disease!

If you have any questions about the event, please contact Jean Mainland by email at jean@swimacrossamerica.org, or by phone at (615) 822-8800 or (615) 419-2133.

Thanks for your help and your support of Swim Across America!

Jean Mainland, Event Director
Ron Chlasta, Co-Event Director