



FIRE & ICE

WINTERFEST

Come experience what USA Today called one of the "top 10 zaniest winter festivals" in the world!

Sub Zero Superhero Endurance Swim

Hosted by Lava Hot Springs Foundation, Rocky Mountain Masters, & Lava Heat Aquatics

February 7, 2015, 9-11am

- Events** The Mile (1650 yards, 33 laps or 66 pool lengths) and/or 3,000 yards (60 laps or 120 pool lengths)
- Facility** Lava Hot Springs' Indoor Aquatic Center
195 N. Center Street, Lava Hot Springs, ID 83246
www.LavaHotSprings.com
- Course** This is a 6 lane, 25 yard, 3.5' to 12' deep indoor pool equipped with backstroke flags and antiwave lane lines.
- Who Can Participate?** Think of this like a community fun run... but swimming! Anyone can participate, but we recommend you possess the ability to swim strongly.
- Cost** Preregistration: \$15 for preregistration—guarantees event tshirt
Day of "Deck" registration: \$20—probably includes tshirt, but sizing cannot be guaranteed
- Awards** Heroic efforts and costumes will be admired. Such costumes and efforts will be given prizes both literal and figurative in nature.
- How to Register** Pre-register by January 31 by sending registration form and payment to
Lava Heat Aquatics
PO Box 669
Lava Hot Springs, ID 83246
- Confused?** Karen Homstad (208) 251-5230 / karen.homstad@lava.idaho.gov

Check out www.LavaHotSprings.org to see all the weekend's great Fire & Ice Winter Fest events and activities!

Registration Form – Mail to Lava Heat, PO Box 669, Lava Hot Springs, ID 83246

NAME					PHONE	
EMAIL					ZIP CODE	
ADULT TSHIRT SIZE (CIRCLE)					EVENT (CIRCLE ONE OR BOTH)	
S	M	L	XL	2XL	The Mile – 1650 yards	3000 yards