

Directions to Pocock Rowing Center:

The Center is located on water-front property on the northeast end of Lake Union at 3320 Furhman Avenue East, Seattle. From Interstate 5, take the 45th Street exit. Go east on 45th to Roosevelt. Turn right onto Roosevelt. Cross the University Bridge. Take the first right after the bridge (Fuhrman).

Tax-deductible contributions
and pledges go to:
Susan G. Komen Breast
Cancer Foundation

Sponsored by

ZYMOGENETICS

**Ryan, Swanson
& Cleveland**

Regatta Central

What a great
way to join your
fellow Pacific
Northwest
rowers and raise
money and
awareness for an
important health
cause.

☐



**SUNDAY
SEPTEMBER 19TH,
2004**

ROW4HEALTH
C/O Pocock Rowing Center
3320 Fuhrman Ave. East, Seattle,

Phone: 206-328-0778
Email: Row4health04@hotmail.com
Website: www.pocockrowing.org

**SUNDAY
SEPTEMBER 19TH, 2004**



*Raising Awareness and
Funds for the Puget Sound
Affiliate of the Susan G.
Komen Breast Cancer*

**ENTRY FORM
FOR
HAM N'EGGER,
COMPETITIVE,
& CORPORATE
SPONSORED
RACES**

**Deadline for Entries:
August 28th**

