

2009 Marathon Rowing Championships Regatta Information

DATE OF REGATTA: Saturday, November 14, 2009

START TIME: 7:30 a.m. (Fog permitting)

Race Registration: Registration will be held at the race site on Friday, November 13 at 3:00 pm. Registration begins at Launch Site at 6:00 am race day.

REGISTRATION DEADLINE: To ensure proper race order scheduling and post regatta activities planning, all entries must be received by **Friday, November 6, 2009!!!** Any entries received after Friday, November 6, will be accepted at the discretion of the regatta directors, and will be charged a \$25 late fee on top of regular fees. Walk-ons on race day may be accepted **ONLY** if there is space available, with a \$50 last minute late fee.

All entries must be done through www.regattacentral.com. No faxed, email, or phone entries will be accepted!!!

A signed **MRA** liability waiver must accompany all entries submitted. Additions or deletions may be made to waivers on race day, but **no entries will be accepted without a waiver.**

ENTRY FEES: Fees are due with entries. **With special permission only**, fees may be paid on race day. Contact Regatta Organizers for details. Fees for entries are as follows:

Singles \$40 Doubles/Pairs \$50
Fours/Quads \$70 Eights \$85

There will also be a \$1.50 insurance charge per rower. (Not included in the Fee Cap)

Odd numbered canoe and kayak entries round up to next shell level.

Schools and Universities Fee Cap: **\$500 (this does not include equipment rental or insurance charge)**

Make Checks Payable to **MARATHON ROWING CHAMPIONSHIPS**

CANCELLATIONS: Entries may be canceled up to Monday, November 9 with no penalty. Cancellations from November 9th through November 13th will result in a 50% penalty. All cancellations or no shows as of race day will forfeit their entry fee. Cancellation must be made by direct communications with the Director of Programming.

COACH/COXSWAIN MEETING: A brief introduction and meeting will be held at 7:00 am race day at the starting area. Boats will begin launching immediately after meeting.

EQUIPMENT STORAGE: The starting area will be open for trailers and equipment setup, rigging, practice, etc. from 2:00 p.m. on Friday, November 13th until starting time on November 14th. An MRC representative will be on duty at the racecourse all night before the regatta.

VEHICLE PARKING: Areas will be designated for parking at both the Start and Finish Areas. We will be able to park cars at our new launch site this year. Please follow all directions for parking vehicles.

VEHICLE MOVING: Unfortunately, we will not be able to move vehicles from the launch site to the finish line this year. We could not get insurance for our regatta if we continued moving vehicles. In addition, Northwestern State University would not allow NSU Crew members to move vehicles for competitors. In today's day and age, the liability is just too great. We are extremely sorry for the inconvenience. We are asking that all competitors try their best to bring someone, or arrange to move their own vehicles. If a competitor has no possible way to move a car, we will have a shuttle that can make runs between the finish site and the launch site after competitors have completed the marathon. This could take some time, so if the shuttle has to be used, we ask for your patience.

STARTING DOCK: A floating dock will be at the starting area for launching. Boats will launch from both sides and proceed to the staging area to tie in and warm-up. In order to avoid delays, all oars and carry on items (water, food, equipment, clothing, etc.) must be placed in the designated area next to the dock prior to the crew and boat stepping onto the dock to launch. We must ensure timely starts so officials can move from the Starting Area to the Finish Area as quickly as possible, therefore time penalties will be assessed for unreasonable delays.

RACECOURSE INFORMATION: The race is rowed north on Cane River Lake. Boats launch from the starting area near the Melrose Bridge from a floating dock then proceed to the staging area for final preparations and warm-up. Two orange buoys will mark the starting line. Crews will speed up to race pace and their time will start as they hit the line. Crews will be notified their time has started as their bows cross the starting line. All competitors should listen to the start officials for directions.

Floating blue mile markers are provided in count down order along the course. The Cane River Waterway Commission will close the entire racecourse to all motorboat traffic (with the exception of safety boats). The finish line will be the Church Street Bridge in Downtown Natchitoches, marked by orange buoys. Two officials with an air horn, megaphone, and flags will signal the completion of the race.

EXIT DOCK: A floating dock will be provided at the Finish Area, just past the finish line. Upon docking, crews are asked to display courtesy to other exhausted finishers by quickly removing their equipment to their trailers or designated areas away from the exit dock. Regatta Volunteers will be present to assist crews with their boats and equipment.

TRAFFIC: Due to the nature of the course, it is impossible to monitor the entire race; therefore, it is expected that each crew will compete at the highest level of maturity, integrity, and safety. Passing boats have the right-of-way to the inside of turns. **Special note to coxed crews: Be extremely aware of blind boats by not crowding or running over them.**

LITTER: We have had a significant problem with competitors throwing litter out of boats along the race course (namely food wrappers, water bottles and tape). This is regarded as a serious offense. Residents and Safety Officials along the course will be on the lookout for boats throwing trash into the river. **Any boat observed littering may be ticketed by Cane River Waterway Patrol, and will be disqualified immediately!**

SAFETY OFFICIALS: A Cane River Waterway patrol boat will chase the entire race down the course.

EQUIPMENT BREAKAGE: Each crew should carry a small assortment of tools specific to repairs on your boat. It is highly recommended that the coxswain also carry a cell phone in his/her cox bag in case of emergency or equipment breakage (Alan's Cell: 318.332.0505 and Yonna's Cell: 318.332.1809). There will be no tools available along the racecourse.

NON- COMPLETORS: In the event of a medical emergency or if a crew is unable to complete the race for any reason, crews are instructed to stop at the nearest residence along the course and call Regatta Officials. (Alan's Cell: 318.332.0505 and Yonna's Cell: 318.332.1809 Jason Stelly's Cell: 318.332.1470)

COMPETITOR NUMBERS: Bow markers will be issued to each entry to be displayed during the race. These numbers must be properly positioned or the boat risks possible inaccurate reporting of race times. Rowers or coxswains should know what their number is, in case you lose your bow number. Please return all bow numbers to the dock master when leaving the exit dock.

DINNER: Entry fees include a post-regatta gumbo dinner. Wristbands will be issued to all boat competitors and team coaches at registration. These wristbands will serve as your meal ticket. Additional meal tickets can be purchased for \$5.00 at Finish Line.

AWARDS: Each competitor who completes the course will receive a certificate of completion. Medals will be awarded as follows

- 1 or 2 boats entered, gold and silver presented
- 3 boats entered, gold, silver, and bronze presented
- 4 or more boats entered, gold, silver, and bronze presented

Traveling team trophies will be awarded to the winner of the WO4+, MO4+, WO8+, MO8+, MN8+, and WN8+.

In a show of respect to all competitors, the awards ceremony will begin when the **last boat** has finished the race, or at the discretion of the Regatta Director.

WEATHER: Due to the nature of this regatta, much of the responsibility for safety is placed on competitors once the race has begun. Prior to launching, we will provide as much information as possible concerning weather conditions, and updates will be available at official points along the course whenever possible. Once on the water, rowers are obligated to use their better judgment as whether or not to continue the race in the event of foul weather. Secure areas include residences along the course. In the absence of a designated location, rowers should seek shelter wherever possible.

REGATTA DELAY OR CANCELLATION: Due to the logistical complexity of this regatta, **every** effort will be made to complete the event on the day and times scheduled. However if conditions do not allow, race times will be pushed back as far as possible to prevent cancellation of the race. In the event of cancellation, we will try to race the regatta the following day in a more informal setting.

RENTAL EQUIPMENT: A **very** limited amount of older equipment is available locally for rental on a first-come, first-serve basis. We recommend that you try to transport your own equipment, or borrow from and piggy back with someone in your own area if at all possible. **NO COX BOXES AVAILABLE!**

Rental fees are as follows:

Pair/double: \$100

Four: \$125

Eight: \$175

There are a limited number of oars that can be rented out or included with boats. Call Jason Stelly @ 318.357.5921 for availability.

NOTE: The Marathon Committee reserves the right to rule on any situation not specifically covered in these regulations and to assess penalties as deemed appropriate.

LODGING: NSU's recreation center will be available for crews to stay in if they are looking to save money. Members of NSU Crew will open the WRAC building for rowers on Friday night (Crews will not be able to check in until after 7:30 pm). The facility is equipped with showers and locker rooms. You will be able to get in and shower after the race. Anyone staying in the WRAC must bring his or her own towel for showering. Towels will **not** be available. The fee will be \$5.00 per rower. If your crew plans on staying in the WRAC, please contact Jason Stelly (stellyj@nsula.edu) with a head count as soon as possible.

EVENTS AND RACE ORDER: The following is a general race order and listing of events available to competitors. In general, slower boats are started first. In the past we have tried to accommodate most all categories recognized by US Rowing. Traditionally we have not differentiated between light and heavyweight categories, however, we recognize all age categories, including Juniors, Novice, Open, and Masters A - H. Criteria for determination of these categories will follow US Rowing rules and regulations. **Absolutely no event changes will be made after the regatta has started.**

We will start by launching the canoe events at approximately 7:30. We will continue to launch the boats as quickly as possible following this list:

1. All Pirogue, Canoe and Kayak Entries
2. Women and Men Recreational 1x
3. Women and Mixed and Men Recreational 2x
4. Women 1x (Junior, Novice, Masters A – J, Open)
5. Men 1x (Junior, Novice, Masters A – J, Open)
6. Women and Men 2+ and 2- (Junior, Novice, Masters A – J, Open)
7. Women 2x (Junior, Novice, Masters A – J, Open)
8. Mixed 2x (Junior, Novice, Masters A – J, Open)
9. Men 2x (Junior, Novice, Masters A – J, Open)
10. Women 4 + (Junior, Novice, Masters A – J, Open)
11. Mixed 4+ (Junior, Novice, Masters A – J, Open)
12. Men 4+ (Junior, Novice, Masters A – J, Open)
13. Women 4x (Junior, Novice, Masters A – J, Open)
14. Mixed 4x (Junior, Novice, Masters A – J, Open)
15. Men 4x (Junior, Novice, Masters A – J, Open)
16. Women 8+ (Junior, Novice, Masters A – J, Open)
17. Mixed 8+ (Junior, Novice, Masters A – J, Open)
18. Men 8+ (Junior, Novice, Masters A – J, Open)

Mailing Address:

Marathon Rowing Championships

PO Box 7037

Natchitoches, LA 71457

Regatta Officials available for questions and or concerns:

Yonna Pasch – Director of Programming 318-357-5438

Alan Pasch, Director of Operations 318.357.4265

Jason Stelly, Director of Sponsorships, Head Coach-NSU Crew 318.357.5921

Directions

TO NATCHITOCHES: Natchitoches is located about midway between Alexandria and Shreveport. The most direct routes into the city are Interstate 49 from the north and south, La Highway 6 from the west, US Highway 84 from the north / northeast, and La Highway 1 from the south.

TO THE START: There are several ways to get to the launch site. The easiest and most direct route is to take La Highway 1 South out of Natchitoches. This road is very clearly marked as "State 1" and "Bus. 1" on the Natchitoches Map. Take LA 1 South for approximately 11.5 miles to La Hwy 493. Turn Left onto La 493 (this is a small country road), go 2 miles to La 484. Turn left onto La 484 and travel 1.5 miles to the launch site. Once you arrive at La 484, there will be signs to guide you to the Starting Area.

Special note concerning the Starting Area: There are a few residential homes near the launch site. Please show respect to them and their land by cleaning up after yourself and obeying rules. Some areas at the launch site will be flagged off. This will indicate vehicles are not allowed off the road. This means **NO ONE**, including trailers, vans, busses, cars, or bikes, is to remove or drive through any barricades. If you are observed doing so, for any reason, you will be disqualified immediately.

TO THE FINISH: The Finish Area is located at the Downtown Riverfront in Natchitoches. From both La Hwy 6 and La Hwy 1, you will turn onto Jefferson Street (also known as Front Street). The Finish Area is located downhill from the cobblestone section of Front Street, in the parking area adjacent to the river. This area will be closed to non-regatta traffic on race day.

2009 Marathon Rowing Championships

Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement")

IN CONSIDERATION of being given the opportunity to participate in any way in the Marathon Rowing Championships herein referred to as "Regatta", I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of this Regatta, both on the water and land based and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Regatta.

2. FULLY UNDERSTAND that: a) ROWING ACTIVITIES, INCLUDING THIS REGATTA, INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks"); b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Regatta, the conditions in which the Regatta takes place, or the NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in this Regatta.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE US Rowing, the Natchitoches Rowing Club, Northwestern State University, the City of Natchitoches, the Cane River Waterway Commission, their administrators, directors, agents, officers, volunteers, and employees, other Regatta participants, regatta organizers, any sponsors, advertisers, and owners and lessors of premises on which the Regatta takes place, (each considered "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such a claim.

4. Parental Consent and I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in the Regatta and to understand and abide by the safety rules for participants. I hereby release, discharge, covenant not to sue, and agree to indemnify and hold harmless each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I will indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost which any Releasee may incur as the result of any such claim to the fullest extent permitted by the law.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

ORGANIZATION NAME: _____ (if Unaffiliated, put Unaffiliated)

PRINTED NAME OF PARTICIPANT _____

ADDRESS _____
(Street) (City, State, Zip)

PHONE _____
(Home Phone) (Cell Phone)

PARTICIPANTS SIGNATURE (only if age 18 or older) _____ (DATE) _____

(Parent to fill out information below, if Participant is under the age of 18)

ORGANIZATION NAME OF MINOR: _____ (if Unaffiliated, put Unaffiliated)

PRINTED NAME OF PARTICIPANT _____

ADDRESS _____
(Street) (City, State, Zip)

PHONE _____
(Home Phone) (Cell Phone)

PARENTS SIGNATURE (only if participant is under the age 18) _____ (DATE) _____