

2009 Seattle Row for the Cure® Regatta
Benefiting the Susan G. Komen For the Cure
Puget Sound Affiliate
General Information

- Why** **To create a world without breast cancer!**
- History** Since 2000 this event has raised more than \$345,000 for its primary beneficiary, the Puget Sound Affiliate of the Susan G. Komen For the Cure. The support helps them deliver their promise to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cure.
- Goal** Row for the Cure® offers rowers and paddlers the chance to make a difference in the lives of many. Each stroke you row or paddle and every dollar you raise help in the fight to prevent and cure breast cancer. Each participant is encouraged to raise a minimum donation of \$150, which is the cost of a screening mammogram.
- When** **Sunday, September 20th. 2009 at 6 a.m.**
- Where** **Rowers and paddlers** will start in the Lake Washington Ship Canal near the Seattle Pacific University boat dock (at the end of 3rd Avenue West off W. Nickerson Street) and follow the shoreline to south Lake Union, make a long sweeping turn around the permanent red buoy and head north inside the yellow speed buoys. The finish line is adjacent to the Wards Cove houseboat dock at 2821 Fairview Avenue East in northeast Lake Union. **Dragon boaters** will start at the south end of Lake Union and finish on the lake's east side adjacent to the same houseboat dock for a 500-meter course. **See attached map.**
- What** **A 5.5-kilometer head race** for rowing shells, kayaks, and outrigger and tribal canoes and a 500-meter race for dragon boats.
- Competitive racing for open, junior and masters rowers
 - Kayaks, outrigger canoes and other open water, human powered craft
 - Tribal canoes and dragon boats
- Registration** Go to www.rowforthe cure.com to register on RegattaCentral. The nonrefundable entry fee is \$25 and includes a short-sleeve T-shirt. Payment is due no later than **Wednesday, September 9, 2009.** Late entries will be accepted until Wednesday, September 16,

2009. The late entry fee is \$50. There is **no day of race registration**. Payment by credit card is accepted on RegattaCentral with an additional processing fee. Make checks payable to the **Pocock Row for the Cure** and send to the Pocock Rowing Foundation, 3320 Fuhrman Ave. East, Seattle, WA 98102. For help registering, email info@regattacentral.com or jsmithkirkland@comcast.net.

Categories

Mens Open 1x, Womens Open 1x, Mens Masters 1x, Womens Master 1x, Mens Open 2-, Womens Open 2-, Mens Open 2x, Womens Open 2x, Mixed Open 2x, Mens Masters 2x, Womens Masters 2x, Mixed Masters 2x, Parent/Child 2x, Mens Open 4x/4+, Womens Open 4x/4+, Mixed Open 4x/4+, Mens Masters 4x/4+, Womens Masters 4x/4+, Mixed Masters 4x/4+, Mens Junior 4x+/4+, Womens Junior 4x+/4+, Mens Open 8+, Womens Open 8+, Mixed Open 8+, Mens Masters 8+, Womens Masters 8+, Mixed Masters 8+, Mens Junior 8+, Womens Junior 8+, Novice Mens Masters 8+, Novice Womens Masters 8+, Novice Mixed Masters 8+, Mens/Womens High Performance Kayaks, Mens/Womens Fast Sea Kayaks, Mens/Womens Sea Kayaks, Mens/Womens Outrigger Canoe-1, Mens/Womens Outrigger Canoe-2, Mens/Womens Outrigger Canoe-6, Mens/Womens Open Water I, Mens/Womens Open Water II, Mens/Womens Open Water III, tribal canoes and dragon boats.

Packet Pickup

Pickup of regatta packets and T-shirts is available **Saturday, September 19 from 9 a.m. to 12 noon AND from 5 to 6 p.m.** Day of race pickup will start at 5:30 a.m. at the Pocock Rowing Center, 3320 Fuhrman Ave. East. The best selection of T-shirt sizes will be on Saturday.

USRowing

This is a USRowing registered regatta with USRowing officials. The 2009 USRowing Rules of Boat Racing will apply unless otherwise stated.

Boating Order And Race Plan

The first flight starts at 7 a.m. with dragon boats and tribal canoes. The second flight of competitive rowing will start at 7:30 a.m. Kayaks, outrigger canoes and other open water craft will follow. The final schedule will be posted at www.rowforthecure.com by Saturday afternoon, September 19.

Starting

Boats will start at approximately 15-second intervals. Please be in the Lake Washington Ship Canal staging area 10 minutes prior to your event start time. Prepare to start in bow number order and follow the instructions of the officials. Crews arriving late for their

start may be disqualified. Crews without proper bow numbers will be disqualified.

- Waivers** All participants, including volunteers, must sign and return the USRowing waiver of liability. Waivers may be submitted on line at RegattaCentral or turned in at registration on Sunday, September 20. Juniors under age 18 must have a parent or guardian signature on the release. All participants must be competent swimmers.
- Racing Awards** Medals will be presented for the first place finishers and ribbons for second and third places. Awards will be presented during a short program following the third flight at approximately 9:45 a.m.
- Donation Awards** **This year raising donations will be easier with online giving!** Create your own page and email your friends to ask for their support. Go to www.rowforthecure.com, click on Cities, click on Seattle and click on the adjoining Donate button. An award will be presented to the crew and individual raising the most in contributions to the Puget Sound Affiliate of the Susan G. Komen For the Cure. To count toward this award, donations must be submitted by 8 p.m. Wednesday, September 16 either online or at the Pocock Rowing Center.
- Handicap** Masters rowing events will be adjusted using the handicapping format as published in USRowing's "Rules of Rowing". Handicap values will be multiplied by 4.5. Unadjusted times are used for all other events. The age of a crew shall be determined by the average age of the rowers rounded down to the nearest whole number. The age of the coxswain is not included. **If a masters boat entry does not specify an average age, the unadjusted time will be used.**
- Age of Crew** All changes in age of crew must be submitted in writing to Julie Smith at jsmithkirkland@comcast.net or c/o Pocock Rowing Center, 3320 Fuhrman Ave. East, Seattle, WA 98102 by Wednesday, September 16th. No age of crew changes will be accepted by phone.
- Master** A rower who is at least 21 years old by December 31, 2009. All rowers must be of masters rowing age to compete in a masters category.
- Junior** A rower who is 18 years old or younger.
- Novice** All rowers in the boat must be new to competition within that same discipline (sweep or sculling) as of October 2008.

Exhibition	A rowing crew with master, open and junior age rowers.
Open	Anyone may race in the open events.
Mixed	A rowing crew with at least half of the rowers being female. Mixed dragon boats, outrigger and tribal canoes are not held to this formula.
Bow Number	Each boat will receive a bow number. Please return bow numbers to the Pocock Rowing Center.
Bow Balls	Each rowing shell must have an intact bow ball, bow clip and heel ties where applicable.
Kayak Classifications	Kayak classes are based on waterline length to width ratio . Kayaks with a L:W ratio less than 9.25:1 are in the Sea Kayak class (SK); between 9.25:1 to 10.99:1 are in the Fast Sea Kayak class (FSK); greater than 10.99:1 are in the High Performance Kayak class (HPK). See www.soundrowers.org for a list of boats by manufacturer with L:W ratio.
Outrigger Classifications	Outriggers classes are based on number of paddlers in the boat. Recognized classes are: OC-I, OC-2 and OC-6.
Open water Classifications	Open water boat classes are based on length. Boats less than 19 feet in length are in class OWI; between 19 and 21 feet are in class OWII; over 21 feet in length are in class OWIII. See www.soundrowers.org for list of boats and categories by manufacture.
First Aid	Should there be a need for First Aid, please report to Regatta headquarters at the Pocock Rowing Center or talk to the nearest person with a radio.
Event T-shirt	All participants are encouraged to wear the event T-shirt during the race.
Regatta Meeting	The coxswains'/coaches' meeting will be held at the Pocock Rowing Center at 6:00 a.m. In the event of fog or other weather delays, the meeting will be held as scheduled and the flight schedule will be adjusted in half-hour increments as needed. Race delays will be announced at the Pocock Rowing Center, Lake

Washington Rowing Club and Lake Union Crew boathouses, and the dragon boat, kayak and canoe launch sites.

- Boats** Competitive teams are encouraged to bring their own boats.
Coxswains must bring their own coxboxes.
- Parking** Parking for crews and trailers and rigging areas will be located at various local boathouses. Please notify us if you are bringing a trailer and we will confirm a launching site for you. We highly encourage carpooling. Security can be provided if overnight parking for equipment is needed, advanced notice required.
- Launch site for Paddlers** Public boat launch at 2301 NE Northlake Way, east of Gas Works Park or the Pocock Rowing Center.
- Pledge Program** Donations will be accepted both online at www.rowforthecure.com and in person using the pledge form located at the same website. Donations can be made in honor of individuals and listed by fundraising team or individual. Donations and pledge will be gladly accepted on the day of the race. Make checks payable to **Pocock Row for the Cure**.
- Food** A complimentary breakfast will be served after the racing at the Pocock Rowing Center.
- Sponsor** The George Pocock Rowing Foundation
- Questions** Email: SEATTLE@RowForTheCure.com for general regatta and racing questions.
Website: www.rowforthecure.com
For registration questions call: Julie Smith at 425-828-0205
For regatta questions call: John Tytus at 206-251-4897

Pocock Rowing Center
3320 Fuhrman Ave. East
Seattle, WA 98102

Information regarding the Susan G. Komen For the Cure at www.komenseattle.org.

Registration DEADLINE Wednesday, September 9