

**2010 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 \$413,000 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 helps 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 19th, 2010 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 3<sup>rd</sup> Avenue W 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 E in northeast Lake Union. Tribal canoes will paddle inside the race course on Lake Union.  
**See attached map.**
- What** A **5.5-kilometer head race** for rowing shells, kayaks, canoes, outrigger and tribal canoes, and dragon boats.
- Competitive racing for open, junior and masters rowers
  - Competitive racing for kayaks, dragon boats, outrigger canoes and other open water, human powered craft
  - Tribal canoes
- Registration** Go to [www.rowforthecure.com](http://www.rowforthecure.com) to register on RegattaCentral or go to [www.regattacentral.com](http://www.regattacentral.com). The nonrefundable entry fee of \$30 for adults and \$25 for juniors includes a long-sleeve T-shirt. Payment is due no later than **Wednesday, September 8, 2010**. Late entries will be accepted until Wednesday, September 15.

The late entry fee is \$60 for adults and \$50 for juniors. 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](mailto:info@regattacentral.com) or [jsmithkirkland@comcast.net](mailto: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 Masters 3x, Womens Masters 3x, Mixed Masters 3x, 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/Juniors Open Water I, Mens/Womens/Juniors Open Water II, Mens/Womens/Juniors Open Water III, tribal canoes and dragon boats.

### **Packet Pickup**

Pickup of regatta packets and T-shirts is available **Saturday, September 18 from 9 a.m. to 12 noon AND from 5 p.m. 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 2010 USRowing Rules of Boat Racing will apply unless otherwise stated.

### **Boating Order and Race Plan**

The first flight starts at 7 a.m. with tribal canoes. The second flight of competitive rowing will start at 7:30 a.m. Dragon boats, kayaks, outrigger canoes and other open water craft will follow. The final schedule will be posted at [www.rowforthecure.com](http://www.rowforthecure.com) by Saturday afternoon, September 18.

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| <b>Starting</b>            | 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.  |
| <b>Waivers</b>             | 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 19. Juniors under age 18 must have a parent or guardian signature on the release. All participants must be competent swimmers.   |
| <b>Racing Awards</b>       | 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.  |
| <b>Donation Awards</b>     | <b>Again this year raising donations will be streamlined with online giving!</b> Create your own page and email your friends to ask for their support. Go to <a href="http://www.rowforthecure.com">www.rowforthecure.com</a> , click on Cities, click on Seattle and click on the adjoining Donate button. Or go to <a href="http://www.active.com/donate/seattlerftc">www.active.com/donate/seattlerftc</a> . An award will go to the crew and to the individual raising the most in contributions to the Puget Sound Affiliate of the Susan G. Komen for the Cure. To count for this award, donations must be submitted by 8 p.m. Wednesday, September 15 either online or at the Pocock Rowing Center. |
| <b>Handicap</b>            | Masters rowing events will be adjusted using the handicapping format as published in USRowing's "Rules of Rowing". Handicap values will be multiplied by 5.5. 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. <b>If a masters boat entry does not specify an average age, the unadjusted time will be used.</b>  |
| <b>Age of Crew Changes</b> | All changes in age of crew must be submitted in writing to Julie Smith at <a href="mailto:jsmithkirkland@comcast.net">jsmithkirkland@comcast.net</a> or c/o Pocock Rowing Center, 3320 Fuhrman Ave. East, Seattle, WA 98102 by Wednesday, September 15th. No age of crew changes will be accepted by phone.  |
| <b>Master</b>              | A rower who is at least 21 years old by December 31, 2010. All rowers must be of masters rowing age to compete in a masters category.  |
| <b>Junior</b>              | A rower who is 18 years old or younger.  |

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| <b>Novice</b>                     | All rowers in the boat must be new to competition within that same discipline (sweep or sculling) as of October 2009.   |
| <b>Exhibition</b>                 | A rowing crew with master, open and junior age rowers.  |
| <b>Open</b>                       | Anyone may race in the open events.   |
| <b>Mixed</b>                      | 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.  |
| <b>Bow Number</b>                 | Each boat will receive a bow number. Please return bow numbers to the Pocock Rowing Center.   |
| <b>Bow Balls</b>                  | Each rowing shell must have an intact bow ball, bow clip and heel ties where applicable.  |
| <b>Kayak Classifications</b>      | Kayak classes are based on <b>waterline length to width ratio</b> . 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 <a href="http://www.soundrowers.org">www.soundrowers.org</a> for a list of boats by manufacturer with L:W ratio. |
| <b>Outrigger Classifications</b>  | Outriggers classes are based on number of paddlers in the boat. Recognized classes are: OC-1, OC-2 and OC-6.  |
| <b>Open water Classifications</b> | Open water boat classes are based on length. Boats less than 19 feet long are in class OWI; between 19 and 21 feet , class OWII; over 21 feet long, class OWIII. See <a href="http://www.soundrowers.org">www.soundrowers.org</a> for list of boats and categories by manufacture.  |
| <b>First Aid</b>                  | 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.   |
| <b>Event T-shirt</b>              | All participants are encouraged to wear the event T-shirt during the race.  |
| <b>Regatta Meeting</b>            | The coxswains'/coaches' meeting will be held at the Pocock Rowing Center at 6 a.m. In the event of fog or other weather delays, the meeting will be held as scheduled and the flight  |

schedule adjusted in half-hour increments as needed. Race delays will be announced at the Pocock Rowing Center, Lake Washington Rowing Club, Seattle Pacific University 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; advance notice is required.

**Launch sites for Paddlers**

Public boat launch at 2301 NE Northlake Way, east of Gas Works Park, Pocock Rowing Center, Lake Washington Rowing Club or Seattle Pacific University

**Pledge Program**

Donations will be accepted online at [www.active.com/donate/seattlerftc](http://www.active.com/donate/seattlerftc) or [www.rowfortheure.com](http://www.rowfortheure.com) and in person using the pledge form attached below and downloadable from RegattaCentral. Donations can be made in honor of individuals and listed by fundraising team or individual. Donations and pledges will be gladly accepted on the day of the race. Make checks payable to **Pocock Row for the Cure**.

**Food**

Complimentary breakfast at Pocock Rowing Center follows racing.

**Sponsor**

The George Pocock Rowing Foundation

**Questions**

Email: [SEATTLE@RowForTheCure.com](mailto:SEATTLE@RowForTheCure.com) for general regatta and racing questions.

Website: [www.rowfortheure.com](http://www.rowfortheure.com)

For registration questions call: Julie Smith at 425-828-0205

For regatta questions call: John Tytus at 206-251-4897

For Komen for the Cure information: [www.komenseattle.org](http://www.komenseattle.org).

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

**Registration  
Deadline**

**Wednesday, September 8, 2010 at 9 p.m.**