

Fort Worth Rowing Club
Steer Head Regatta 3000 Meter Head Race
September 18, 2010

The 2010 Steer Head Regatta will be held on September 18, 2010 at the Fort Worth Rowing Club's boathouse and dock on the near eastside of downtown Fort Worth. The headrace will have a running start and is approximately 3,000 meters. The first event will begin at 9:00AM Saturday morning we anticipate ending by 3:00PM. Lunch will be provided during the regatta at the rowing site.

Participation in this regatta will include club members from regional rowing clubs. Juniors are welcome to participate as club members of participating clubs. (Rowers under 18 years of age must have a FWRC waiver signed by a parent. That document is part of this packet.)

Results will be posted as soon as possible after races. Awards based on USRA handicapping rules will be provided for 1st, 2nd, and 3rd place winners of each event.

Entries: Pre-registration forms, entry forms, fees and waivers are due by **Friday September 10, 2010**. Participants may register at Regatta Central or send their documentation (entry forms, registration fees and Release of Liability forms) to Kristen Laramore at:

E-mail: kglaramore@sbcglobal.net

Fax: 817-735-7492 (please put to the attention of Kristen Laramore)

Snail Mail:

Kristen Laramore
4109 Locke Ave.
Fort Worth, TX 76107

Fees: \$10 – one race, no meal
\$15 – one race and lunch
\$35 – unlimited races and lunch

Additional lunches may be purchased for \$5.00 the day of the regatta (non-rowers are welcome to purchase lunches).

Please note on registration form space to indicate number of non-rower meals. Thank you, in advance, for helping us plan accordingly.

Registration: Race day registration will begin at 7:00AM near the Fort Worth Rowing Club boathouse. Registration will include verification of event entries and insurance waiver, and collection of fees from participants.

Ample boat storage and trailer parking is available near the boathouse Friday evening and Saturday. We will arrange for overnight (Friday night) security guard.

We will provide portable toilets. We will provide water. We suggest you bring plenty of additional water/snacks, lawn chairs, and a tent fly for shade – there is little shade near the dock, start and finish lines.

Safety: Bow Balls are required equipment. A safety inspection will be required prior to mounting the dock.

Regatta Meeting: The regatta meeting for all participants will be held at 8:00AM to discuss the course, hazards, and any other issues regarding the regatta.

Directions to the boathouse/dock:

Traveling north on I-35W to Fort Worth – Take the I-30 exit going east to Dallas. Exit I-30 at Beach Street (exit 16C). Take Beach Street going north (turn left on Beach Street). The Fort Worth Rowing Club boathouse parking area is just north of the Trinity River off of Beach Street.

Traveling south on I-35W to Fort Worth – Take the I-30 exit going east to Dallas. Exit Beach Street (exit 16C). Take Beach Street going north (turn left on Beach Street). The Fort Worth Rowing Club boathouse parking area is just north of the Trinity River off of Beach Street.

From Dallas – Take I-30 west to Fort Worth. Take the Beach Street exit (exit 16C) as you approach downtown Fort Worth. Exit I-30 at Beach Street (exit 16C). Take Beach Street going north (turn right on Beach Street). The Fort Worth Rowing Club boathouse parking area is just north of the Trinity River off of Beach Street.

For those coming from the south or east – Do not take US287 into town. Instead, get off at East Loop 820 and go north to I-30. Take I-30 to enter town from the east. Otherwise follow directions above from I-35W going north.

For additional directions, contacts, or other information about the Fort Worth Rowing Club, please refer to our website: www.fortworthrowing.com

STEER HEAD RACE EVENTS for 2010

Masters Events will be Handicapped - Those Younger than 21 will be Handicapped as a 21

SINGLES	DOUBLES
Men's Masters AA-D	Men's Masters AA-D
Men's Masters E-J	Men's Masters E-J
Women's Masters AA-D	Women's Masters AA-D
Women's Masters E-J	Women's Masters E-J
Men's Junior	Mixed Masters AA-J
Women's Junior	Men's Junior
Men's/Women's Rec	Men's Junior Nov
Men's/Women's Jr Rec	Women's Junior
	Women's Junior Nov
QUAD	Mixed Junior
Men's Masters AA-J	Parent/Child
Women's Masters AA-J	
Mixed Masters AA-J	
Men's Junior	
Men's Junior Novice	
Women's Junior	
Women's Junior Novice	
Mixed Junior	

START TIMES

Times subject to change depending on # of entries for each event

9:00 AM	11:00 AM
MM 1x AA-D	MxM 2x AA-J
MM 1x E-J	WM 4x AA-J
MJR 4x	WJr 4x
WM 2x AA-D	MJrNov 2x
WM 2x E-J	
WJr2x	12:00 PM
WRec 1x	MM 4x AA-J
	Parent/Child 2x
10:00 AM	MxJr 2x
MM 2x AA-D	WJr 2x
MM 2x E-J	MJr 1x
MJrNov 4x	
WM 1x AA-D	1:00 PM
WM 1x E-J	MxM 4x AA-J
MJr 2x	MxJr 4x
WJrNov 2x	MRec1x
WJr 1x	MJrRec 1x
WJrRec 1x	

**Fort Worth Rowing Club
2010 Steer Head Regatta
3000-Meter Head Race
Entry Form**

(Copy as many as you need – if not registering via Regatta Central)

Organization Name

Contact Person

Phone: Home _____ Cell _____

Other _____ Fax _____

E-mail _____

Event # _____ Event Name _____

Rower(s)

Age(s)

_____	_____
_____	_____
_____	_____
_____	_____

Event # _____ Event Name _____

Rower(s)

Age(s)

_____	_____
_____	_____
_____	_____
_____	_____

Event # _____ Event Name _____

Rower(s)

Age(s)

_____	_____
_____	_____
_____	_____
_____	_____

Event # _____ Event Name _____

Rower(s)

Age(s)

_____	_____
_____	_____
_____	_____
_____	_____

Event # _____ Event Name _____

Rower(s)

Age(s)

_____	_____
_____	_____
_____	_____
_____	_____

Event # _____ Event Name _____

Rower(s)

Age(s)

_____	_____
_____	_____
_____	_____
_____	_____

**Fort Worth Rowing Club
 2010 Steer Head Regatta
 3000-Meter Head Race
 Individual/Team Registration Form**

To help us plan meals and proper assessment of fees, please also complete this page. Clubs may submit all rowers on one page.

Organization Name _____

Contact Person _____ Phone _____

Rower	Age	# meals for non-rowers

Fees:

total number rowers one race		x \$10 =	
total number rowers one race + lunch		X \$15 =	
total number rowers all day racing + lunch		X \$35 =	
total number non-rower meals		x \$5 =	

Total fees due: _____

Please make checks out to: Fort Worth Rowing Club or FWRC

Fort Worth Rowing Club Waiver

In consideration of the services of Fort Worth Rowing Club, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "FWRC"), I hereby agree to release, indemnify, and discharge FWRC, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows during the term 01/01/2010 – 12/31/2010:

1. I acknowledge that rowing entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. The risks include, among other things: your boat could turn over and/or you could have to swim risking entanglement in trees; exposure to the natural elements can be uncomfortable and/or harmful; you should be aware that this exposure could cause sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps; also prolonged exposure to cold water can result in hypothermia; exposure to potentially dangerous wildlife, insects, plants; and accidental drowning is also a possibility.
2. Furthermore, FWRC coaches and volunteers have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.
3. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
4. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless FWRC from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of FWRC's equipment or facilities, including any such Claims which allege negligent acts or omissions of FWRC.
5. Should FWRC or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
6. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical conditions which could interfere with my safety in this activity, or else I am willing to assume - and bear the costs of all risks that may be created, directly or indirectly, by any such condition.
7. In the event that I file a lawsuit against FWRC, I agree to do so solely in the state of Texas, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.
8. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against FWRC on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document.

I have read and understood it, and I agree to be bound by its terms.

Signature of Participant _____ Date: _____

Print Name: _____

Address: _____

Phone: _____ Alt Phone: _____

E-Mail: _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION (Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) ("Minor") being permitted by FWRC to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless FWRC from any and all Claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: _____ Date: _____

Print Name: _____