

2005 Row for the Cure® Regatta
Benefiting the Susan G. Komen Breast Cancer Foundation
Puget Sound Affiliate
General Information

Why	To raise funds to eradicate breast cancer as a life-threatening disease!
History	Since 2000 this event (previously known as Row4Health) has raised over \$82,000 for its primary beneficiary, the Puget Sound Affiliate of the Susan G. Komen Breast Cancer Foundation.
Goal	We encourage each participant to raise a minimum donation of \$150, which is the cost of a screening mammogram.
When	Sunday, September 18 th , 2005
Where	Lake Union
What	A 3500-meter head race for rowing shells, kayaks and outrigger canoes and a race of approximately 1000 meters for dragon boats. Competitive racing for Open and Master rowers and a Ham N' Egger format for Open, Master and Junior rowers. A highlight of the event is the Corporate Challenge Mixed 8+ Race.
Course	Rowers and paddlers will start in the Lake Washington Ship Canal in front of the SPU boat dock (at the end of 3 rd Avenue West off W. Nickerson Street) and follow the shoreline to south Lake Union and finish in front of Chandler's Cove. Dragon boaters will start south of the speed buoys on Lake Union and paddle south to Chandler's Cove.
Registration	Register either online at www.regattacentral.com .
Entry Fee	Nonrefundable entry fee of \$25 (\$___ if credit card payment on Regatta Central) includes a short sleeve T-shirt. Payment is due along with entry from on Saturday, September 3, 2005. Make checks payable to the Pocock Rowing Foundation
USRowing	This is a USRowing registered regatta with USRowing officials. The 2005 USRowing Rules of Boat Racing will apply unless otherwise stated.

Race Plan	Racing is divided into five flights starting at 7:00 AM. First flight is competitive 8+s, 4+s, 4xs, 2xs and 1xs. Second flight is Ham N' Egger. Third flight is kayaks and outrigger canoes. Fourth flight is Corporate Challenge Race for mixed 8+s. Fifth flight is Dragon Boat Race. Final schedule will be posted at www.pocockrowing.org by Friday, September 16 th .
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 face disqualification. Crews without proper bow numbers will be disqualified.
Waivers	All participants, including volunteers, need to sign and return the Waiver of Liability USRA waiver. The waiver is available online for participants using Regatta Central. Juniors under age 18 must have a parent or guardian signature on the release. All participants must be competent swimmers.
Awards	Medals will be presented for the first place finishers and Corporate Challenge race during a short program following the fifth flight.
Handicap	Masters events will be handicapped two seconds for each year over 27, based upon the average age of the rowers, NOT including the coxswain. If a masters events boat entry does not specify an average age, then the time will be calculated based on 27 years old.
Master	Anyone who is at least 27 years old by December 31, 2005.
Open	Anyone can race in the open events.
Mixed	A crew with half of the rowers being female and half being male.
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.
Event T-shirt	We encourage all participants to wear the event T-shirt during the race.
Regatta Meeting	The coxswains/coaches' meeting will be held at the Pocock Rowing Center at 6:15 AM. 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 kayak launch site north of Lake Union.

**Ham N' Egger
Boat Line-ups**

Will be announced at 6:15 AM at the Pocock Rowing Center.
Boats will launch starting at 6:30 AM.

Boats

Competitive teams are encouraged to bring their own boats. If this is not feasible, the organizing committee will try to help find a suitable boat.

Parking

Parking for crews, 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.

**Launch site for
Paddlers**

Kayaks, outrigger canoes and dragon boats can launch at the public boat launch north Lake Union east of Gasworks Park.

Entries Due

Entry deadline on Regatta Central is Saturday, **September 3.**

Pledge Program

Please use the pledge form included with this race packet to solicit donations. Each person who raises \$150 will receive a surprise gift. Make checks payable to the **Susan G. Komen Foundation.**

Food

Breakfast will be served after the racing at the Pocock Rowing Center.

Sponsor

The George Pocock Rowing Foundation

Questions

Email: rowfortheure@pocockrowing.org for general regatta and racing questions.

Website: www.pocockrowing.org

Call: Steff Fowler at 425-454-7441

Enter to participate either online at www.regattacentral.com or mail entry form to:

2005 Row for the Cure
Pocock Rowing Center
3320 Fuhrman Ave. East
Seattle, WA 98102

