



**Rowers and coxswains may participate in one event only.**  
Hot-seating allowed only with prior approval of registrar Julie Smith at [jsmithkirkland@comcast.net](mailto:jsmithkirkland@comcast.net).

**Registration** Go to [www.rowfortheure.com](http://www.rowfortheure.com) to register on RegattaCentral. The nonrefundable entry fee is \$25 and includes a long-sleeve T-shirt. Make checks payable to the **Pocock Rowing Foundation** and send to Pocock, 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).

Payment by credit card is accepted on RegattaCentral with an additional processing fee. Payment is due no later than Wednesday, September 12, 2007. Late entries will have no guarantee of official timing, event T-shirt or boating in the Ham 'n' Egger. **No day of race registration.**

**Flights**

1st Flight - Tribal canoes and dragon boats;  
2nd Flight - M Mst 8+, Mxd Mst 8+, W Mst 8+, M Jr 8+, W Jr 8+, M Open 4x, Mxd Open 4x, W Open 4x, M Mst 4x, Mxd Mst 4x, W Mst 4x, M Open 4+, Mxd Open 4+, W Open 4+, M Mst 4+, Mxd Mst 4+, W Mst 4+, M Jr 4+, W Jr 4+, M Open 2x, Mxd Open 2x, W Open 2x, M Mst 2x, Mxd Mst 2x, W Mst 2x, M Open 1x, W Open 1x, M Mst 1x, W Mst 1x, M Open 2-, W Open 2-, M Mst 2-, W Mst 2-.  
3rd Flight - Kayak, canoe, outrigger canoe;  
4th Flight - Ham 'n' Egger;  
5th Flight - Corporate Challenge Mixed 8+

**Packet Pickup** Registered regatta packet and T-shirt pickup will be at the Pocock Rowing Center, 3320 Fuhrman Ave. East at 6 a.m. on Sunday, September 16. Early pickup is available Saturday, September 15 from 9 a.m. to 12 noon. Best T-shirt selection will be on Saturday.

**USRowing** This is a USRowing registered regatta with USRowing officials. The 2007 USRowing Rules of Boat Racing will apply unless otherwise stated.

**Boating Order and Race Plan** The first flight starts at 7:00 a.m. with dragon boats and tribal canoes. The second flight of competitive rowing will start at 7:30 a.m. The kayaks, canoes, outrigger canoes and ham'n'egger will follow. The **Corporate Challenge** will start approximately at 8:15 AM. The final schedule will be posted at [www.rowfortheure.com](http://www.rowfortheure.com) by Saturday afternoon, September 15.

<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 16. 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. Trophies will also be awarded for the first place finisher of the corporate category and composite category of the Corporate Challenge race. Awards will be presented during a short program following the fifth flight at approximately 9:30 AM.
<b>Donation Awards</b>	An award will be presented to both the corporation and the crew raising the most in contributions to the Susan G. Komen Breast Cancer Foundation. For donations to count toward this award, they must be submitted by 8 p.m. Wednesday, September 12 at the Pocock Rowing Center. The top eight individual rowers who generate the most in donations to Komen will have the opportunity to row with members of the US Women's National Rowing Team, who will be our special guests for this event.
<b>Handicap</b>	Masters rowing events will be handicapped two seconds for each year over 27 years of age. 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, then the time will be calculated based on 27 years old.
<b>Masters</b>	A rower who is at least 21 years old by December 31, 2007. A rower must be a master rower in age to compete in a master category.
<b>Junior</b>	A rower who is 18 years old or younger.
<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 rule.
<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>Event T-shirt</b>	Participants are encouraged to wear the event T-shirt for the race.
<b>Regatta Meeting</b>	The coxswains/coaches' meeting will be held at the Pocock Rowing Center at 6:15 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.
<b>Ham 'n' Egger Boat Line-ups</b>	Rowers will be contacted Saturday, September 15 <sup>th</sup> either by phone or email with the line-ups, boat name and location. Coxswains will attend the coxswain/coaches' meeting at the Pocock Rowing Center. Boats will launch starting at 6:45 a.m. at the designated boathouses.
<b>Boats</b>	Competitive teams are encouraged to bring their own boats. <b>Coxswains must bring their own coxboxes.</b> If this is not feasible, the organizing committee will try to find suitable equipment.
<b>Parking</b>	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.
<b>Launch site for Paddlers</b>	Public boat launch at 2301 NE Northlake Way, east of Gasworks Park or the Pocock Rowing Center.
<b>Pledge Program</b>	Please use the pledge form included with this race packet or located at our website and get started in finding friends, co-workers, family members and strangers willing to support your rowing and paddling efforts. Make checks payable to the <b>Pocock Rowing Foundation.</b>
<b>Food</b>	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](mailto:SEATTLE@RowForTheCure.com) for general regatta and racing questions.

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

Call: Registrar Julie Smith at 425-828-0205

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

Information regarding the Susan G. Komen Breast Cancer Foundation Puget Sound Affiliate, see [www.komenseattle.org](http://www.komenseattle.org).