



2008 EARC Row For The Cure Entry Packet

October 12, 2008

Distance: Choice between 8000 meter or 4000 meter course.

Location: Thomas J. Morahan Public Beach at the end of Windermere Avenue in Greenwood Lake NY.

Boat Unloading & Trailer Parking: Parking at the beach is extremely limited and NO trailers are allowed to stay at the beach. Crews can unload their trailers between 6:00pm and 8:pm on Saturday October 11, 2008 and between 6:30am and 9:30am on Sunday October 12, 2008. On Sunday October 12th there will be a trailer check in point in the CVS parking lot. If you plan on bringing a trailer please report to the trailer check in point. Trailers will be admitted to the beach on a first come first serve basis and no will be allowed in without first checking in. Two weeks advance notice will be necessary if you intend to bring a trailer. Crews who fail to give advance notice will be permitted to unload only after all other crew are unloaded and on a first come first serve basis. Please help us to keep things moving by adhering to a 20 minute unloading schedule. After unloading all trailers must park in the CVS parking lot on Windermere Avenue in town (see the attached map).

General Parking: There will be parking available on the street as well as in the CVS parking lot and adjacent field. Bicycles will be available to transport individuals to and from the parking area to the race site.

Entry Deadline and Fees: Entries must be received by Sunday September 28th, 2008 at www.regattacentral.com. Entries fees are \$25.00 per person. No late or day of race entries will be accepted.

Schedule: Participants may only race once. Coxswains meeting will be held at 8:00am. All Coxes and small craft operators should attend. Race will commence at 9:00am and should conclude by 4:00pm. Races will begin every few minutes. Schedule of events is included in this packet, and on the registration form at regattacentral.com. Each entrant will be assigned a launch time and it is very important that all boats launch at their designated time.

Course Map: A map based on aerial photography is attached to this packet.

Registration Packet Pick-Up: Packets may be picked up from 6 – 8pm on Saturday October 11th, 2008 at the Thomas J Morahan Town Beach or after 6:30 am on race day at the same location. Please have all waivers on hand to pick up your packet.



US Rowing Information: Row For The Cure is a US Rowing registered and insured regatta. US Rowing Rules of Rowing will apply and US Rowing officials will officiate.

US Rowing Waivers: US Rowing members with waivers on file do not have to sign an additional waiver, just include your US Rowing # on your entry form. Non-US Rowing members may race, but they must fill out and sign a US Rowing waiver. Drop off your waivers when registering on race day. A waiver is attached to this packet, you can also download and print a waiver from regattacentral or from http://www.usrowing.org/uploads/docs/2008releaseofliability_ZUX24Y.pdf

Racing Categories: See the schedule of events in the packet or on our website for details. Open to all human powered craft. Events with only one entry will be combined with another event. One race per participant. All high school rowers are limited to the "junior" category, to avoid violations of NCAA regulations. High school coxswains may cox master's races.

Equipment Rental: Those who wish to rent kayaks or canoes should contact Skip's Dockside Marina at (845) 477-8410 or on line at www.skipsdocksidemarina.com

Definitions: *Masters* – all rowers 23 or older, excluding coxswains. Boat must average 27+.
Open/Collegiate – no junior crew as per NCAA rules.
Junior – all rowers still in high school.

Fundraising: We encourage rowers and paddlers to fundraise individually or as a group. Fundraising forms are included in this packet. Donations to the Komen Foundation are tax deductible to the extent allowed by law. Pledge checks should be made payable to Komen Greater NY City. All pledged funds will go to the Greater NY City affiliate of the Komen For the Cure Foundation who will then distribute 25% to the National Chapter. Pledges can be turned in on race day or mailed after the event to the Friends of East Arm Rowing Club c/o Jean Zimmer, PO Box 301, Greenwood Lake, NY 10925.

For general information about the Row For The Cure throughout the USA, check the National Row For The Cure website at <http://www.rowfortheure.com/>

For questions about entries, categories, schedule, racecourse? Email info@eastarm.org.



Checklist

- 1. Event registration and payment due on Regatta Central by September 28, 2008.**
- 2. US Rowing waivers signed and submitted on race day, OR USRowing members complete their online waiver.**
- 3. Trailer information including Club name, number of boats on the trailer and estimated time of arrival at the site sent to Jean Zimmer at jzimmer7@optonline.net**

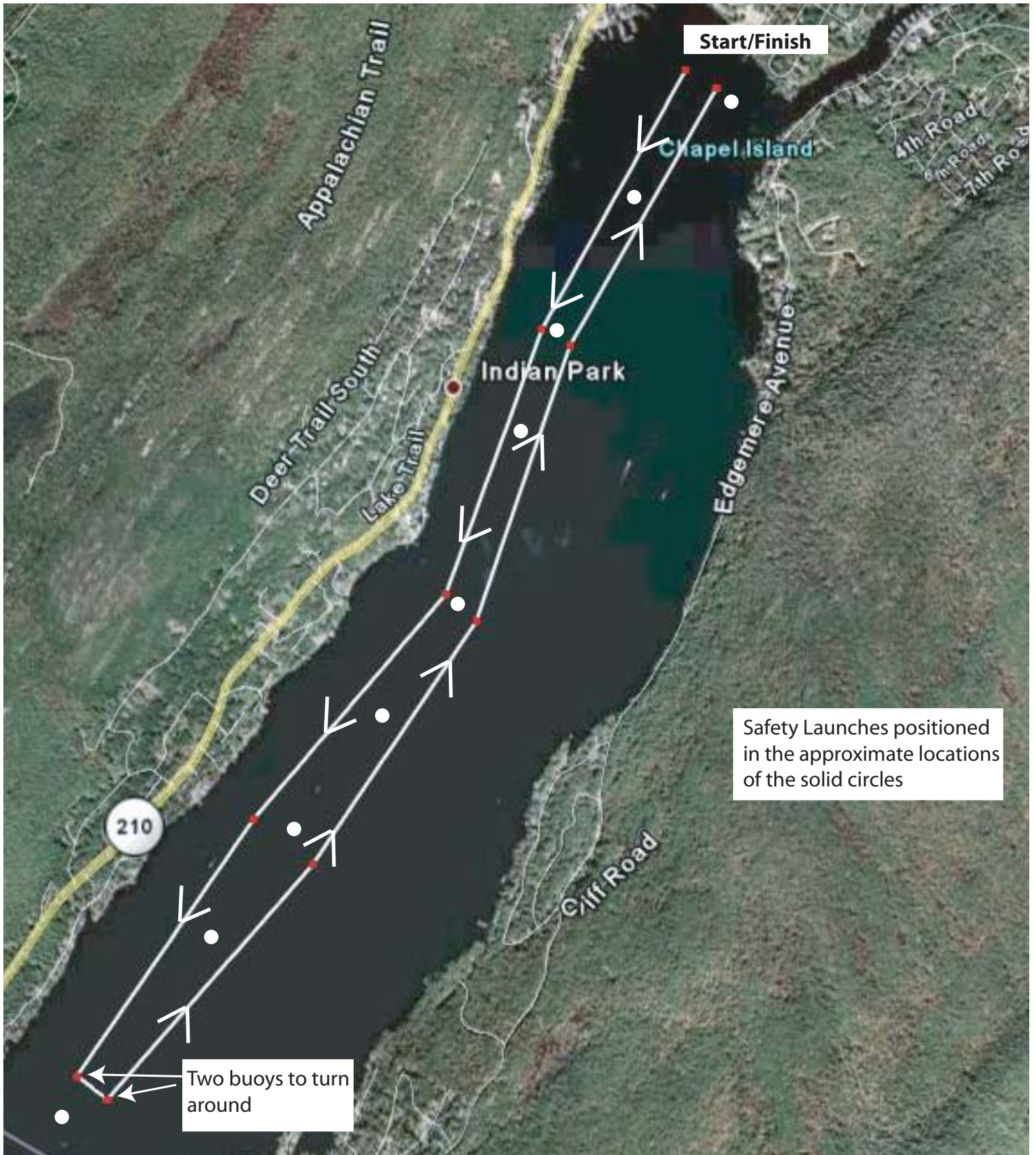
October 2008 Row for the Cure - Greenwood Lake



**Road Map of Greenwood Lake indicating
Town Beach Venue and Trailer Staging Area**



**October 2008 Row for the Cure at Greenwood Lake
Start Area and Warm-Up Area**



October 2008 Row for the Cure at Greenwood Lake Race Course



East Arm Rowing Club
Row For The Cure
Schedule of events

8,000 Meters				4,000 Meters			
1	Mens	Open	8+	35	Mens	Open	8+
2	Mens	Masters	8+	36	Mens	Masters	8+
3	Mens	Open	4X	37	Mens	Open	4X
4	Mens	Masters	4X	38	Mens	Masters	4X
5	Womans	Open	8+	39	Womans	Open	8+
6	Womans	Masters	8+	40	Womans	Masters	8+
7	Womans	Open	4X	41	Womans	Open	4X
8	Womans	Masters	4X	42	Womans	Masters	4X
9	Mens	Jr	8+	43	Mens	Jr	8+
10	Mens	Open	4+	44	Mens	Open	4+
11	Mens	Masters	4+	45	Mens	Masters	4+
12	Womans	Jr	8+	46	Womans	Jr	8+
13	Mens	Jr	4+	47	Mens	Jr	4+
14	Womans	Open	4+	48	Womans	Open	4+
15	Womans	Masters	4+	49	Womans	Masters	4+
16	Womans	Jr	4+	50	Womans	Jr	4+
17	Mens	Jr	2X	51	Mens	Jr	2X
18	Mens	Open	2X	52	Mens	Open	2X
19	Mens	Masters	2X	53	Mens	Masters	2X
20	Mens	Open	1X	54	Mens	Open	1X
21	Mens	Masters	1X	55	Mens	Masters	1X
22	Mens	Jr	1X	56	Mens	Jr	1X
23	Womans	Open	2X	57	Womans	Open	2X
24	Womans	Masters	2x	58	Womans	Masters	2x
25	Womans	Jr	2x	59	Womans	Jr	2x
26	Womans	Open	1x	60	Womans	Open	1x
27	Womans	Masters	1x	61	Womans	Masters	1x
28	Womans	Jr	1x	62	Womans	Jr	1x
29	Dragon Boats	Open		63	Dragon Boats	Open	
Kayaks / Canoes				Kayaks / Canoes			
30	Mens		2X	64	Mens		2X
31	Womans		2X	65	Womans		2X
32	Mixed		2X	66	Mixed		2X
33	Mens		1X	67	Mens		1X
34	Womans		1X	68	Womans		1X



Local Establishments Lodging, Food Rentals

For a Complete listing of area lodging and dining establishments please go online to www.villageofgreenwoodlake.org.

Lodging:

Anton's On The Lake
7 Waterstone Road
Greenwood Lake, NY 10925
(845)477-0020
www.antonsonthelake.com

Breezy Point Inn
620 Jersey Avenue
Greenwood Lake, NY 10925
(845) 477-8100
www.breezypointinn.com

The New Continental
15 Leo Court
Greenwood Lake, NY 10925
(845) 477-2456
www.newcontinentalhotel.com

Waterstone Inn
62 Sterling Road
Greenwood Lake, NY 10925
www.waterstoneinn.com



East Arm Rowing Club 2008 Row For The Cure Registration Instructions

1. Go To <http://www.regattacentral.com>
2. Click on "New User" link to create your FREE user account (or log in if you are an existing user)
3. Click on "add a regatta to my calendar" Add the October 12, 2008 Row For The Cure – Greenwood Lake.
4. Start adding entries to your selected events. Birth dates are only necessary for participants in the masters rowing races.
5. Include US Rowing #'s if participants are members.
6. Regatta Central will total your fees for you. Pay by credit card.
7. Have all participants who are not US Rowing members sign a US Rowing waiver. Turn in the waiver when you pick up your registration packet.

Mailing address for waiver/pledges

Friends of The East Arm Rowing Club
Row For The Cure – Greenwood Lake, NY
PO Box 301
Greenwood Lake, NY 10925

Release of Liability



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/07 – 12/31/08, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death (“Risks”); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasee named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant: _____

USRowing # _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Date:** _____

Participant’s Signature: _____

Organization: _____

PARENTAL CONSENT

(if participant is under the age of 18).

AND I, the minor’s parent and/or legal guardian, understand the nature of rowing activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation

expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Date:** _____

Parent/Guardian Signature (only if participant is under the age of 18): _____

This is THE USRowing Release of Liability, which should be copied for your use.



Fundraising Tips and Tactics

"Never think you need to apologize for asking someone to give to a worthy cause any more than if you were giving him/her an opportunity to participate in a high-grade investment. The duty of giving is as much his as is the duty of asking yours."

– **John D. Rockefeller, Jr.**

1. The main reason people don't contribute: NOBODY ASKED THEM!! So Ask! Ask!
2. Make it personal. People don't give to institutions; they give to the person who asks them. Communicate your reason for participating in the Greenwood Lake Row For The Cure and share your story with potential donors. Remember that you aren't asking for the money for yourself. Pledge donations will benefit many individuals, provide free mammograms and save lives.
3. Don't get discouraged. If you aren't getting any "nos" you aren't asking enough! Or maybe you're just THAT GOOD!
4. Start Now! Begin collecting those pledge donations as you prepare for the Row, and don't forget to ask during October – Breast Cancer Awareness Month. The fundraising continues through the end of October.
5. DO A LETTER WRITING CAMPAIGN. Utilize the sample letter included in this packet and send it to your whole CHRISTMAS CARD LIST. If you include a stamped self-addressed envelope, people will send their checks and you will have less collections to do later.
6. Hang a race poster and a few brochures at your desk or on your fridge at home. Be prepared to tell people how important the Race is to you and ask them to support you by making a donation.

MORE TIPS

1. Always set a high goal. Find out the average amount each participant usually raises to give yourself something to shoot for. We suggest that each rower try to collect \$150.00, which is the cost of a mammogram.
2. Go first to the people you know will give the most, which will set a benchmark for the others.
3. Don't apologize for asking. This is an opportunity for them to support a great cause.
4. Don't forget to sponsor yourself.
5. Ask local businesses you frequent, such as your hairdresser, chiropractor, or massage therapist.

Don't get discouraged. Remember, you're not asking for money for yourself, but for people in need.

ALL PLEDGE DONATIONS SHOULD BE SENT TO:

All **pledge donation** checks should be made out to **Komen Greater NY City**, and sent to: Friends of The East Arm Rowing Club, c/o Jean Zimmer, PO Box 301, Greenwood Lake, NY 10925. Pledge donations are tax-deductible.



Sample Sponsor request letter

Date

Name

Address

City, State, Zip

Dear _____,

Hello! I'm writing to tell you about an adventure I've committed to this fall! I have registered to participate in Row for the Cure® on Sunday October 12th. The regatta is hosted by the East Arm Rowing Club (EARC) to benefit the Greater NY city Affiliate of Susan G. Komen for the Cure. The Foundation's promise is to save lives and end breast cancer forever by empowering people, ensuring quality of care for all and energizing science to find the cure. The Row for the Cure® is a local event held on Greenwood Lake and 75% of the proceeds will benefit the local affiliate of the Komen Foundation. Part of this money is used for breast cancer outreach and education, funding a free mammogram program and supporting treatment programs. The other 25% goes directly to breast cancer research through the Susan G. Komen for the Cure Breast Cancer Research Grant Program.

The fact remains that still one in eight women will be diagnosed with breast cancer during her lifetime. That's why I am Rowing for the Cure.

This race is important to me because.....(insert your personal story here)

You can join me in my fight against breast cancer without even breaking sweat! Would you please consider a \$150 pledge to support my effort and our local Komen Affiliate? Your contribution is tax deductible to the fullest extent allowed by law. \$150 is the average cost of a subsidized mammogram.

Thank you for taking the time to read and consider this opportunity. Please contact me if you have any questions or if you want to learn more about the Komen Race for the Cure® and East Arm Rowing Club's Row for the Cure®

Sincerely,

(Your Name)



One race away from victory. One stroke closer to a cure.

PLEDGE FORM

The East Arm Rowing Club's Row for the Cure

OCTOBER 12TH, 2008

Participant Name: _____
 Mailing Address: _____
 Email Address: _____

Phone: _____
 City, State, Zip: _____
 Team/Club Name (if applicable): _____

NOTE: If you are submitting pledge donations and you are part of a team, you and your team will be credited for the amount of donations which you submit. You will be eligible for team fundraising awards and individual awards from the Komen Race for the Cure for donations you are submitting, please include a note with how much they should receive credit for (and their mailing address!) Check here if you wish to donate your pledge prize back to the Race _____

DONOR'S NAME	Amount Received
1. _____	\$ _____
2. _____	\$ _____
3. _____	\$ _____
4. _____	\$ _____
5. _____	\$ _____
6. _____	\$ _____
7. _____	\$ _____
8. _____	\$ _____
9. _____	\$ _____
10. _____	\$ _____
11. _____	\$ _____
12. _____	\$ _____
13. _____	\$ _____
14. _____	\$ _____
15. _____	\$ _____

DONOR'S NAME	Amount Received
16. _____	\$ _____
17. _____	\$ _____
18. _____	\$ _____
19. _____	\$ _____
20. _____	\$ _____
21. _____	\$ _____
22. _____	\$ _____
23. _____	\$ _____
24. _____	\$ _____
25. _____	\$ _____
26. _____	\$ _____
27. _____	\$ _____
28. _____	\$ _____
29. _____	\$ _____
30. _____	\$ _____

\$ Sub Total: \$ _____

\$ Total Pledges: \$ _____

All **pledge donation** checks should be made out to **Komen Greater NY City**, and sent to: Friends of The East Arm Rowing Club, c/o Jean Zimmer, PO Box 301, Greenwood Lake, NY 10925. Pledge donations are tax-deductible. The tax ID number of the Greater NY City Affiliate of Susan G. Komen for the Cure is 75-1835298. Receipts will be issued for contributions of \$100 or more, or upon request.