"MOTOWN MADNESS" "Your mind and body will never be the same!" DETROIT INDOOR ROWING REGATTA SATURDAY, FEBRUARY 02, 2008

SPONSORED BY FRIENDS OF DETROIT ROWING

AT THE GENERAL MOTORS WORLD HEADQUARTERS 100 RENISSANCE CENTER WINTER GARDEN ATRIUM DETROIT, MICHIGAN 48243

- **Parking:** Ample free parking in public lots and structures located at or near the Renaissance Center.
- Time:Registration begins at 7:30 a.m., Warm Up at 8:00 a.m., and
Racing Starts: 8:30 a.m. on Saturday, February 02, 2008.
- Events:Events for girls & boys are based on age & experience.Women and men are classified by experience & weight.Master's events are classified by age.Team Races classified by gender.
- **Distance:** Races will be 2000 meters.
- Race Fees: For early registration, \$15.00 per contestant which includes a commemorative Regatta T-Shirt and the opportunity to row and win a commemorative medal for 1st, 2nd, & 3rd places. The late registration entry fee is \$15.00 (doesn't include the regatta T-Shirt). *It pays to register early.* Early registration deadline is 01/30/08.

Prizes: A commemorative medal will be awarded to the winner of each event. Each member of the winning team events will receive a medal award.

Ergometers: Also this year, ergometers from the races will be available for sale. You save shipping, the DBC crew assembles the ergometer, and it's ready-for-use. Just pick it up and take it home. Please call for more information on erg sales (248) 875-8574.

Contact and Registration:

Dick Bell 27551 Rackham Dr., Lathrup Village, Michigan 48076-3301 Phone: (248) 875-8574 Fax: (248) 559-0908 Email: bellr@macomb.edu. E-mail registration: http://www.regattacentral.com Visit our website for details and forms <u>www.detroitrowing.net</u> <u>or www.dbcjuniors.com</u>

MAP AND DIRECTIONS TO RACE

General Motors Corp: 313-556-5000 100 Renaissance Ctr Detroit, MI 48243, US

Go to <u>http://www.mapquest.com</u> for a map

Directions <u>from Port Huron</u> on I-94 west: Exit onto I-75/S/Chrysler Fwy via exit 216 toward Toledo. Merge onto I-375 S/Chrysler Fwy via exit 51C on the left toward Civic Center. Turn left on Jefferson Ave. E. Turn right on St Antoine St. Turn right onto Renaissance Dr. N.

Directions <u>from Chicago</u> on I-94 east: Take the M-10 S exit toward downtown. Merge onto John C. Lodge Fwy/ MI-10 S becomes Jefferson Ave. W. Turn onto Renaissance Center.

Directions <u>from Pontiac</u> on I-75 south: Merge onto I-375 S/Chrysler Fwy via exit 51C on the left toward Civic Center. Turn left on Jefferson Ave. E. Turn right on St. Antoine St. Turn right onto Renaissance Dr. N.

Directions <u>from Toledo</u> on I-75 north: Take exit 49 toward MI-10/Lodge Fwy/Civic Center. Take the MI-10 S exit toward Civic Center. Merge onto John C. Lodge Fwy/MI-10 S. John C. Lodge Fwy/MI-10 S becomes Jefferson Ave. W. Turn right onto Renaissance Center.

Registration online at http://www.regattacentral.com