



CANADIAN SCULLING MARATHON (CSM)

Sunday, August 31, 2008,

Ottawa River

Welcome to the fourth annual Canadian Sculling Marathon (CSM), inspired by the world-renowned Canadian Skiing Marathon. Stressing participation, endurance, fitness, distance, and fun, the CSM is the most complete sculling marathon in Canada. Previous results can be found at <http://www.onec.ca/rowing/rowCSM.html>.

Offering a choice of three distances, the courses weave around three scenic islands in the Ottawa River, between Ottawa and Gatineau, and the full marathon may pass beneath the Parliament buildings. Organisers reserve the right to change the course due to adverse conditions.

Medals will be awarded to all scullers who complete any of the courses. T-shirts will be offered to all participants, while quantities last – t-shirts are guaranteed to participants registered by July 31. Participants should be in good physical condition and have rowed their target distance. Because of the nature of the course, all boats must carry Transport Canada mandated safety equipment: life jackets (one per individual), bailer, throw line and whistle.

Distances, cut-off times, approximate start times and permissible shells are as follows:

Category	Full Marathon, 42 km Cut off time: 5 hrs. 30 min. Start time: 8:30 am	Half Marathon, 21 km Cut-off: 2 hrs 45 mins. Start time: 8:45 am	Quarter Marathon, 10.5 km Cut-off: 1hrs. 20 mins. Start time: 9:00 am
<i>Single</i>	<u>Alden</u> : Star 16, Martin, Quest <u>Hudson</u> : T-6, Cruiser <u>Maas</u> : Aero, 24	<u>Echo</u> : Echo, Islander, Ace <u>Rossiter</u> : Laser	Open to all shells
<i>Double</i>	<u>Alden</u> 18 & Star 22	<u>Hudson</u> T-7	
<i>Quad</i>	<u>Hudson</u> T-11 European touring boats	<u>Winteck</u> Odyssey	

Tentative Schedule

Reception and Registration:

When: Saturday evening, August 30th from 6-8pm

Where: Ottawa New Edinburgh boathouse, 501 Rockcliffe Parkway, Ottawa.

Map: <http://www.onec.ca/map.html>

What: Participants will receive their CSM package(T-Shirt, bib, map).

Come eat, socialize and enjoy the sunset on the Ottawa River.

Sculling Marathon:

When: Sunday, August 31st, 7am onwards

Where: Blair road boat launch

What: 7.00 am onwards: registration continues at launch site

8 am: pre-race meeting for all captains & single scullers

8.30 am: first mass starts

Medal ceremonies at approx. 10:15 am, 11:30 am, and 2:30pm

From noon onwards, participants, friends and families are welcome to return to the ONEC boathouse to celebrate their success or to just relax and enjoy the view from our decks. Snack bar, bar and deck will be open to participants.

Questions? b_desrochers@hotmail.com, or 613 695 4841