

**“MOTOWN MADNESS”**  
**“Your mind and body will never be the same!”**  
**DETROIT INDOOR ROWING REGATTA**  
**SATURDAY, JANUARY 31, 2015**  
SPONSORED BY  
**FRIENDS OF DETROIT ROWING**  
AT THE BELLE ISLE BOATHOUSE  
OF THE  
DETROIT BOAT CLUB CREW  
6 RIVERBANK DRIVE  
BELLE ISLE, DETROIT, MICHIGAN

**Parking:** Ample free parking in boat club’s parking lot.

**Time:** Registration begins at 7:30 a.m., Warm Up at 8:00 a.m., and Racing starts: 8:30 a.m. on Saturday, January 31, 2015.

**Events:** Events for girls & boys are based on age & experience. Women and men are classified by experience & weight (USRowing/FISA).

Open lightweight men – 160 lbs. (72.5 Kg)

Open Lightweight women – 130 lbs. (59.0 Kg)

Master's events are classified by age.

Team Races classified by gender.

**Distance:** Rowers will race 2000 meters and coxswains 1000 meters.

**Race Fees:** For early registration, \$15.00 per contestant will **include a commemorative Regatta T-Shirt** and the opportunity to row and **win a commemorative medal for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> 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 01/31/15

**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 for Sale:** Used Concept 2 ergometers will be for sale and may be picked up after the race. Used Model D ergs with PM 3 monitors \$600.00; used Model C ergs \$475.00; used Model B ergs with or without obsolete monitors

\$200.00 Please reserve your erg by sending a check, made out to “Friends of Detroit Rowing”, to Dick Bell at the address below.

**Contact:** Dick Bell, 27551 Rackham Dr., Lathrup Village, Michigan 48076-3301. Phone: (248) 875-8574 Fax: (248) 559-0908  
Email: [bellr@macomb.edu](mailto:bellr@macomb.edu).

**Registration online at:** <http://www.regattacentral.com>

## ***MAP AND DIRECTIONS TO RACE***

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

*Directions from Port Huron* on I-94 west: Exit onto I-75/S/Chrysler Fwy via exit 216 toward Toledo. Merge onto I-375 S/Chrysler Fwy and exit at East Jefferson and turn left onto Jefferson Ave. Drive 2 miles east to Belle Isle and turn right onto bridge. Drive across the bridge and follow the traffic pattern counter clockwise taking every left-hand turn until you arrive at the boathouse parking lot.

*Directions from Chicago* on I-94 east: Take the M-10 S exit toward downtown. Merge onto John C. Lodge Fwy/ MI-10 S becomes Jefferson Ave. Drive 2 miles east on Jefferson to Belle Isle and turn right onto bridge. Drive across the bridge and follow the traffic pattern counter clockwise taking every left-hand turn until you arrive at the boathouse parking lot.

*Directions from Pontiac* on I-75 south: Merge onto I-375 S/Chrysler Fwy, exit at East Jefferson and turn left onto Jefferson Ave. Drive 2 miles east to Belle Isle and turn right onto bridge. Drive across the bridge and follow the traffic pattern counter clockwise taking every left-hand turn until you arrive at the boathouse parking lot.

*Directions from Toledo* on I-75 north: Take exit 49 toward MI-10/Lodge Fwy/Civic Center. toward Civic Center. Merge onto John C. Lodge Fwy/MI-10 S. John C. Lodge Fwy/MI-10 S becomes Jefferson Ave. Drive 2 miles east on Jefferson to Belle Isle and turn right onto bridge. Drive across the bridge and follow the traffic pattern counter clockwise taking every left-hand turn until you arrive at the boathouse parking lot.

**ENTRY FORM  
MOTOWN MADNESS  
THE DETROIT INDOOR ROWING REGATTA  
SATURDAY, JANUARY 31, 2015**

Registration fee \$15.00 per person

Registration due January 31, 2015

**PLEASE PRINT CLEARLY AND RETURN THIS FORM FOR YOUR REGISTRATION**

1. NAME \_\_\_\_\_
2. ADDRESS \_\_\_\_\_
3. CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_
4. PHONE (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_ AGE ON DAY OF RACE \_\_\_\_\_
5. SCHOOL, CLUB OR COLLEGE \_\_\_\_\_
6. NOW AN UNDERGRAD AT A U.S. COLLEGE? YES \_\_\_\_\_ NO \_\_\_\_\_
7. HOW MANY YEARS HAVE YOU ROWED? \_\_\_\_\_
8. YOUR FAVORITE ROWING ANECDOTE OR QUOTATION \_\_\_\_\_  
\_\_\_\_\_

**EVENT - CHECK OFF THE EVENT (S) YOU ARE ENTERING:**

- |   |   |
|---|---|
| <input type="checkbox"/> 1. MEN (Age 20 - 29 Heavy)                       | <input type="checkbox"/> 2. MEN (Age 20 - 29 Light, ≤ 160 Pounds)                     |
| <input type="checkbox"/> 3. WOMEN (Age 20 - 29 Heavy)                     | <input type="checkbox"/> 4. WOMEN (Age 20 - 29 Light, ≤ 135 Pounds)                   |
| <input type="checkbox"/> 5. MASTER MEN (AGE 30-39)                        | <input type="checkbox"/> 6. WOMEN (AGE 30-39)   |
| <input type="checkbox"/> 7. SENIOR MEN (AGE 40-49)                        | <input type="checkbox"/> 8. WOMEN (AGE 40-49)   |
| <input type="checkbox"/> 9. VETERAN MEN (AGE 50 & 59)                     | <input type="checkbox"/> 10. WOMEN (AGE 50-59)  |
| <input type="checkbox"/> 11. AGELESS MEN (AGE 60 & UP)*                   | <input type="checkbox"/> 12. WOMEN (AGE 60 & UP*)                                     |
| <input type="checkbox"/> 13. Youth BOYS (Age 14 - 19; b. after 12/31/95)  | <input type="checkbox"/> 14, 15, & 16. AS LIGHTWEIGHT – 3 classes: 160, 150, 140 lbs. |
| <input type="checkbox"/> 17. Youth NOVICE BOYS                            |   |
| <input type="checkbox"/> 18. Youth GIRLS (Age 14 - 19; b. after 12/31/95) | <input type="checkbox"/> 19, & 20. AS LIGHTWEIGHT – 2 classes: 135 & 125 lbs.         |
| <input type="checkbox"/> 21. Youth NOVICE GIRLS                           |   |
| <input type="checkbox"/> 22. Pre-HS, 13yr & Under BOYS                    | <input type="checkbox"/> 23. Pre-HS, 13yr & Under GIRLS                               |
| <input type="checkbox"/> 24. Youth COXSWAIN MEN (130 lb MAX.)             | <input type="checkbox"/> 25. COXSWAIN WOMEN (120 lb. MAX)                             |
| <input type="checkbox"/> 26. TEAM RACE - MEN                              | <input type="checkbox"/> 27. TEAM RACE – Youth BOYS**                                 |
| <input type="checkbox"/> 28. TEAM RACE - WOMEN                            | <input type="checkbox"/> 29. TEAM RACE – Youth GIRLS **                               |
| <input type="checkbox"/> 30. TEAM RACE – Recreational MEN***              | <input type="checkbox"/> 31. Recreational WOMEN***                                    |

\* Race 11 & 12 will be handicapped according to the USRowing rules of Racing 2015

\*\* Youth Boys & Girls – born after 12/31/96.

\*\*\* Recreational Men & Women teams will be composed of athletes that do not competing in racing shells during the rowing season

BEST 2000 METER ERG SCORE (HEAT PLACEMENT & HANDICAP) TIME: \_\_\_\_\_ Min/Sec :AGE: \_\_\_\_\_ (date of birth)

**FOR RACE COMMITTEE USE ONLY** - Please leave this box blank

EVENT \_\_\_\_\_ HEAT \_\_\_\_\_ TIME \_\_\_\_\_ PLACE \_\_\_\_\_

Please bring a signed USRowing Waiver to Registration the day of the race.

USRowing Waivers form Regatta Central will be accepted, so register ASAP.