

“MOTOWN MADNESS”
“Your mind and body will never be the same!”
DETROIT INDOOR ROWING REGATTA
SATURDAY, JANUARY 25, 2020
SPONSORED BY
FRIENDS OF DETROIT ROWING
AT THE HISTORIC DETROIT BOAT CLUB on BELLE ISLE
AND HOME OF THE
DETROIT BOAT CLUB CREW
RIVERBANK DRIVE & PICNIC WAY
BELLE ISLE, DETROIT, MICHIGAN, 48207

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.

Racing starts: 8:30 a.m. on Saturday, January 25, 2020.

Events:

- Events for girls & boys are based on age & experience.
- Adult Women and Men are classified by age, experience & weight (US Rowing/FISA).
 - Open lightweight men – 160 lbs. (72.5 Kg)
 - Open Lightweight women – 130 lbs. (59.0 Kg)
- Master's events are classified by age.
- Military Veterans are combined within the Master’s events.
- “First Timers” 500 meter Dash: open to all first time races among Military Veterans, Recreational, Novice, and Para Adaptive entrants, including medals for fastest male and female in each group.
- Team Races classified by gender and club affiliation.

Distance:

- Rowers will race 2000 meters and coxswains & Pre-HS.
- under 13 years old Events 1000 meters.
- “First Timers” event will race 500 meters.

Race Fees:

For early registration, \$15.00 per contestant. The late registration entry fee (at the door) is \$20.00.

It pays to register early. Early registration deadline is Thursday, 01/23/20

Prizes: A commemorative medal will be awarded for 1st, 2nd, & 3rd places of each event.

In the team events, members of a team must be from the same club and all members will receive a medal award.

Ergometers for Sale: Older Concept 2 ergometers will be for sale and may be picked up after the race. Interested persons, call Dick Bell.

Contact: Dick Bell, 27551 Rackham Dr., Lathrup Village, Michigan
48076-3301

Phone: (248) 875-8574 (cell)

Email: bellr@macomb.edu.

Registration by Email at: bellr@macomb.edu

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 25, 2020**

Registration fee \$15.00 per person **Registration due Thursday, January 23, 2020**

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 ANTEDEOTE 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 (AGE40-49) |
| <input type="checkbox"/> 9. VETERAN MEN (AGE 50 & 59) | <input type="checkbox"/> 10. WOMEN (AGE50-59) |
| <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)** | <input type="checkbox"/> 14, 15, & 16. AS LIGHTWEIGHT – 3 classes: 160, 150, 140 lbs. |
| <input type="checkbox"/> 17. Youth NOVICE BOYS | <input type="checkbox"/> 19, & 20. AS LIGHTWEIGHT – 2 classes: 135 & 125 lbs. |
| <input type="checkbox"/> 18 Youth GIRLS (Age 14 – 19**) | |
| <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 lbs. MAX.) | <input type="checkbox"/> 25. COXSWAIN WOMEN (120 lb MAX) |
| <input type="checkbox"/> 26. "First Timers" 500 meter dash | |
| <input type="checkbox"/> 27. TEAM RACE - MEN | <input type="checkbox"/> 28. TEAM RACE – Youth BOYS** |
| <input type="checkbox"/> 29. TEAM RACE - WOMEN | <input type="checkbox"/> 30. TEAM RACE – Youth GIRLS ** |
| <input type="checkbox"/> 31. TEAM RACE – Men & Women Recreational & Adaptive/Para Athletes*** | |

* Race 11 & 12 will be handicapped according to the USRowing rules of Racing 2018
 ** Youth Boys & Girls – the day of this indoor race.
 *** Recreational Men & Women teams will be composed of athletes that do not competing in racing shells during the rowing season

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 or sign on race day.

RACE DAY SCHEDULE OF EVENTS:

<u>TIME</u>	<u>EVENT</u>	<u>RACE</u>
8:30 am	22. Pre-HS, 13yr & Under BOYS 23. Pre-HS, 13yr & Under GIRLS 1. MEN (Age 20 - 29 Heavy) 2. MEN (Age 20 - 29 Light, ≤ 160 Pounds) 3. WOMEN (Age 20 - 29 Heavy) 4. WOMEN (Age 20 - 29 Light, ≤ 135 Pounds) 5. MASTER MEN (AGE 30-39) 6. WOMEN (AGE 30-39) 7. SENIOR MEN (AGE 40-49) 8. WOMEN (AGE40-49) 9. VETERAN MEN (AGE 50 & 59) 10. WOMEN (AGE50-59) 11. AGELESS MEN (AGE 60 &UP)* 12. WOMEN (AGE 60 & UP)*	
	13 Youth BOYS (Age 14 - 19) 14, 15, & 16. AS LIGHTWEIGHT – 3 classes: 160, 150, 140 lbs. 17. Youth NOVICE BOYS	
	18 Youth GIRLS (Age 14 - 19) 19, & 20. AS LIGHTWEIGHT GIRLS – 2 classes: 135 & 125 lbs. 21. Youth NOVICE GIRLS	
	24. Youth COXSWAIN MEN (130 lb. MAX.) 25. Youth COXSWAIN WOMEN (120 lb. MAX.)	
	26. “First Timers” 500 meter dash. Open to all first time racers including medals for fastest male and female among Veterans, Recreational, Novice, and Para/Adaptive entrants.	
7	27. TEAM RACE – MEN 28. TEAM RACE – Youth BOYS** 29. TEAM RACE – WOMEN 30. TEAM RACE – Youth GIRLS ** 31. TEAM RACE – Recreational MEN*** 32. Recreational WOMEN*** End of Races	

Races will be at 15 minute intervals and events combined to expedite racing