

“MOTOWN MADNESS”
“Your mind and body will never be the same!”
DETROIT INDOOR ROWING REGATTA
SATURDAY, JANUARY 28, 2017
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., and Racing starts: 8:30 a.m. on Saturday, January 28, 2017.

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 and club affiliation.

Distance: Rowers will race 2000 meters and coxswains & Pre-HS, under 13 years old Events 1000 meters.

Race Fees: For early registration, \$15.00 per contestant and the opportunity to row and **win a commemorative medal for 1st, 2nd, & 3rd places.**

The late registration entry fee is \$20.00.

It pays to register early. Early registration deadline is Thursday, 01/26/17

Prizes: A commemorative medal will be awarded to the winner 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: Used Concept 2 ergometers will be for sale and may be picked up after the race. Used Model D ergs with PM 3 monitors, \$650.00. & Model D ergs with PM5 monitors, \$850.00. 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 (mobile)

Email: 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.

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; b. after 12/31/97) 14, 15, & 16. AS LIGHTWEIGHT – 3 classes: 160, 150, 140 lbs. 17. Youth NOVICE BOYS	
	18 Youth GIRLS (Age 14 - 19; b. after 12/31/97) 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. TEAM RACE – MEN 27. TEAM RACE – Youth BOYS** 28. TEAM RACE – WOMEN 29. TEAM RACE – Youth GIRLS ** 30. TEAM RACE – Recreational MEN*** 31. Recreational WOMEN***	
1:30 pm	End of Races	

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