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Great Miami River Days Festival ***September 11, 2010***

Presented by the
Great Miami Rowing Center

Men's and Women's Masters Events in the following boats:

Men's/Women's 1x, 2x, 4x and 4+
Mixed 4+ and 8+
Rec 1x, 4+ and 8+
Open 8+'s & 4+'s
Dragon Boats

Philanthropy Cup

The Great Miami Rowing Center will be awarding the club raising the highest funds for Susan G. Komen Breast Cancer Foundation through Hamilton's Row for the Cure with the Philanthropy Cup.

While participants are strongly encouraged to raise donations, it is not a requirement for participation. All racers are welcome to race whether or not they participate in fundraising.





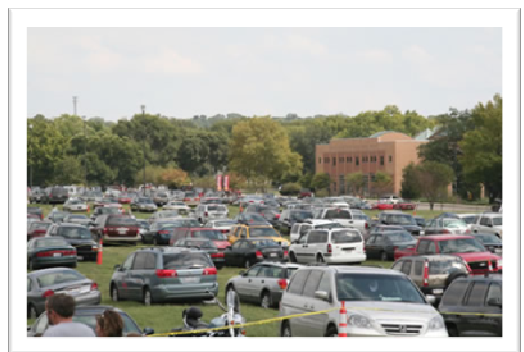
The Great Miami Rowing Center proudly presents Row for the Cure at the Great Miami River Days Festival. As one of the featured water exhibitions of the Festival, rowing has been a part of River Days for several years. The 5th annual Great Miami River Days event takes place Saturday, September 11 from 11AM to 8PM and Sunday, September 12 from 11AM to 6PM along the banks of the Great Miami River on Neilan Boulevard in Hamilton, OH.



Great Miami River Days features historical and recreational events while conservation and education organizations participate with hands-on displays to help adults and children understand the value of the river. Exciting river activities include water skiing, boat races, rowing AND Jet Ski exhibitions, kayak rental and canoe adventures, and pontoon boat rides. Other activities include historical re-enactors encampment, hayrides, storytellers, American Heart Association Heart Walk, rides, food booths & more!

FESTIVAL & EDUCATIONAL ACTIVITIES

- Badgerland Water Ski Show Team
- Freestyle Jet Ski and Rowing Exhibitions
- Riverboat PONTOON Cruises by Hern Marine
- GMR Riversports Kayak Rental and Canoe Adventures
- Izaak Walton League Hay Rides ~ Water Testing Workshop
- Miami Valley 1700-1865 Re-enactors Encampment
- Children's Entertainment Area with rides, storytellers and clowns.
- Educational Activities ~ Food Booths
- Scavenger Hunt for children
- American Heart Association Annual 5K Heart Walk





DIRECTIONS AND PARKING FOR SATURDAY ONLY

Hamilton, Ohio is located between Cincinnati and Dayton, just off Interstate 75.

• **For visitor parking (vehicles not carrying boats or athletes):**

Take I-75 to Route 129W to Hamilton (becomes High Street). Turn left on Martin Luther King Blvd., right on Knightsbridge Drive, and left on University Blvd., parking will be on the right. Although there is no admission fee for the Festival there is a \$5.00 charge for visitor parking.

• **For those vehicles bringing athletes and/or boats on car rooftop racks:**

Follow directions above except when on Knightsbridge pass University Blvd. and go straight to Neilan Blvd., turn left on Neilan Blvd. Park along the side of the road. Stairs to the walk/bike path along the river are across from Knightsbridge Drive. Go left on the path.

• **For trailer parking:**

Head west on 129. Once in Hamilton turn left on Martin Luther King, turn right on Pershing Ave. Then turn left on Neilan Blvd., 200' later prepare for a gentle right hand turn down an access ramp on to the bike path. There is a red gate that will be open and will identify the location of the access ramp.

OFFICIAL HOTEL

Courtyard by Marriott, Hamilton

1 Riverfront Plaza
Hamilton, Ohio 45011 USA
Phone: 1-513-896-6200
Toll-free: 1-800-606-2813



EVENTS OFFERED

Men's and Women's Masters events in the following boats:

- | | |
|---------------------|----------------------|
| 1 Mens Masters 1x | 10 Mixed Rec 8+ |
| 2 Womens Masters 1x | 11 Rec 1x |
| 3 Mens Masters 2x | 12 Mixed 4+ |
| 4 Womens Masters 2x | 13 Mixed 8+ |
| 5 Mens Masters 4x | 14 Mens Open 4+ |
| 6 Womens Masters 4x | 15 Womens Open 4+ |
| 7 Mens Masters 4+ | 16 Mens Open 8+ |
| 8 Womens Masters 4+ | 17 Womens Open 8+ |
| 9 Mixed Rec 4+ | 18 Dragon Boats- NEW |





COURSE

The 1000 meter course is on the Great Miami River. The start line is just below Columbia Bridge, while the finish line is just above the dam.

ALL boats, including local teams, will launch from the Great Miami River Days festival site on Neilan Blvd. This adds to the excitement of the finish area and makes for much smoother communication between the race officials and teams.

There will be docks located at the Great Miami River Days Festival on Neilan Blvd. Once crews launch, they will row upstream to the warm up area north of the Columbia Bridge, then turn to race downstream. At the conclusion of the race be prepared to slow down quickly and follow the directions of the Course Marshals. **Please remember there is no room for an on-the-water cool-down.**

ENTRIES

All competitors may participate in multiple events. Competitors are responsible for allowing sufficient time to race in one event, land, re-queue, and launch in time for an additional event. Competitors will not be allowed to land or launch out of order and hot-seating of athletes and/or boats is strongly discouraged.

Entries must be received with entry fee no later than Saturday, September 4, 2010 at midnight PDT. **Entries received before August 28, 2010 will qualify for a 20% off discount! Register early and save some money!**

Entries are to be submitted online via www.regattacentral.com. Registration is open from August 18 to September 4. Late entries can be accommodated if they do not create an additional heat but they are subject to a \$25 late fee per entry.

Masters competitors must submit a date of birth for all competitors during the entry process. Crews with missing or incomplete date of birth information will race as a 27-year-old rower.

Confirmed entries will be posted on www.regattacentral.com.

Entry Fees

Please note that we give early registrations a 20% discount.

Entries received before 9/4		Early Bird Fees received before 8/28	
1x	\$35	1x	\$28
2x	\$45	2x	\$36
4x/4+	\$65	4x/4+	\$52
8+	\$80	8+	\$64
DB	\$500	DB	\$400





Waivers will be accepted through Regatta Central's on-line system or paper waivers (available as a pdf file under the "Join/Renew" tab at www.usrowing.org) may be sent to the Race Director: Mary Fran Piepmeier, 740 Ivy Ave., Glendale, OH 45246. All waivers must be available on-line or received by September 4. Directions for on-line submission of waivers can be found at www.regattacentral.com. Login to Regatta Central or become a New User by clicking on the "Join Now" link and following the steps to create a new account. Under "My Affiliations" make sure you have listed the team(s) you are associated with. Then, in the "My Roster" box click on "Instructions for US Rowing Waiver Submission" and follow the directions. Please feel free to contact Regatta Central Support at 614-360-2922 M-F 9am-5pm EST or e-mail support@regattacentral.com.

ROWING FOR THE CURE

All donations and the net proceeds from this regatta will go to the Susan G. Komen Breast Cancer Foundation. Participants are encouraged to solicit funds. However, all racers are welcome to race whether or not they participate in fundraising.

All **pledge donation** checks should be made out to **Komen for the Cure**, and brought to the regatta to be submitted on the day of the race. Deadline for inclusion in this year's totals is September 11th. Pledge donations are tax-deductible. Receipts will be issued for contributions of \$100 or more, or upon request.

NOTE: If you are submitting pledge donations and you are part of a team, you and your team will be credited for the amount of donations which you submit. If you want someone other than yourself to receive credit for donations you are submitting, please include a note with how much they should receive credit for (and their mailing address!)

COMPETITORS' TENTS

Competitors may put up tents for protection from the elements, but not grilling equipment. The tents must be set up in the area between the bike path and the levy.

REGISTRATION

Scullers and crew representatives must report to Regatta Registration at one of two times:

Friday, September 10 from 5-8 PM or Saturday, September 11 from 9AM -12PM

Packet pick-up is located at the River Days Festival in the Great Miami Rowing Center booth (located on the west side of Neilan Boulevard in the northern most booth).

All scratches must be reported at least one (1) hour prior to an event.





BOW MARKERS

Bow markers will be given out at the Control Commission. Bow markers must be affixed on the bow of the racing shell by way of an appropriate bow marker holder.

SAFETY

- All shells must be equipped with a bow ball.
- Each set of shoes within the shell must be equipped with properly-secured heel tie-downs.
- A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:
- The opening through which the coxswain enters and exits shall be at least 2.30 feet (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm), the opening shall be as wide as the inner hull of the boat itself. The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

REFUNDS

The Great Miami Rowing Center will NOT refund scratches communicated to the Registrar beyond the September 4th entry close date.

RESULTS

After the race, official results will be available on the Great Miami Rowing Center web site at www.greatmiamirowingcenter.com as well as other rowing websites.

Additionally, they will be available within an hour of each race at the results Board in the Great Miami Rowing Center Booth at the River Days Festival

Once racing is complete, competitors are welcome to join us at the Festival.

2010 Rules and Regulations

It is the responsibility of all competitors to be familiar with the Racing Rules that follow as well as those Rules of Rowing as published by US Rowing that may be applicable to the Row for the Cure. Row for the Cure at Great Miami River Days is a USRowing Registered Regatta.

COACHES', COXSWAINS', & SCULLERS' MEETING

A mandatory meeting will occur Saturday at 7AM at the Control Commission Tent.

RFTC @ GREAT MIAMI RIVER DAYS CLASSIFICATIONS

All competitors must be eligible for the event division in which they are competing.





Any crew containing an ineligible competitor will be violating the rules and will be disqualified from the Regatta.

Failure to comply will cause the results of the competitor(s) to be excluded.

Open

This category is not open to any rower who has not exhausted their "junior" classification nor other potential NCAA prospects.

Novice/ Rec

Individual who started racing sweep or scull after Jan.1, 2009, or whose skills are at the developmental level, experience is limited. Although the rec events are open, we will be applying a handicap based on the average age of the boat as per the masters definition below.

Mixed Boats

Must contain at least equal numbers of women as it includes men (may contain more women than men).

Dragon Boats- NEW!

Intermediate and Novice Dragon Boat teams. Must be 12 years or older to participate. Events will be 250 and 500 meters.

Master

In accordance with USRowing Rules, a master is a competitor who has attained or will attain the age of 21 during the current calendar year. The Coxswain's age shall not be counted. Each member of the crew with the exception of the coxswain must be within the masters' age limitations.

Age is determined by the competitor's age as of December 31, 2010, rounded down to the nearest whole number. Average age of a boat will be used for multiple-competitor boats. Masters events will be divided into as many separate USRowing Masters categories as possible. The RFTC at Great Miami River Days retains the right to combine categories if less than three entries have been received in any one category.

Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master. Masters crews shall be classified by age according to the following categories:

- (AA) 21 to 26 years,
- (A) 27 to 35 years,
- (B) 36 to 42 years,





- (C) 43 to 49 years,
- (D) 50 to 54 years,
- (E) 55 to 59 years,
- (F) 60 to 64 years,
- (G) 65 to 69 years,
- (H) 70 to 74 years,
- (I) 75 to 79 years,
- (J) 80 and over.

The age category of a Masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is a Master and so long as the average age of the crew falls within the applicable category.

Handicaps will be applied for all boats using the Standard USRowing handicaps for a 1,000 meter course and will be multiplied by 2.5 to factor for the length of the course. Please see <http://www.usrowing.org/uploads/docs/rulesofrowing.pdf> for more information.

Quadruple Sculls. With or without coxswain.

FACILITIES

Portable sanitary facilities will be located throughout the dock area and the Festival site. Concessions providing food, beverages, t-shirts, posters and programs, will be located on top of the levy at the Festival.

FIRST AID

City of Hamilton paramedics will be onsite throughout the day.

SITE SECURITY

The Festival provides security only for Saturday night, so visiting crews are advised to take all reasonable precautions as the Regatta cannot guarantee the safety of equipment over night on Friday.

THE RACE COURSE

The 1000 meter course is on the Great Miami River. The start line is just below Columbia Bridge, while the finish line is just above the dam. Dragon Boats will race 250 and 500 on the same course.

The race course will be full buoyed.





Starting marshals located above the start line will assist as crews order themselves by bow marker and event.

After launching and when finished racing, boats must proceed back to the dock and wait in line for a spot to open on the upstream side of docks. All competitors are responsible for being familiar with the course. Please consult the course map.

COURSE SAFETY

Competitors and coxswains must review the course maps carefully to locate shallow areas and bad water. The river is closed to all boat traffic during the race.

WARM-UP

When launching from the Boat Ramp docks competitors must row north staying on the west side of the river to the warm-up area north of the Columbia Bridge. Follow the instructions of the marshals in the starting area.

Each entrant must be in the starting/marshalling area ten (10) minutes prior to their scheduled starting time.

The dockmaster will make two calls for launching crews.

RACING

While racing, boats must stay on the designated buoyed racecourse. Oar blades may go over buoys but the hull of the shell must stay on the course.

FINISH

The finish is clearly marked by two large buoys. Once beyond the buoys, crews must immediately turn and continue towards the dock area.

PROTESTS

All protests must be filed within 30 minutes of the end of the race in which the violation occurred. The crew's coxswain or representative rower/sculler must indicate the crew's intent to file a protest to the course marshal at the finish line or to the dockmaster on shore at the docks/launching area.

Protest forms are available at the Race Control/Communications tent near the finish line. Protest forms must be filed directly with a USRA race official.

Have a representative from the protesting crew available during the judge and referee deliberations.

A \$25 filing fee is required at the time a protest is filed. In the event the protest is upheld, the fee will be returned. If the protest is denied, the fee will be forfeited.





AWARDS

All medals will be awarded at the Awards Tent located near Race Registration. Gold medals will be awarded to the top finisher in each division. Silver medals will be awarded in events with at least five (5) entries. Bronze medals will be awarded in events with at least ten (10) entries.

Any events under protest may delay the awarding of medals for that event. All protests will be adjudicated by US Rowing officials at the officials' meeting following the final race of the day. Medals not awarded or retrieved 30 minutes after the last race will be mailed after the event.

CONTACTS AND LINKS

Race Director: Brian Clark

Phone: 513.207.7525

e-mail: regattadirector@greatmiamirowing.com

Race Website:

www.greatmiamirowing.com/rowforthecure

US Rowing:

(800) 314-4ROW (4769);

(609) 751-0700

e-mail: members@usrowing.org

www.USRowing.org

Registration:

www.RegattaCentral.com

e-mail: support@RegattaCentral.com

