

The Maine Rowing Association and OA Centers for Orthopaedics invite  
you to:

# **THE COW ISLAND CLASSIC**

**5000 meter “Head” Style Loop Race**  
**Registration 6:30AM – 7:30AM**  
**Saturday - August 22, 2015**

**Singles – 8:00 AM**

**Fours – 8:45 AM**

**Doubles – 9:15 AM**

**Events** - For Men and Women - Racing Shells – 1X, 2X, 4+ - Recreational Shells of any manufacturer – 1X, 2X

**Classifications:** Junior, Open, Mixed, Masters (divisions depend on entries – USRA protocol with MRA handicap)

**Location:** Water Street Ramp – Merrymeeting Community Rowing - Androscoggin River – Brunswick and Topsham, Maine  
GPS entry “100 Water Street, Brunswick, Maine” shows the site well on MapQuest and Google Earth

**Eligibility:** Open to all. **Maine Rowing Association membership required.** All shells should have clogs or quick release shoes with heel tie downs - standard bow ball and bow number clips required – not available at regatta site. State/Coast Guard PFD rules apply.

**Entry Process:** Entries on-line only through Regatta Central - \$20.00 per competitor per race (coxies are gratis!) - **ALL ENTRANTS MUST BE ACTIVE MEMBERS OF THE MAINE ROWING ASSOCIATION on the regatta date – this may be completed through Regatta Central under the Maine Rowing Association club site – yearly \$25 or 1 week \$10 memberships available – there can be no exceptions to this rule –** Entries will be limited to 70 shells maximum. Singles \$20 – Doubles \$40 – Fours \$80 – Profits from the regatta fund Merrymeeting Community Rowing’s programs! You may race in both the single and double sculls if desired...

**Entry deadline is August 18<sup>th</sup> – No late or “day of race” entries allowed – Please respect this!**

**Race Details:** Bow numbers and course maps will be available at registration. The race will follow standard Head racing protocol. Classification and division awards will also be given. Maine Rowing Association Season Series points will be awarded with handicaps calculated. MRA medals will be awarded to the top finishers in each classification/division. Drinks/snacks will be available after the race.

**Launching:** ENJOY OUR NEW FLOAT (funded in part by regatta proceeds...) or wade-in launching available

**Parking:** Available at regatta site – all competitors should return to the registration site for results and post-race festivities.

**Secure overnight shell storage is not available at the regatta site although there are areas where shells may be left on slings - Unless you are familiar with the river, we caution against practicing prior to course marking at relatively high tide.**

**ALL QUESTIONS ABOUT ANY ASPECT OF THE REGATTA SHOULD BE DIRECTED TO:**

**MICHAEL TOTTA**  
207-846-9310 (home)  
207-939-3317 (cell)  
[spineguy@maine.rr.com](mailto:spineguy@maine.rr.com) (E-mail)

# Cow Island Classic Regatta

## WAIVER FORM

IN CONSIDERATION of being given the opportunity to participate in the Cow Island Classic Regatta ("Rowing Activity" or "Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.
2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis, and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releases named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity. The Androscoggin River has fixed and variable hazards - the regatta course will be marked but there remains the potential for dangerous conditions either natural or man influenced out of the control of the organizers.
3. AGREE AND WARRANT that I will examine and inspect the Activity in which I take part and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Maine Rowing Association, the Town(s) of Topsham and Brunswick, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers,, and, if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant: \_\_\_\_\_

Address: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Signature (Only if age 18 or older): \_\_\_\_\_

### PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: (Only if participant under 18): \_\_\_\_\_