

2013 Seattle Row for the Cure® Regatta
Benefiting the Susan G. Komen© for the Cure
Puget Sound Affiliate
General Information

Why To create a world without breast cancer!

History Since 2000 this event has raised more than \$600,000 for its primary beneficiary, the Puget Sound Affiliate of the Susan G. Komen for the Cure®. The support helps them deliver their promise to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cure.

Goal Row for the Cure® offers rowers and paddlers the chance to make a difference in the lives of many. Each stroke you row or paddle and every dollar you raise helps in the fight to prevent and cure breast cancer. Each participant is encouraged to raise a minimum donation of \$150, which is the cost of a screening mammogram

When Sunday, September 15th, 2013 at 6 a.m.

Where Rowers and paddlers will start in the Lake Washington Ship Canal near the Seattle Pacific University boat dock (at the end of 3rd Avenue W off W Nickerson Street) and follow the shoreline to south Lake Union, make a long sweeping turn around the permanent red buoy and head north inside the yellow speed buoys. The finish line is adjacent to the Wards Cove houseboat dock at 2821 Fairview Avenue E in northeast Lake Union. Tribal canoes will paddle inside the race course on Lake Union.

See attached map.

What A 5.5-kilometer head race for rowing shells, kayaks, canoes, outrigger and tribal canoes, and dragon boats.

- Competitive racing for open, junior and masters rowers.
- Competitive racing for paddlers in kayaks, dragon boats, canoes, outrigger canoes, tribal canoes, stand-up paddle boards and other open water, human powered craft.

Registration Go to www.rowforthecure.com to register on RegattaCentral or go to www.regattacentral.com. The nonrefundable entry fee of \$30 for adults and \$25 for juniors includes a T-shirt. Payment is due no later than Wednesday, **September 11, 2013**. There is **no day of race registration**. Payment by credit card is accepted on RegattaCentral with an additional processing fee. Make checks payable to the **Pocock Row for the Cure** and send to the Pocock Rowing Foundation, 3320 Fuhrman Ave. East, Seattle, WA 98102. For help registering, email info@regattacentral.com or jsmithkirkland@comcast.net.

Categories Mens Open 1x, Womens Open 1x, Mens Masters 1x, Womens Master 1x, Mens Open 2-, Womens Open 2-, Mens Open 2x, Womens Open 2x, Mixed Open 2x, Mens Masters 2x, Womens Masters 2x, Mixed Masters 2x, Parent/Child 2x, Mens Masters 3x, Womens Masters 3x, Mixed Masters 3x, Mens Open 4x/4+,

Womens Open 4x/4+, Mixed Open 4x/4+, Mens Masters 4x/4+, Womens Masters 4x/4+, Mixed Masters 4x/4+, Mens Junior 4x+/4+, Womens Junior 4x+/4+, Mens Open 8+, Womens Open 8+, Mixed Open 8+, Mens Masters 8+, Womens Masters 8+, Mixed Masters 8+, Mens Junior 8+, Womens Junior 8+, Novice Mens Masters 8+, Novice Womens Masters 8+, Novice Mixed Masters 8+

NOTE: We encourage entries in kayaks, outrigger canoes, tribal canoes, dragon boats and standup paddleboards. To enter these categories, please contact registrar Julie Smith at jsmithkirkland@comcast.net, 425-828-0205.

Packet Pickup Pickup of regatta packets and T-shirts is available and encouraged on **Saturday, September 14 from 9 a.m. to 12 noon and from 5 to 6 p.m.** at the Pocock Rowing Center, 3320 Fuhrman Ave. East. Day of race pickup will start at 5:30 a.m. The best selection of T-shirt sizes will be on Saturday.

USRowing This is a USRowing registered regatta with USRowing officials. The 2013 USRowing Rules of Boat Racing will apply unless otherwise stated.

Race Plan The first flight starts at 7 a.m. with tribal canoes. Competitive rowing starts with the second flight at 7:30 a.m. Dragon boats, kayaks, canoes, outrigger canoes, stand-up paddle boards and other open water craft will follow. The final schedule will be posted at www.regattacentral.com and www.rowfortheure.com by Friday afternoon, September 13.

Starting Boats will start at approximately 15-second intervals. Please be in the Lake Washington Ship Canal staging area 10 minutes prior to your event start time. Prepare to start in bow number order and follow the officials' instructions. Crews arriving late to their start may be disqualified as will crews without proper bow numbers.

Waivers All participants, including volunteers, must sign and return the USRowing waiver of liability. Waivers may be submitted on line at RegattaCentral or turned in at registration on Sunday, September 15. Juniors under age 18 must have a parent or guardian signature on the release. All participants must be competent swimmers.

Racing Awards Medals will be presented for the first place finishers and ribbons for second and third places. Awards will be presented during a short program following the third flight at approximately 9:45 a.m.

Donation Awards Again this year, raising donations will be online with Active Giving! Create your own page and email your friends to ask for their support. Go to www.rowfortheure.com, click on Cities, click on Seattle and click on the adjoining Donate button. Awards go to the top crew and top individual fundraiser for the Puget Sound Affiliate of the Susan G. Komen© for the Cure. **To count toward awards, donations must be submitted Friday, September 13 by 8 p.m. online or by 4 p.m. at the Pocock Rowing Center.**

Costume Awards All participants are encouraged to create rowing garb that is unique and PINK. Judging will be done during the races on the water. Details to be announced!

Handicap Masters rowing events will be adjusted using the handicapping format as published in USRowing's "Rules of Rowing". Handicap values will be multiplied by 5.5. Unadjusted times are used for all other events. The age of a crew shall be determined by the average age of the rowers rounded down to the nearest whole number. The age of the coxswain is not included. If a masters boat entry does not specify an average age, the unadjusted time will be used.

Crew Age Changes All changes in age of crew must be submitted in writing to Julie Smith at jsmithkirkland@comcast.net or c/o Pocock Rowing Center, 3320 Fuhrman Ave. East, Seattle, WA 98102 by Wednesday, September 11. No age of crew changes will be accepted by phone.

Master A rower who is at least 21 years old by December 31, 2013. All rowers must be of masters rowing age to compete in a masters category.

Junior A rower who is 18 years old or younger.

Novice All rowers in the boat must be new to competition within that same discipline (sweep or sculling) as of October 2012.

Exhibition A rowing crew with master, open and junior age rowers.

Open Anyone may race in the open events.

Mixed A rowing crew with at least half of the rowers being female. Mixed dragon boats, canoes, outrigger and tribal canoes are not held to this formula.

Bow Number Each boat will receive a bow number. Please return bow numbers to the Pocock Rowing Center or the dock masters at the official launch sites.

Bow Balls Each rowing shell must have an intact bow ball, bow clip and heel ties where applicable.

First Aid Should there be a need for First Aid, please report to Regatta headquarters at the Pocock Rowing Center or dock masters at official launch sites.

Event T-shirt All participants are encouraged to race in the event T-shirt or in PINK. See Costume Awards.

Regatta Meeting The coxswains'/coaches' meeting will be held at the Pocock Rowing Center at 6 a.m. In the event of fog or other weather delays, the meeting will be held as scheduled and the flight schedule adjusted in half-hour increments as needed. Race delays will be announced at the Pocock Rowing Center, Lake Washington Rowing Club, Seattle Pacific University, Seattle Rowing Center and Lake Union Crew boathouses, and the dragon boat, kayak and canoe launch sites.

Boats Competitive teams are encouraged to bring their own boats.

Coxswains must bring their own cox boxes.

Parking For crews and trailers and rigging areas will be located at various local boathouses. Please notify us if you are bringing a trailer and we will confirm a launching site for you and if you need parking overnight.

We highly encourage carpooling.

Launch site for Paddlers Public boat launch at 2301 NE Northlake Way, (east of Gas Works Park), Pocock Rowing Center, Lake Washington Rowing Club, Seattle Rowing Center or Seattle Pacific University.

Pledge Program Donations will be accepted online at Active Giving (link on www.rowforthecure.com and on RegattaCentral) and in person using the pledge form attached below and downloadable from RegattaCentral. Donations can be made in honor of individuals and listed by fundraising team or individual. Donations and pledges will be gladly accepted on race day. Make checks payable to Pocock Row for the Cure.

Food After racing, complimentary refreshments will be served at Pocock Rowing Center.

Sponsor Pocock Rowing Center, The George Pocock Rowing Foundation

Questions Email: SEATTLE@RowForTheCure.com for general regatta and racing questions.

Website: www.rowforthecure.com

For registration questions call Julie Smith at 425-828-0205

For regatta questions call Cathy Curran at 206-954-6285

For Komen for the Cure info: www.komenpugetsound.org.

Pocock Rowing Center

3320 Fuhrman Ave. East

Seattle, WA 98102

Registration

Deadline Wednesday, September 11, 2013 at 9 p.m.