



2017 Seattle Row for the Cure® Regatta

Benefiting the Susan G. Komen© for the Cure Puget Sound Affiliate

Why: To create a world without breast cancer!

History: Since 2000 this event has raised more than \$854,000 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 help Seattle RFTC reach its \$100,000 goal for 2017.

When: Sunday, September 17th, 2017, 7:30 a.m. racing begins.

What: 5800m head race for rowing shells, kayaks, canoes, outrigger and tribal canoes, and dragon boat on Seattle's Lake Union.

Coaches/Cox's Meeting: Sunday, September 17, 2017 at **6am** at Pocock Rowing Center (3320 Fuhrman Ave E, Seattle, WA 98102).

Questions?

- Check out our website <http://www.rowforthecure.com/seattle>
- Read the regatta page on Regatta Central:
https://www.regattacentral.com/regatta/?job_id=5316
- Contact the registrar: seattle@rowforthecure.com

FUNDRAISING

We are using the [Classy platform](#) as a tool for teams and individuals to fundraise and make it easy for donors to contribute.

Start by having someone on your team set up a team site and then get everyone on your team to set up their own individual account under the team's profile. All money collected will be automatically posted to your club's account and will show up in the fundraising dashboard.

Unaffiliated donors can set up a page too.

AWARDS PARTY

Awards:

- TOP TEAMS: One pink erg each to the top fundraising junior and master teams.
- TOP FUNDRAISER: A Hot Air Balloon Ride for Two will be awarded to our top fundraiser. The 2nd place master and junior rowers will receive insulated RFTC bottles and 3rd place master and junior rowers will receive RFTC pogies.
- **To count toward awards, donations must be submitted Saturday, September 16 by NOON online or by check by 4 p.m. at the Pocock Rowing Center.**

***** New in 2017 *****

Fundraising awards will be announced at the Row for the Cure awards event at [Gas Works Park](#) at 10:30am following the races. Donuts, bagels, fruit, coffee and refreshments will be served beginning at 9:30am.

***** New in 2017 *****

Free Bus Shuttle between launch sites and Gas Works Park starting at 7:30 am and running through noon.

This year **Shuttle Express** is donating drivers and vans to transport people between Lake Washington Rowing Club, College Club, Pocock Rowing Center and Gas Works.



COSTUME CONTEST

All participants are encouraged to create rowing garb that is unique and PINK. Judging will be done during the races on the water. Costume contest winners will be featured on the 2018 RFTC poster, social media, and our website.

RESULTS AND MEDALS

Results will be available online at RegattaCentral following the race.

Medals will be awarded for the first-place finishers and ribbons for second and third places. They will be available for pick-up at Gas Works Park once results are posted between 10:00am – 12:00pm. Any medals that are not claimed on race day will be available for pick-up at the Pocock Rowing Center.

T-SHIRTS

For fundraisers that meet or exceed the personal fundraising goal or for those that donate the goal of \$150 or more, you will receive a Row for the Cure Pink in the Park T-shirt for free! T-shirts will be available at the Gas Works Park T-shirt vendor booth throughout the morning and until noon on race day. Additionally, we will have race T-shirts and hoodies for sale to the public.



HOTEL ACCOMODATIONS

For those traveling to Seattle for the Row for the Cure, we have secured a discounted rate on rooms at the Hampton Inn & Suites Seattle - North/Lynnwood.

Please book your rooms by August 17th to ensure availability. Use the link below or call the hotel direct:

Reservation Link:
[Row for the Cure Seattle](#)

Call Direct:
424-771-1888 and ask for the “Row for the cure” Group Rate

Hotel Details:

Hampton Inn & Suites Seattle-North/Lynnwood

19324 Alderwood Mall Parkway
Lynnwood, WA 98036
425-771-1888



REGISTRATION & PACKET PICK-UP

Online Registration: www.regattacentral.com.

Registration Deadline: **Wednesday, September 13, 2017 at 9 p.m. PT.**

This includes waivers, rosters, and entry fees. **There is no day of race registration.**

Nonrefundable Entry Fees:

- Masters/Open: \$50 per seat
- Juniors: \$25 per seat

Payment via RegattaCentral is preferred. If old-fashioned, make checks payable to the **Pocock Row for the Cure** and send to the Pocock Rowing Foundation, 3320 Fuhrman Ave. East, Seattle, WA 98102.

Waivers: Waivers and rosters must be completed online by **Wednesday September 13, 2017**. Coaches can check athlete waivers by clicking “waiver status & instruction” in their RegattaCentral account. Note be sure to check the expiration date and confirm that the waiver is valid through September 17, 2017.

Juniors under age 18 must have a parent or guardian signature on the release. All participants, **including** coxswains, must have an active USRowing membership and have signed the waiver before racing. All waivers must be completed electronically (<http://www.usrowing.org/sign-a-waiver/>) and complete prior to Wednesday September 13, 2017. Crews will not be allowed to race without waivers for each athlete.

Packet Pick-Up Hours:

- Saturday, September 16, 2017: 9am – noon
- Sunday, September 17, 2017: 5:00am – 7am

Pick up your packet on **Saturday** and you'll get a **Pink Dragon** Mini-Cheesecake as a reward.



Packet Pick-up Location: Pocock Rowing Center, 3320 Fuhrman Ave. East

Notes:

- **You will not be able to pick up your entry packet without completed waivers and payment. No exceptions.**

- Line-ups must be completed through your RegattaCentral account by Wednesday, September 13, 2017. Late changes may be made at packet pick-up but this may cause delays. Tip: If in doubt, it is better to register your crew by the registration deadline (Wednesday) and correct birthdays and athlete names later (by Friday).
- Packets will be handed out per crew. If you are collecting packets for your entire club, please have a list of boats (bow numbers) ready.
- The regatta does not run a boat borrowing program anymore. We did in the past. It got too complicated. Likewise, coxswains must bring their own cox boxes.
- All participants must be competent swimmers.

Definitions:

- **Master:** A rower who is at least 21 years old by December 31, 2017.
- **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 of the previous year
- **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.

EVENT LIST AND START TIMES

Racing starts at 7:30 a.m. Boats will start at approximately 15-second intervals.

Adaptive rowing: We love adaptive rowing. Adaptive crews race alongside everyone else. Please email the registrar to let us know you are coming.

We encourage entries in kayaks, outrigger canoes, tribal canoes, dragon boats and standup paddleboards. To enter these categories or to enter a rowing category you do not see listed, please contact the registrar.

Event list: The event list below is tentative and subject to change. The final schedule will be posted at www.regattacentral.com and www.rowforthecure.com by Friday afternoon, September 16, 2017.

1	Mens Jr 8+	30	Mixed Open/Rec 4x coxed
2	Womens Jr 8+	31	Womens Open/Rec 4x coxed
3	Mens Jr 4x	32	Mens Jr Rec 4x coxed
4	Womens Jr 4x	33	Womens Jr Rec 4x coxed
5	Mens Jr 4+	34	Parent/Child 4x
6	Womens Jr 4+		**10 MINUTE BREAK**
7	Mens Open 2x	35	Mens Open 8+
8	Mens Masters 2x	36	Mens Masters 8+
9	Mens Jr 2x	37	Mixed Open 8+
10	Mixed Open 2x	38	Womens Open 8+
11	Womens Open 2x	39	Mixed Masters 8+
12	Mixed Masters 2x	40	Womens Masters 8+
13	Womens Masters 2x	41	Mens Masters Novice 8+
14	Parent/Child 2x	42	Mixed Masters Novice 8+
15	Womens Jr 2x	43	Womens Masters Novice 8+
16	Mens Masters 3x	44	Parent/Child 8+
17	Mixed Masters 3x		**2 MINUTE BREAK**
18	Womens Masters 3x	45	Mens Open 4x
19	Mens Open 2-	46	Mens Masters 4x
20	Mens Jr 2-	47	Mixed Open 4x
21	Womens Open 2-	48	Womens Open 4x
22	Womens Jr 2-	49	Mixed Masters 4x
23	Mens Open 1x	50	Womens Masters 4x
24	Mens Masters 1x	51	Mens Open 4+
25	Mens Jr 1x	52	Mens Masters 4+
26	Womens Open 1x	53	Mixed Open 4+
27	Womens Masters 1x	54	Womens Open 4+
28	Womens Jr 1x	55	Mixed Masters 4+
29	Mens Open/Rec 4x coxed	56	Womens Masters 4+

RULES

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

Doubling up & Hot-seating: Shells (8+, 4+, 4x) and coxswains may double up across the first flight and second flight. If you are hot-seating a shell or coxswain please let your dockmaster know when you launch for the first race. While it is not forbidden for athletes to double-up, it is virtually impossible for you to do so given the event order. And no, we will not rearrange the event list.

Drones: Per the City of Seattle's [policy](#), drones are not allowed over the race course. ([Drone Map Zone](#).)

Handicaps: RFTC uses handicaps patterned after the same system used by the Head of the Charles. Like the Head of the Charles, RFTC's handicaps are based on handicaps for Long Distance Events as published by British Rowing. The system uses Standard Times for the various events and establishes handicaps for each. The Standard Times were determined by an analysis of results from the 2014 RFTC. RFTC's handicaps are shown in the table below.

Gender	RFTC Gender, Age and Boat Handicap (in seconds)																				
	Mens		Mens		Mens		Mens		Mixed		Mixed		Mixed		Womens		Womens		Womens		
	22	21	21	20	19	19	18	23	22	22	21	20	20	19	24	23	23	22	21	21	20
Age / Boat	1x	2-	2x	4+	4-	4x	8+	1x	2-	2x	4+	4-	4x	8+	1x	2-	2x	4+	4-	4x	8+
27	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
28	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
29	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
30	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
31	1.5	1.5	1.5	1.5	1.5	1.5	1.5	2.0	1.5	1.5	1.5	1.5	1.5	1.5	2.0	2.0	2.0	1.5	1.5	1.5	1.5
32	3.0	3.0	3.0	3.0	2.5	2.5	2.5	3.5	3.0	3.0	3.0	3.0	3.0	3.0	2.5	3.5	3.5	3.0	3.0	3.0	3.0
33	4.5	4.5	4.5	4.0	4.0	4.0	4.0	5.0	4.5	4.5	4.5	4.0	4.0	4.0	5.0	5.0	5.0	4.5	4.5	4.5	4.0
34	6.0	6.0	6.0	5.5	5.0	5.0	5.0	6.5	6.0	6.0	6.0	5.5	5.5	5.0	7.0	6.5	6.5	6.0	6.0	6.0	5.5
35	7.5	7.5	7.5	7.0	6.5	6.5	6.5	8.0	7.5	7.5	7.5	7.0	7.0	6.5	8.5	8.0	8.0	7.5	7.5	7.5	7.0
36	9.0	9.0	9.0	8.0	7.5	7.5	7.5	9.5	9.0	9.0	9.0	8.0	8.0	7.5	10.0	9.5	9.5	9.0	9.0	9.0	8.0
37	10.5	10.5	10.5	9.5	9.0	9.0	9.0	11.0	10.5	10.5	10.5	9.5	9.5	9.0	12.0	11.0	11.0	10.5	10.5	10.5	9.5
38	12.0	12.0	12.0	11.0	10.0	10.0	10.0	12.5	12.0	12.0	12.0	11.0	11.0	10.0	13.5	12.5	12.5	12.0	12.0	12.0	11.0
39	13.0	13.0	13.0	12.0	11.0	11.0	11.0	14.0	13.0	13.0	13.0	12.0	12.0	11.0	15.0	14.0	14.0	13.0	13.0	13.0	12.0
40	16.5	16.0	16.0	15.0	14.0	14.0	14.0	17.5	16.5	16.5	16.0	15.0	15.0	14.0	18.5	17.5	17.5	16.5	16.0	16.0	15.0
41	19.5	19.0	19.0	18.0	17.0	17.0	16.5	20.5	19.5	19.5	19.0	18.0	18.0	17.0	21.5	20.5	20.5	19.5	19.0	19.0	18.0
42	22.5	22.0	22.0	21.0	20.0	20.0	19.0	23.5	22.5	22.5	22.0	21.0	21.0	20.0	24.5	23.5	23.5	22.5	22.0	22.0	21.0
43	26.0	24.5	24.5	23.5	22.5	22.5	21.5	27.0	26.0	26.0	25.5	24.5	23.5	22.5	28.0	27.0	27.0	26.0	24.5	24.5	23.5
44	29.0	27.5	27.5	26.5	25.5	25.5	24.0	30.0	29.0	29.0	27.5	26.5	26.5	25.5	31.0	30.0	30.0	29.0	27.5	27.5	26.5
45	32.0	30.5	30.5	29.5	28.5	28.5	26.5	33.0	32.0	32.0	30.5	29.5	29.5	28.5	34.0	33.0	33.0	32.0	30.5	30.5	29.5
46	35.0	33.0	33.0	32.0	31.0	31.0	29.0	36.0	35.0	35.0	33.0	32.0	32.0	31.0	37.0	36.0	36.0	35.0	33.0	33.0	32.0
47	39.5	37.5	37.5	36.5	35.0	35.0	33.0	41.0	39.5	39.5	37.5	36.5	36.5	35.0	42.0	41.0	41.0	39.5	37.5	37.5	36.5
48	44.0	42.0	42.0	40.5	39.0	39.0	37.0	45.5	44.0	44.0	42.0	40.5	40.5	39.0	47.0	45.5	45.5	44.0	42.0	42.0	40.5
49	48.5	46.0	46.0	44.5	43.0	43.0	40.5	50.0	48.5	48.5	46.0	44.5	44.5	43.0	51.5	50.0	50.0	48.5	46.0	46.0	44.5
50	53.0	50.5	50.5	49.0	47.0	47.0	44.5	55.0	53.0	53.0	50.5	49.0	49.0	47.0	56.5	55.0	55.0	53.0	50.5	50.5	49.0
51	57.5	55.0	55.0	53.0	51.0	51.0	48.5	59.5	57.5	57.5	55.0	53.0	53.0	51.0	61.5	59.5	59.5	57.5	55.0	55.0	53.0
52	62.0	59.0	59.0	57.0	55.0	55.0	52.0	64.0	62.0	62.0	59.0	57.0	57.0	55.0	66.0	64.0	64.0	62.0	59.0	59.0	57.0
53	67.5	64.0	64.0	62.0	60.0	60.0	57.0	69.5	67.5	67.5	64.0	62.0	62.0	60.0	72.0	69.5	69.5	67.5	64.0	64.0	62.0
54	72.5	69.0	69.0	67.0	64.5	64.5	61.5	75.0	72.5	72.5	69.0	67.0	67.0	64.5	77.5	75.0	75.0	72.5	69.0	69.0	67.0
55	78.0	74.0	74.0	71.5	69.0	69.0	66.0	80.5	78.0	78.0	74.0	71.5	71.5	69.0	83.0	80.5	80.5	78.0	74.0	74.0	71.5
56	83.0	79.0	79.0	76.5	73.5	73.5	70.5	86.0	83.0	83.0	79.0	76.5	76.5	73.5	88.5	86.0	86.0	83.0	79.0	79.0	76.5
57	88.0	84.0	84.0	81.0	78.0	78.0	75.0	91.0	88.0	88.0	84.0	81.0	81.0	78.0	94.0	91.0	91.0	88.0	84.0	84.0	81.0
58	94.0	90.0	90.0	87.0	83.5	83.5	80.0	97.5	94.0	94.0	90.0	87.0	87.0	83.5	100.5	97.5	97.5	94.0	90.0	90.0	87.0
59	100.0	96.0	96.0	92.5	89.0	89.0	85.0	103.5	100.0	100.0	96.0	92.5	92.5	89.0	107.0	103.5	103.5	100.0	96.0	96.0	92.5
60	106.0	101.5	101.5	98.0	94.5	94.5	90.0	110.0	106.0	106.0	101.5	98.0	98.0	94.5	113.5	110.0	110.0	106.0	101.5	101.5	98.0
61	112.0	107.5	107.5	103.5	100.0	100.0	95.0	116.0	112.0	112.0	107.5	103.5	103.5	100.0	120.0	116.0	116.0	112.0	107.5	107.5	103.5
62	118.0	113.0	113.0	109.0	105.0	105.0	100.0	122.0	118.0	118.0	113.0	109.0	109.0	105.0	126.0	122.0	122.0	118.0	113.0	113.0	109.0
63	124.5	119.5	119.5	115.0	111.0	111.0	106.0	129.0	124.5	124.5	119.5	115.0	115.0	111.0	133.0	129.0	129.0	124.5	119.5	119.5	115.0
64	131.0	125.5	125.5	121.0	117.0	117.0	111.5	135.5	131.0	131.0	125.5	121.0	121.0	117.0	140.0	135.5	135.5	131.0	125.5	125.5	121.0
65	137.5	132.0	132.0	127.0	122.5	122.5	117.0	142.0	137.5	137.5	132.0	127.0	127.0	122.5	146.5	142.0	142.0	137.5	132.0	132.0	127.0
66	144.0	138.0	138.0	133.0	128.5	128.5	122.5	148.5	144.0	144.0	138.0	133.0	133.0	128.5	153.5	148.5	148.5	144.0	138.0	138.0	133.0
67	150.0	144.0	144.0	139.0	134.0	134.0	128.0	155.0	150.0	150.0	144.0	139.0	139.0	134.0	160.0	155.0	155.0	150.0	144.0	144.0	139.0
68	158.0	152.0	152.0	146.5	141.0	141.0	135.0	163.0	158.0	158.0	152.0	146.5	146.5	141.0	168.5	163.0	163.0	158.0	152.0	152.0	146.5
69	165.5	159.5	159.5	153.5	148.0	148.0	142.0	171.0	165.5	165.5	159.5	153.5	153.5	148.0	177.0	171.0	171.0	165.5	159.5	159.5	153.5
70	173.0	167.0	167.0	161.0	154.5	154.5	148.5	179.0	173.0	173.0	167.0	161.0	161.0	154.5	185.5	179.0	179.0	173.0	167.0	167.0	161.0
71	180.5	174.5	174.5	168.0	161.5	161.5	155.5	187.0	180.5	180.5	174.5	168.0	168.0	161.5	194.0	187.0	187.0	180.5	174.5	174.5	168.0
72	188.0	182.0	182.0	175.0	168.0	168.0	162.0	195.0	188.0	188.0	182.0	175.0	175.0	168.0	202.0	195.0	195.0	188.0	182.0	182.0	175.0
73	196.5	190.0	190.0	183.0	175.5	175.5	169.0	203.5	196.5	196.5	190.0	183.0	183.0	175.5	211.0	203.5	203.5	196.5	190.0	190.0	183.0
74	204.5	198.0	198.0	190.5	183.0	183.0	176.0	212.0	204.5	204.5	198.0	190.5	190.5	183.0	219.5	212.0	212.0	204.5	198.0	198.0	190.5
75	213.0	205.5	205.5	198.0	190.5	190.5	183.0	220.5	213.0	213.0	205.5	198.0	198.0	190.5	228.0	220.5	220.5	213.0	205.5	205.5	198.0
76	221.0	213.5	213.5	205.5	198.0	198.0	190.0	229.0	221.0	221.0	213.5	205.5	205.5	198.0	236.5	229.0	229.0	221.0	213.5	213.5	205.5
77	229.0	221.0	221.0	213.0	205.0	205.0	197.0	237.0	229.0	229.0	221.0	213.0	213.0	205.0	245.0	237.0	237.0	229.0	221.0	221.0	213.0
78	237.5	229.0	229.0	221.0	212.5	212.5	204.0	245.5	237.5	237.5	229.0	221.0	221.0	212.5	254.0	245.5	245.5	237.5	229.0	229.0	221.0
79	245.5	237.0	237.0	228.5	220.0	220.0	211.0	254.0	245.5	245.5	237.0	228.5	228.5	220.0	262.5	254.0	254.0	245.5	237.0	237.0	228.5
80	254.0	244.5	244.5	236.0	227.5	227.5	218.0	262.5	254.0	254.0	244.5	236.0	236.0	227.5	271.0	262.5	262.5	254.0	244.5	244.5	236.0
81	262.0	252.5	252.5	243.5	235.0	235.0	225.0	271.0	262.0	262.0	252.5	243.5	243.5	235.0	279.5	271.0	271.0	262.0	252.5	252.5	243.5
82	270.0	260.0	260.0	251.0	242.0	242.0	232.0	279.0	270.0	270.0	260.0	251.0	251.0	242.0	288.0	279.0	279.0	270.0	260.0	260.0	251.0
83	278.5	268.0	268.0	259.0	249.5	249.5	239.0	287.5	278.5	278.5	268.0	259.0	259.0	249.5	297.0	287.5	287.5	278.5	268.0	268.0	259.0
84	286.5	276.0	276.0	266.5	257.0	257.0	246.0	296.0	286.5	286.5	276.0	266.5	266								

LAUNCHING & TRAILERS

Launching begins at 6:40am.

There are two official launch sites for the Seattle Row for the Cure.

- Pocock Rowing Center, [3320 Fuhrman Ave E, Seattle, WA 98102](#)
- Lake Washington Rowing Club, [910 N Northlake Way, Seattle, WA 98103](#)

There is trailer parking at both sites. Please contact the registrar by Wednesday, September 13, 2017 if you are bringing a trailer. We will assign you a parking spot at one of the sites.

Paddlers launch from the public boat launch at 2301 NE Northlake Way, (east of Gas Works Park).

Parking is limited. Please carpool, walk or ride a bicycle!

NOTE: No visiting clubs/rowers to launch from Seattle Rowing Center.

LAUNCH PATTERNS

Pocock Rowing Center

Launching: Pull away from the dock with caution and follow the north shore of Lake Union, around Gas Works Park, past Lake Washington Rowing Club to the Fremont Bridge. Then enter the warm-up pattern described in the next section.

Return: Wait under the I-5 Bridge to be called into the dock.

Lake Washington Rowing Club

Launching: Pull away from the dock with caution and row towards the Fremont bridge. Then enter the warm-up pattern described in the next section.

Return: Clear the finish line and cut across towards Gas Works Park. Follow the shore back to LWRC.

Lake Union Crew

If the race is in progress, wait for permission from the officials' launch to cross the course.

Please return **bow numbers** to the Pocock Rowing Center or the dock masters at the official launch sites.

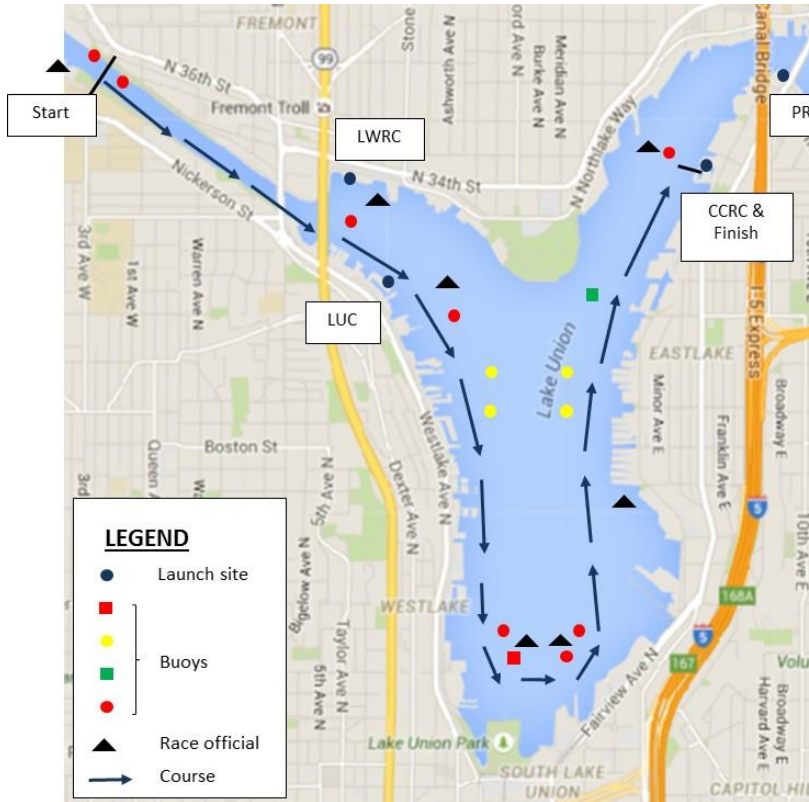
WARM-UP PATTERN



Warm-Up Pattern

- Crews come up hugging the north shore of the ship canal.
- The warm-up pattern runs counter-clockwise around the buoys.
- **All crews must go around the buoy on the east side, of the Ballard bridge**
- **Crews must be at the staging area 4 minutes before their start time.**
- Crews should line up in order of bow number. Take care not to block the warm-up pattern.
- A course marshal will call crews in pairs in order out of the staging area.
- Cox'ns and scullers must keep 15 seconds between boats.
- A second course marshal will instruct your boat to proceed and then to increase the pressure 100m before the start.

RACE COURSE



To enter the warm-up pattern at the start, hug the north shore of Lake Union. Be mindful of other crews in the ship canal. It is narrow so hug the shore.

Passing **IS** allowed on the race course in the ship canal.

PENALTIES

10 seconds

- Late to the start
- No bow number
- No bib number

30 seconds

- Failure to yield

60 seconds

- Interference w/another crew
- Each missed buoy

SAFETY

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.

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

Regatta Safety Plan: Download a copy of the [Row for the Cure Regatta Safety Plan](#) for your own reference.

SPONSORS

A sincere thank you to this year's sponsors! We are so grateful to have their support for Row for the Cure and our rowing community!

Pocock Rowing Center, The George Pocock Rowing Foundation
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Nanostring
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Commerce Bank
Columbia Bank
The Krause Family, in Memory of Joan Susan Mickelson Krause
SHKS Architects
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Charlie's Produce
Trader Joe's

CONTACTS

General regatta and racing questions – seattle@rowfortheure.com

Registration questions - Patty Bulger, 206-450-2221, <mailto:patbul@mindspring.com>

Regatta Director - Angie Sievers, sievers.angie@yahoo.com

Komen for the Cure information - www.komenpugetsound.org

Website - <http://www.rowfortheure.com/seattle>

Venue

- Pocock Rowing Center (Host/Launch Site), [3320 Fuhrman Ave E](#)
- Gas Works Park (Race spectating/Celebration/T-shirts/Awards): [2101 N Northlake Way](#)
- Lake Washington Rowing Club (Launch Site), [910 N Northlake Way](#)