

# 2010 Portland Row for the Cure Entry Packet

To Benefit the Oregon & Washington Affiliate of Susan G. Komen for the Cure

For Rowers and Paddlers  
October 3, 2010  
Willamette River in Portland, Oregon

Presented by Station L Rowing Club and Portland Boathouse



## National Sponsors



## Local Corporate Partners

### Gold Medal



### Silver Medal



### Bronze Medal



**ALDER CREEK**  
KAYAK & CANOE



## October 3, 2010 Row for the Cure Information

**Distance:** 5000 meters for rowers, with a 2500 meter course for paddlers.

**Location:** Downtown Portland's Eastbank Esplanade, launching from the Portland boathouse at 1515 SE Water Ave., located at the east end of the Hawthorne Bridge. Trailer parking on site.

**Entry Deadline and Fees:** They must be received by midnight September 26th, online at [www.regattacentral.com](http://www.regattacentral.com). Entry fees are \$25 per person. No late or day of race entries. All entry fees after regatta expenses are donated to the Oregon and SW Washington Affiliate of Susan G. Komen for the Cure®. All entrants receive special commemorative items.

**Schedule:** There is only one flight for this race due to congestion on the Willamette River in downtown Portland. Boats cannot be used twice. Participants may only race once - no hot-seating allowed including coxswains. Racing will begin with the first flight of dragon boats at 8:30am, rowing events at 9:00am, the second flight of dragon boats and small boat paddlers around 9:30am. Races will begin every few minutes. Order of events is in this packet, and on the registration form at [Regattacentral.com](http://Regattacentral.com). An updated schedule will be emailed to club contacts the week of the race, after the entry window closes. Each entrant will be assigned a launch time, and it is very important that all boats launch at their designated time.

**Course Map:** Map based on aerial photography is available in PDF format on the event page at [www.regattacentral.com](http://www.regattacentral.com) and on the Station L Rowing Club website, [www.stationrowingclub.com](http://www.stationrowingclub.com) on the Row for the Cure® page. Course is the same as the past several years. Start line is just north of the Hawthorne Bridge.

**Packet Pick up:** 5-7pm Saturday October 2 at the Portland Boathouse, or after 6am on race day, same location. Completed waivers are required to pick up packet.

**Mandatory Pre-race meeting:** 7:00am, October 3, Station L bay of the Portland Boathouse, 1515 SE Water Ave. Coaches, coxswains, callers, tillers, scullers and small boat paddlers should attend.

**Parking:** Trailer parking only at the Portland Boathouse parking lot. There is ample street parking for cars within five blocks of the Portland Boathouse. Security will be provided for trailers and boats beginning at 6:00pm, Saturday October 2.

### USRowing Information:

Row for the Cure is a *USRowing* registered and insured regatta.

*USRowing Rules of Rowing* will apply and *USRowing* officials will officiate.

**Racing Categories:** See event list for details. Open to all human powered craft. Events with only one entry will be combined with another event. One race per participant. **All high school rowers** are limited to the "junior" category, to avoid violations of NCAA regulations. High school coxswains may cox masters races.

**Definitions:** "Masters" Rowers aged 21 and over, but crew must average 27+

"Novice" New to rowing since Spring 2010.

"Open/College" Open to any rowers except those still in high school.

**Waivers:** The *USRowing/Komen* waiver form is included in this packet for reprinting or available for download on our RegattaCentral page or available at [www.stationrowingclub.com](http://www.stationrowingclub.com) on the Row for the Cure® page. Mail waivers in or drop off when picking up your packet on race day.

Mailing address: Row for the Cure, PO Box 337, Portland, OR 97207-0337.

- **USRowing waiver:** Non-USRowing members may race, but must fill out and sign a USRowing/Komen waiver. USRowing members with waivers on file still need to sign the waiver because of the joint support for the event.

**Equipment rental:** Contact local clubs or universities if you wish to rent rowing shells. Station L will not be able to rent equipment for the regatta. Those who wish to rent kayaks or canoes should contact Alder Creek at the Portland Boathouse, at <http://www.aldercreek.com> .

**Fundraising:** Businesses are welcome to sponsor team boats or clubs. All participants are encouraged to set an individual fund raising goal of \$150, the cost of a mammogram. **New this year:** donate on line at the Portland page at [www.regattacentral.com](http://www.regattacentral.com) .

- The *Ed Offchiss Memorial Trophy* will be awarded to the team that brings the most donations to the regatta.
- The greatest individual fundraiser will win 5 days lodging at the Oregon coast for six people.
- There is a special prize for the person who brings in the largest single contribution over \$500.

A fundraising form is in this packet. Donations to the Row for the Cure<sup>®</sup> are tax deductible to the extent allowed by law. Pledge checks should be made payable to Row for the Cure. All pledged funds after regatta expenses will go to the Oregon and SW Washington Affiliate of Susan G. Komen for the Cure<sup>®</sup> (75%) and to the National office of Susan G Komen for the Cure<sup>®</sup> (25%) for global breast cancer research. Pledges can be turned in on race day or mailed after the event to Row for the Cure, PO Box 337, Portland, OR 97207-0337.

Contacts:

- For questions about fundraising, breast cancer survivor participation, or media access, email [PORTLAND@RowForTheCure.com](mailto:PORTLAND@RowForTheCure.com) .
- If you are interested in helping your team or club raise funds, contact Kathy Frederick at [PORTLAND@RowForTheCure.com](mailto:PORTLAND@RowForTheCure.com).
- For questions about entries, categories, schedule, course layout, e-mail race director Peter Edwards at [pdxpje@comcast.net](mailto:pdxpje@comcast.net)

Updated entry information, news, and schedules will all be posted on our news page on <http://www.regattacentral.com>. Look over the menu items when you are registering.

You can also check Station L Rowing Club's website for updates, answers to questions and forms for registration: <http://www.stationrowingclub.com> .

For general information about Row for the Cure throughout the USA, check the National Row for the Cure site, <http://www.rowforthecure.com/> .

### Checklist

1. Event registration and payment due on Regatta Central by Sept. 26.
2. USRowing/Komen waivers signed, submitted by mail or on race day.

***Please contact the race organizers if you or any boat members are breast cancer survivors:***

[PORTLAND@RowForTheCure.com](mailto:PORTLAND@RowForTheCure.com)

**Mailing address for waivers/pledges  
Row for the Cure  
PO Box 337  
Portland, OR 97207-0337**

**2010 Portland Row for the Cure  
Regatta Central Registration Instructions Summary**

1. Go to <http://www.regattacentral.com>
2. Click on "New User" link to create your FREE user account [or log in as existing user]
3. Click on "add a regatta to my calendar". Add the October 3 Portland Row for the Cure.
4. Start adding entries to your selected events. Birthdates are only necessary for participants in masters rowing races.
5. Include USRowing #'s if participants are members.
6. Regatta Central will total your fees for you. Pay by credit card.
7. Be sure to have all participants fill out a USRowing/Komen waiver form (included in this packet).  
Mail in or turn in when you pick up your race packet.  
USRowing members must still sign the USRowing/Komen waiver because of the joint sponsorship.

**Portland Row for Cure Numbered Event List 2010**  
**Enter at [RegattaCentral.com](http://RegattaCentral.com)**

Flight #1 8:30am—Events #1-3\*  
 Flight #2 9:00am—Events #4-44  
 Flight #3 9:30am—Events #45-60

1.	W Dragon Boat		
2.	Mixed Dragon Boat		
3.	M Dragon Boat	32	Mixed Open 2x
4.	M Open/College 8+	33	Mixed Masters 2x
5.	M Masters 8+	34	W Open 2x
6.	M Junior 8+	35	W Masters 2x
7.	Mixed Open/College 8+	36	W Junior 2x
8.	Mixed Masters 8+	37	M Open 2-
9.	W Open/College 8+	38	W Open 2-
10.	W Masters 8+	39	M Open 1x
11.	W Junior 8+	40	M Masters 1x
12.	M Masters 4x	41	M Junior 1x
13.	Mixed Masters 4x	42	W Open 1x
14.	W Masters 4x	43	W Masters 1x
15.	M Open Novice 8+	44	W Junior 1x
16.	W Open Novice 8+	45	M Adaptive 1x
17.	M Junior Novice 8+	46	W Adaptive 1x
18.	W Junior Novice 8+	47	M Outrigger Canoe 1x
19.	M Open/College 4+	48	Mixed Outrigger Canoe
20.	M Masters 4+	49	W Outrigger Canoe 1x
21.	M Junior 4+	50	M Kayak 2x
22.	Mixed Open/College 4+	51	Mixed Kayak 2x
23.	Mixed Masters 4+	52	W Kayak 2x
24.	W Open/College 4+	53	M Kayak 1x
25.	W Masters 4+	54	W Kayak 1x
26.	W Junior 4+	55	M Canoe 2x
27.	M Open Novice 4+	56	Mixed Canoe 2x
28.	M Junior Novice 4+	57	W Canoe 2x
29.	W Open Novice 4+	58	M Canoe 1x
30.	W Junior Novice 4+	59	W Canoe 1x
31.	M Open 2x	60	Other

\*Dragon Boaters, send e-mail to Peter Edwards [pdxpje@comcast.net](mailto:pdxpje@comcast.net) if you need to be in the third flight due to equipment sharing (approximately 9:30am)

- Novice Masters should enter the M, W and Mixed Open Novice Events.
- For adaptive rowing events, contact Peter Edwards at [pdxpje@comcast.net](mailto:pdxpje@comcast.net).

For events not listed above, such as outrigger canoes with 6 or 8 people, or canoes with 3 or more participants, please email [pdxpje@comcast.net](mailto:pdxpje@comcast.net) for instructions on how to enter.

# Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/09 – 12/31/10, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I 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. I 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 Releasee 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.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing 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. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, 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 Releasee 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 any may incur as a result of such claim, to the fullest extent permitted by law. 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, not withstanding, shall continue in full force and effect.

5. I, the undersigned participant, for myself and for my heirs, executors, legal representative, successors and assigns, hereby waive all claims and/or course of action, including negligence, against Susan G. Komen for the Cure®, the Oregon and SW Washington Affiliate of Susan G. Komen for the Cure®, and all of their officers, directors, employees and agents, arising out of or in any way connected with my participation in the Row for the Cure®. “Participation” includes, but is not limited to, travel to and from the event as well as all activities encompassing said event.



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

USRowing # \_\_\_\_\_

Date of Birth: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

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

Participant’s Signature: \_\_\_\_\_

Organization: \_\_\_\_\_

## PARENTAL CONSENT (if participant is under the age of 18).

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 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 Releasee, 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, to the fullest extent permitted by law.

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

**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Parent/Guardian Signature (only if participant is under the age of 18):** \_\_\_\_\_



# **\*\*Grand Prize\*\***

For the individual who raises the most in donations over \$1000

Beach vacation  
6 people 5 nights  
in a fully furnished home with  
Ocean and valley views  
And a hot tub





**CHEER FOR YOUR FRIENDS AND  
FAMILY AT THE**

**17<sup>TH</sup> ANNUAL PORTLAND**

**ROW**   
*for the* **CURE**<sup>®</sup>

RIGHT BESIDE THE COURSE ON THE WILLAMETTE  
RIVER

**SUNDAY OCTOBER 3<sup>RD</sup>**

COMFORTABLE SEATING PROVIDED BY

*PORTLAND OREGON*  
**Willamette**  
**JETBOAT EXCURSIONS**

**RESERVED SEATS      \$10 DONATION**

For ticket info e-mail [rowforthecurepdx\\_buy@yahoo.com](mailto:rowforthecurepdx_buy@yahoo.com)

A BENEFIT FOR

  
susan g.  
**komen**  
FOR THE **cure**<sup>®</sup> OREGON AND  
SW WASHINGTON

## FUNDRAISING TIPS AND TACTICS

*“Never think you need to apologize for asking someone to give to a worthy cause any more than if you were giving him/her an opportunity to participate in a high-grade investment. The duty of giving is as much his as is the duty of asking yours.” –John D. Rockefeller, Jr.*

1. The main reason people don't contribute: NOBODY ASKED THEM! So ASK! ASK!
2. Make it personal. People don't give to institutions; they give to the person who asks them. Communicate your reason for participating in the Portland Row for the Cure<sup>®</sup> and share your story with potential donors. Remember that you aren't asking for the money for yourself. Pledge donations will benefit many individuals, provide free mammograms and save lives.
3. Don't get discouraged. If you aren't getting any “nos”, you aren't asking enough! OR maybe you're just THAT GOOD!
4. START NOW! Begin collecting those pledge donations as you prepare for the Row. The fundraising deadline is October 14th.
5. DO A LETTER–WRITING CAMPAIGN. Utilize the sample letter included in this packet and send it to your whole CHRISTMAS CARD LIST. If you include a stamped self-addressed envelope, people will send their checks. Encourage your supporters to donate on line at [www.rowforthecure.com](http://www.rowforthecure.com) Portland page.
6. Hang a Race poster and a few brochures at your desk or on your fridge at home. Be prepared to tell people how important the Race is to you and ask them to support you by making a donation.

### MORE TIPS

1. Always set a high goal. Find out the average amount each walker usually raises to give yourself something to shoot for. (Last year the average “Row” participant raised \$100)
2. Go first to people you know will give the most, which will set a benchmark for others.
3. Don't apologize for asking. This is an opportunity for them to support a great cause.
4. Don't forget to sponsor yourself.
5. Ask local businesses you frequent, such as your hairdresser, chiropractor, or massage therapist.

Don't get discouraged. Remember, you're not asking for money for yourself, but for people in need.  
ALL PLEDGE DONATIONS SHOULD BE SENT TO:

Row for the Cure  
PO Box 337  
Portland, OR 97207-0337

Sample sponsor request letter

Date

Name

Address

City, State, Zip

Dear \_\_\_\_\_,

Hello! I'm writing to tell you about an adventure I've committed to this fall! I have registered to participate in the 17th Annual Portland Row for the Cure<sup>®</sup> on Sunday October 3th. The regatta is hosted by Station L Rowing Club and Portland Boathouse. The Portland Row for the Cure<sup>®</sup> is a local event to benefit the Oregon and SW Washington Affiliate of Susan G. Komen for the Cure<sup>®</sup>. 75% of the funds they raise locally stay in Oregon and Washington and helps fund outreach and education, a mammogram screening program for uninsured women, and treatment and survivor support. The remaining 25% of funds go directly to the National office of Susan G. Komen for the Cure<sup>®</sup> for global breast cancer research. The Komen Foundation's promise is to save lives and end breast cancer forever by empowering people, ensuring quality of care for all and energizing science to find the cure.

In the past sixteen years, the Portland Row for the Cure<sup>®</sup> has raised over \$200,000. The fact remains that still one in eight women will be diagnosed with breast cancer during her lifetime. That's why I am Rowing for the Cure. This race is important to me because.....(insert your personal story here)

You can join me in my fight against breast cancer without even breaking sweat! Would you please consider a \$150 pledge to support my effort and our local Komen Affiliate? Your contribution is tax deductible to the fullest extent allowed by law. \$150 is the average cost of a subsidized mammogram.

Thank you for taking the time to read and consider this opportunity. Please contact me if you have any questions or if you want to learn more about the Komen's Portland Race for the Cure<sup>®</sup> and the Portland Row for the Cure<sup>®</sup>

Sincerely,  
(Your Name)

**One race away from victory. One stroke closer to a cure.**

## **PLEDGE FORM**

### **The 17<sup>th</sup> Annual Portland Row for the Cure<sup>®</sup> October 3, 2010**

**The Grand Prize, plus 2nd and 3rd prizes, and the Team Trophy will be awarded at the regatta. Other prizes will be mailed after the October 15th pledge deadline.**

Participant Name: \_\_\_\_\_

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

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

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

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

Team/Club Name (if applicable): \_\_\_\_\_

**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. You will be eligible for team fundraising awards and individual awards. You may add your off-line donations on your own Row for the Cure page if you are participating in the on-line donation program. If you want people 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!).

Check here if you wish to donate your pledge prize back to the Race \_\_\_\_\_

	<b>DONOR'S NAME</b>		<b>Amount Received</b>
1.	_____	\$	_____
2.	_____	\$	_____
3.	_____	\$	_____
4.	_____	\$	_____
5.	_____	\$	_____
6.	_____	\$	_____
7.	_____	\$	_____
8.	_____	\$	_____
9.	_____	\$	_____

**Total: \$** \_\_\_\_\_

All **pledge donation** checks should be made out to **Row for the Cure**, and sent to: **PO Box 337, Portland, OR 97207-0337**

Pledge donations are tax-deductible. The tax number ID for Row for the Cure is 93-6090007. Receipts will be issued for contributions of \$100 or more, or upon request.

Donations can also be made on-line at <http://www.rowforthecure.com/>