

2015 Portland Row for the Cure[®] Entry Packet

Benefit for



For All Human Powered Watercraft

September 27, 2015

Willamette River in Portland, Oregon

Hosted by

Station L Rowing Club & Wasabi Paddling Club



Special Thanks to our National Sponsors



RegattaCentral
www.regattacentral.com

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RACING SHELLS

September 27, 2015 Row for the Cure[®] Regatta Information

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

Entry Deadline and Fees: Entries with payment must be received by midnight September 21st, online at www.regattacentral.com. Entry fees are based on a per person charge of \$35. No late or day of race entries. All entry fees, after regatta expenses, will be donated to Susan G Komen Oregon & SW Washington. All entrants will receive a free brunch and special commemorative items.

Schedule: Due to congestion on the Willamette River in downtown Portland, boats (except Dragon 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 8:45am. After a break, the second flight of Dragon Boats and small boat paddlers will take place at 9:45. Boats start single file in order of assigned numbers. Order of events and estimated start times are on the registration form at Regattacentral.com.

Course Map: Available in PDF format on the event page at www.regattacentral.com and on the Station L Rowing Club website, 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. Paddlers will turn just north of the Burnside Bridge. Rowers turn just north (downstream) of the Broadway Bridge.

Packet Pick up: 5-7pm Saturday, September 26th at the Portland Boathouse, or after 6am on race day, in tent area. Completed paper waivers, (must use combined USRowing/Komen Waiver) are required to pick up packets.

Mandatory Pre-Race Safety Meeting: 7:00 am Sunday, September 27th. Station L Bay of the Portland Boathouse, 1515 SE Water Ave. Coaches, coxswains, callers, tillers, scullers and small boat paddlers must attend.

Parking: Boat Trailers and Car top boats may park in the Portland Boathouse lot, beginning at 3pm on Saturday. There is ample street parking for participants and volunteers within five blocks of the Portland Boathouse. **Security** will be provided for trailers and boats beginning at 6:0pm on Saturday, September 26th.

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 may 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 of 2015
“Open/College” Open to any rowers except those still in high school

Survivors: Please contact regatta organizers if you or any boat members are breast cancer survivors.

We will have special packets for all survivor participants and are planning a **Survivor Crew** as well.

Portland@rowfortheure.com

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 on the Row for the Cure® page. The online USRowing waiver is not sufficient for this regatta due to the co-sponsorship with Susan G. Komen. All participants must turn in a paper copy of the combined USRowing/Komen waiver prior to racing.

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 <http://www.aldercreek.com>

Head of the Dog Regatta, September 26th: Our friends at Portland Boat club run a great small boat 5K head race. Register at RegattaCentral and you can race twice in Portland, on one weekend on two different courses. And, they have awards for the Best Costume!

Fundraising: Businesses are welcome to sponsor team boats or clubs. All participants are encouraged to set an individual fundraising goal of \$150, to fund a free mammogram, in addition to their entry fee. Fundraising kits are available. E-mail kathy.frederick@rowfortheure.com Check out the new donation page directly by going to <https://www.regattacentral.com/cure/index.jsp?view=affiliate&campaign=cure&affiliate=portland>

- **The Ed Offchiss Memorial Trophy for fundraising will be awarded to the team which brings in the highest amount in donations.**
- **Dragon Boat teams will compete for the Emery Zidell Memorial Fundraising Trophy**
- **Individual adult fundraisers are eligible for; the grand prize or second or third place prizes.**
- **In the Junior fundraising category we have added a \$100 scholarship for the highest producing individual and of course a team prize as well.**
- ***Fundraising prizes are based on the amounts collected by check and online by 9 am on race day.***
Please turn in your checks in an envelope clearly marked with your name and team name.

All donations are tax deductible to the extent allowed by law and benefit Susan G Komen Oregon & SW Washington which will use them locally to support programs benefitting breast cancer patients and their families and for cutting edge research to find the cures for breast cancer.

- **Donations can be made on line through the link above or by check made out to Row for the Cure/Portland.**
- **Checks received after the regatta should be mailed to Portland Row for the Cure, PO Box 82041, Portland, OR 97282.**

Contacts:

- Entries, categories, schedule, course layout; e-mail race director pdxpje@comcast.net
- The latest entry info, news and schedules will be posted on the NEWS tab on the Portland RFTC page at <http://www.regattacentral.com> Look over the menu when you register.
- Fundraising, survivor participation, and media access e-mail kathy.frederick@rowfortheure.com
- National Row for the Cure information is available at <http://www.rowfortheure.com>

2015 Portland Row for the Cure Event List
Enter at RegattaCentral.com

W Dragon Boat	W Junior 2X
Mixed Dragon Boat	M Open 2-
M Dragon Boat	W Open 2-
M Open/College 8+	M Open 1X
M Masters 8+	M Masters 1X
M Junior 8+	M Junior 1X
Mixed Open/College 8+	W Open 1X
Mixed Masters 8+	W Masters 1X
W Open/College 8+	W Junior 1X
W Masters 8+	M Recreational 1X
W Junior 8+	W Recreational 1X
M Masters 4X	
Mixed Masters 4X	Outrigger Canoe >2X
W Masters 4X	M Outrigger Canoe 1X
M Open Novice 8+	Mix Outrigger Canoe 2X
W Open Novice 8+	W Outrigger Canoe 1X
M Junior Novice 8+	M High Perf. Kayak (HPK*)
W Junior Novice 8+	Mixed HP Kayak (HPK*)
M Open/College 4+	W High Perf. Kayak (HPK*)
M Masters 4+	M Fast Sea Kayak (FSK*)
M Junior 4+	Mixed FS Kayak (FSK*)
Mixed Open/College 4+	W Fast Sea Kayak (FSK*)
Mixed Masters 4+	M Sea Kayak (SK*)
W Open/College 4+	Mixed Sea Kayak (SK*)
W Masters 4+	W Sea Kayak (SK*)
W Junior 4+	M Canoe 2X
M Open Novice 4+	Mixed Canoe 2X
M Junior Novice 4+	W Canoe 2X
W Open Novice 4+	M Canoe 1X
W Junior Novice 4+	W Canoe 1X
M Open 2X	
M Open 2X	
Mixed Masters 2X	We can add events. Ask!
W Open 2X	
W Masters 2X	

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 September 27th Portland Row for the Cure.
4. Start adding entries to your selected events. Birthdates are only necessary for participants in masters rowing races.
5. Regatta Central will total your fees for you. Pay by credit card.
6. 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 joint USRowing/Komen waiver because of the joint sponsorship.

* The Sound Rowers Kayak Classifications are used for the HPK, FSK and SK.

- Dragon Boaters should arrange their own equipment use and determine which flight [8:30am or 9:45am they need to enter. Please let Peter Edwards pdxpje@comcast.net know which flight you will be in.
- Novice Masters should enter the M, W and Mixed Open Novice Events.
- 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 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 12/31/14 – 12/31/15, 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: _____

E-mail: _____

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): _____