

2013 Portland Row for the Cure Entry Packet

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

For Rowers and Paddlers
September 29, 2013
Willamette River in Portland, Oregon

Hosted by Station L Rowing Club and Portland Boathouse



National Sponsors



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Station L Rowing Club

September 29, 2013 Row for the Cure Registration 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. On site parking only for cartop boats and boat trailers. Free participant and spectator parking available on local streets

Entry Deadline and Fees: They must be received by midnight September 24th, online at www.regattacentral.com. Entry fees are \$25 per person. [Day of race entries only for 1 or 2 person paddling events. No time will be recorded.]

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: 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, 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. An updated schedule will be emailed to club contacts and non-affiliated participants the week of the race, after the entry window closes. Each entrant will be assigned a launch time. **It is very important that all boats launch at their designated time.**

Course Map: Map is available 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. Finish line on the west side of the river, between the Hawthorne and Morrison bridges.

Packet Pick up: 5-7pm Saturday, September 28th 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, September 29th, Station L bay of the Portland Boathouse, 1515 SE Water Ave. Coaches, coxswains, callers, tillers, scullers and small boat paddlers should attend.

Parking: Please send an e-mail to rowfortheurepdx@yahoo.com if you intend to bring a boat trailer and when you expect to arrive. You will be notified where your parking spot will be. There is ample street parking for participant and volunteer cars within five blocks of the Portland Boathouse. Security will be provided for trailers and boats beginning at 6:00pm, Saturday, September 28th.

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 2013.
“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 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 Komen waiver for this event.

Lodging: Members of Willamette Rowing Club are offering homestays for \$40 per person per night. Email Neal Johnson for details at Nealj8888@gmail.com

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> .

Head of the Dog Regatta. September 28th: Our friends at Portland Boat Club run a great small boats 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 best costume!

Contacts:

- For questions about entries, categories, schedule, course layout, e-mail race director Peter Edwards at pdxpje@comcast.net
- The latest entry information, news, and schedules will be posted on our news page on <http://www.regattacentral.com>. Look over the menu items when you are registering.
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Mailing address for waivers/pledges

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

Please contact the race organizers if you or any boat members are breast cancer survivors: PORTLAND@RowForTheCure.com

2013 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 September 29th 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.

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. Check out the new donation page directly by going to www.regattacentral.com or by going through the link on the Row for the Cure web site Portland page, www.rowfortheure.com/portland/.

- The *Ed Offchiss Memorial Trophy* will be awarded to the team that brings the most donations to the regatta.
- There is a special prize for the person who brings in the largest single contribution over \$500.

A separate fundraising packet is available on the Portland page of the Row for the Cure web site. Donations to the Row for the Cure® are tax deductible to the extent allowed by law. Pledge checks should be made payable to Row for the Cure. All pledged funds will go to the Oregon and SW Washington Affiliate of Susan G. Komen for the Cure®. 75% will support local programs and 25% will be sent to the grant program for cutting edge research which is managed by the national office of Susan G. Komen for the Cure®. Donations can be made on-line at the Portland page of www.rowfortheure.com, checks may 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.
- If you are interested in helping your team or club raise funds, contact Kathy Frederick at kathy.frederick@RowForTheCure.com.

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

2013 Portland Row for the Cure Numbered Event List
Enter at RegattaCentral.com

1.	W Dragon Boat	36.	W Junior 2X
2.	Mixed Dragon Boat	37.	M Open 2-
3.	M Dragon Boat	38.	W Open 2-
4.	M Open/College 8+	39.	M Open 1X
5.	M Masters 8+	40.	M Masters 1X
6.	M Junior 8+	41.	M Junior 1X
7.	Mixed Open/ College 8+	42.	W Open 1X
8.	Mixed Masters 8+	43.	W Masters 1X
9.	W Open/College 8+	44.	W Junior 1X
10.	W Masters 8+	45.	M Recreational 1X
11.	W Junior 8+	46.	W Recreational 1X
12.	M Masters 4X	47.	Adaptive 1X
13.	Mixed Masters 4X	48.	Outrigger Canoe >2X
14.	W Masters 4X	49.	M Outrigger Canoe 1X
15.	M Open Novice 8+	50.	Mixed Outrigger Canoe 2X
16.	W Open Novice 8+	51.	W Outrigger Canoe 1X
17.	M Junior Novice 8+	52.	M High Perf. Kayak (HPK*)
18.	W Junior Novice 8+	53.	Mixed HP Kayak (HPK*)
19.	M Open/College 4+	54.	W High Perf. Kayak (HPK*)
20.	M Masters 4+	55.	M Fast Sea Kayak (FSK*)
21.	M Junior 4+	56.	Mixed FS Kayak (FSK*)
22.	Mixed Open/College 4+	57.	W Fast Sea Kayak (FSK*)
23.	Mixed Masters 4+	58.	M Sea Kayak (SK*)
24.	W Open/College 4+	59.	Mixed Sea Kayak (SK*)
25.	W Masters 4+	60.	W Sea Kayak (SK*)
26.	W Junior 4+	61.	M Canoe 2X
27.	M Open Novice 4+	62.	Mixed Canoe 2X
28.	M Junior Novice 4+	63.	W Canoe 2X
29.	W Open Novice 4+	64.	M Canoe 1X
30.	W Junior Novice 4+	65.	W Canoe 1X
31.	M Open 2X	66.	Other
32.	Mixed Open 2X	#1, #2, #3 (second flight)	
33.	Mixed Masters 2X		
34.	W Open 2X		
35.	W Masters 2X		

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

If you need to be in the second flight of #1, #2, and #3, send an e-mail to Peter Edwards pdxpje@comcast.net. The second flight will be approximately 9:30am.

Novice Masters are 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 12/31/12 – 12/31/13, 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:** _____

:

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): _____