

Fort Worth Rowing Club Steerhead Regatta 3000 Meter Head Race

The 2011 Steerhead Regatta will be held on September 17, 2011 at the Fort Worth Rowing Club's boathouse and dock on the near eastside of downtown Fort Worth. The head race will have a running start and is approximately 3,000 meters. The first event will begin at 8:30 AM Saturday morning we anticipate ending by 3:00PM. Breakfast and lunch will be available for purchase from a 3rd party vendor during the regatta at the rowing site.

Participation in this regatta will include club members from regional rowing clubs. Juniors are welcome to participate as club members of participating clubs. (Rowers under 18 years of age must have a FWRC waiver signed by a parent. That document is part of this packet.)

Results will be posted as soon as possible after races. Awards based on USRA handicapping rules will be provided for 1st, 2nd, and 3rd place winners of each event.

Entries: Pre-registration forms, entry forms, fees and waivers are due by **Friday September 9, 2011**. Participants may register at Regatta Central or send their documentation (entry forms, registration fees and Release of Liability forms) to Kristen Laramore at:

E-mail: kglaramore@sbcglobal.net

Fax: 817-735-7492 (please put to the attention of Kristen Laramore)

Cell: 817-229-6903

Snail Mail:

Kristen Laramore
4109 Locke Ave.
Fort Worth, TX 76107

Fees: \$15 – one race*
\$35 – unlimited races*

***The first 50 athletes registered on Regatta Central will receive a free Steerhead Regatta t-shirt!**
Sizes are limited. FWRC will do our best to get you the size of shirt you request but sizes are not guaranteed.

*A \$5 late fee will be added to any entries received after September 9, 2011.

Registration: Race day registration will begin at 6:30 AM near the Fort Worth Rowing Club boathouse. Registration will include verification of event entries and insurance waiver, and collection of fees from participants.

Ample boat storage and trailer parking is available near the boathouse Friday evening and Saturday. We will arrange for overnight (Friday night) security guard.

We will provide portable toilets. We will provide water. We suggest you bring plenty of additional water/snacks, lawn chairs, and a tent fly for shade – there is little shade near the dock, start and finish lines.

Safety: Bow Balls are required equipment. A safety inspection will be required prior to mounting the dock.

Regatta Meeting: The regatta meeting for all participants will be held at 7:30 AM to discuss the course, hazards, and any other issues regarding the regatta.

Directions to the boathouse/dock:

Traveling north on I-35W to Fort Worth – Take the I-30 exit going east to Dallas. Exit I-30 at Beach Street (exit 16C). Take Beach Street going north (turn left on Beach Street). The Fort Worth Rowing Club boathouse parking area is just north of the Trinity River off of Beach Street.

Traveling south on I-35W to Fort Worth – Take the I-30 exit going east to Dallas. Exit Beach Street (exit 16C). Take Beach Street going north (turn left on Beach Street). The Fort Worth Rowing Club boathouse parking area is just north of the Trinity River off of Beach Street.

From Dallas – Take I-30 west to Fort Worth. Take the Beach Street exit (exit 16C) as you approach downtown Fort Worth. Exit I-30 at Beach Street (exit 16C). Take Beach Street going north (turn right on Beach Street). The Fort Worth Rowing Club boathouse parking area is just north of the Trinity River off of Beach Street.

For those coming from the south or east – ***Do not take US287 into town.*** Instead, get off at East Loop 820 and go north to I-30. Take I-30 to enter town from the east. Otherwise follow directions above from I-35W going north.

For additional directions, contacts, or other information about the Fort Worth Rowing Club, please refer to our website: www.fortworthrowing.com

STEERHEAD RACE EVENTS for 2011

Masters Events will be Handicapped - Those Younger than 21 will be Handicapped as a 21

SINGLES	DOUBLES	PAIRS
Men's Masters AA-D	Men's Masters AA-D	Men's Masters AA-J
Men's Masters E-J	Men's Masters E-J	Women's Masters AA-J
Women's Masters AA-D	Women's Masters AA-D	Mixed Masters AA-J
Women's Masters E-J	Women's Masters E-J	Men's Junior
Men's Junior	Mixed Masters AA-J	Women's Junior
Women's Junior	Men's Junior	Mixed Junior
Men's/Women's Rec	Men's Junior Nov	
Men's/Women's Jr Rec	Women's Junior	
	Women's Junior Nov	
QUADS	Mixed Junior	FOURS
Men's Masters AA-J	Parent/Child	Men's Masters AA-J
Women's Masters AA-J		Women's Masters AA-J
Mixed Masters AA-J		Mixed Masters AA-J
Men's Junior		Men's Junior
Men's Junior Novice		Women's Junior
Women's Junior		Mixed Junior
Women's Junior Novice		
Mixed Junior		

START TIMES

Times subject to change depending on # of entries for each event

8:30 AM	9:30 AM	10:30 AM	11:30 AM	12:30 PM	1:30 PM
MM AA-D 1x	WM AA-D 1x	MxM AA-J 2x	WJr 1x	MM AA-J 4x	MxJr 4x
MM E-J 1x	WM E-J 1x	MJr 1x	MxJr 2x	MM AA-J 2+	WM AA-J 4+
MJr 4x	MJr 2x	WM AA-J 4x	MxM AA-J 4x	M Rec 1x	W Rec 1x
WM AA-D 2x	MM AA-D 2x	WJrNov 4x	MJrNov 4x	Wm AA-J 2+	MM AA-J 4+
WM E-J 2x	MM E-J 2x	MJrNov 2x	WJrNov 2x	MxM AA-J 2+	MxM AA-J 4+
WJr 2x	WJr 4x	MxJr 2+	MxJr 4+	MJr 2+	Parent/Child 2x
MJr 4+	WJr 4+			WJr 2+	

Release of Liability

Fax: 609-924-1578



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 12/31/10 – 12/31/11, 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 Release 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.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

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, notwithstanding, shall continue in full force and effect.

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): _____

This is THE USRowing Release of Liability, which should be copied for your use.