

**2006 Seattle Row for the Cure® Regatta**  
**Benefiting the Susan G. Komen Breast Cancer Foundation**  
**Puget Sound Affiliate**  
**General Information**

- Why**                    **To raise breast cancer awareness and support efforts to eradicate breast cancer as a life-threatening disease!**
- History**                Since 2000 this event has raised more than \$120,000 for its primary beneficiary, the Puget Sound Affiliate of the Susan G. Komen Breast Cancer Foundation.
- Goal**                    Row for the Cure® offers rowers, paddlers and nonpaddlers 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 raise a minimum donation of \$150, which is the cost of a screening mammogram.
- When**                    **Sunday, September 17<sup>th</sup>, 2006 at 6 a.m.**
- Where**                    **Rowers and paddlers** will start in the Lake Washington Ship Canal in front of the Seattle Pacific University boat dock (at the end of 3<sup>rd</sup> Avenue West off W. Nickerson Street) and follow the shoreline to south Lake Union and finish in line with the permanent red buoy in the SW corner of Lake Union. **Dragon boaters** will start south of the speed buoys on Lake Union and paddle south to finish in line with the permanent red buoy. **See attached map.** The distance on the water from Seattle's Pocock Rowing Center to the start of the race is approximately 3.7 kilometers.
- What**                    A 3.5-kilometer head race for rowing shells, kayaks, and outrigger and tribal canoes and a 500-meter race for dragon boats.
- Competitive racing for open, junior and masters rowers
  - Ham 'n' Egger for rowers
  - Kayaks and canoes: Men, women and mixed –singles and doubles
  - Outrigger canoes
  - Tribal canoes
  - Corporate Challenge Mixed 8+ Race, highlight of the event.

**Rowers and coxswains are allowed one event.**

- Registration** Submit entry form online at [www.rowforthecure.com](http://www.rowforthecure.com) through Regatta Central or use the attached entry form. The nonrefundable entry fee is \$25 and includes a long-sleeve T-shirt. Make checks payable to the **George Pocock Rowing Foundation**. Payment by credit card is accepted on Regatta Central with an additional processing fee. Payment is due along with entry form on Wednesday, September 13, 2006. Late entries will have no guarantee of official timing, an event T-shirt or boating in the Ham 'n' Egger. **No day of race registration.**
- Packet Pickup** Registered regatta packet and T-shirt pickup will be at the Pocock Rowing Center, 3320 Fuhrman Ave. East at 6 a.m. on Sunday, September 17. Early pickup is available Saturday, September 16 from 9 a.m. to 12 noon.
- USRowing** This is a USRowing registered regatta with USRowing officials. The 2006 USRowing Rules of Boat Racing will apply unless otherwise stated.
- Boating Order and Race Plan** The 1<sup>st</sup> flight starts at 7:30 a.m. with dragon boats and tribal canoes. Competitive rowing, ham 'n' egger rowing, kayaks and canoes, and outrigger canoes will follow. The final schedule will be posted at [www.rowforthecure.com](http://www.rowforthecure.com) by Saturday afternoon, September 16.
- Starting** Boats will start at approximately 15-second intervals. Please be in the Lake Washington Ship Canal staging area 10 minutes prior to your event start time. Prepare to start in bow number order and follow the instructions of the officials. Crews arriving late for their start may be disqualified. Crews without proper bow numbers will be disqualified.
- Waivers** All participants, including volunteers, must sign and return the USRowing waiver of liability. The waiver is available online for participants using Regatta Central. Juniors under age 18 must have a parent or guardian signature on the release. All participants must be competent swimmers.
- Awards** Medals will be presented for the first place finishers and ribbons for 2<sup>nd</sup> and 3<sup>rd</sup> place. A trophy will also be awarded for the first place finisher of the Corporate Challenge race. Awards will be presented during a short program following the fifth flight.

<b>Handicap</b>	Masters rowing events will be handicapped two seconds for each year over 27, based upon the average age of the rowers, NOT including the coxswain. If a masters boat entry does not specify an average age, then the time will be calculated based on 27 years old.
<b>Master</b>	A rower who is at least 21 years old by December 31, 2006.
<b>Junior</b>	A rower who is 18 years old or younger.
<b>Open</b>	Anyone may race in the open events.
<b>Mixed</b>	A rowing crew with half of the rowers being female and half being male. Mixed dragon boats, outrigger and tribal canoes are not held to this formula.
<b>Bow Number</b>	Each boat will receive a bow number. Please return bow numbers to the Pocock Rowing Center.
<b>Bow Balls</b>	Each rowing shell must have an intact bow ball, bow clip and heel ties where applicable.
<b>Event T-shirt</b>	We encourage all participants to wear the event T-shirt during the race.
<b>Regatta Meeting</b>	The coxswains/coaches' meeting will be held at the Pocock Rowing Center at 6:15 a.m. In the event of fog or other weather delays, the meeting will be held as scheduled and the flight schedule will be adjusted in half-hour increments as needed. Race delays will be announced at the Pocock Rowing Center, Lake Washington Rowing Club and Lake Union Crew boathouses, and the dragon boat, kayak and canoe launch sites.
<b>Ham 'n' Egger Boat Line-ups</b>	Will be announced at 6:15 <b>a.m.</b> at the Pocock Rowing Center. Boats will launch starting at 6:45 <b>a.m.</b>
<b>Boats</b>	Competitive teams are encouraged to bring their own boats. <b>Coxswains must bring their own coxboxes.</b> If this is not feasible, the organizing committee will try to find suitable equipment.
<b>Parking</b>	Parking for crews, trailers and rigging areas will be located at various local boathouses. Please notify us if you are bringing a trailer and we will confirm a launching site for you. We highly encourage carpooling.

**Launch site for Paddlers**

Public boat launch at 2301 NE Northlake Way, east of Gasworks Park or the Pocock Rowing Center..

**Pledge Program**

Please use the pledge form included with this race packet or located at our website and get started in finding friends, co-workers, family members and strangers willing to support your rowing and paddling efforts. Make checks payable to the **Susan G. Komen Foundation.**

**Food**

A complimentary breakfast will be served after the racing at the Pocock Rowing Center.

**Sponsor**

The George Pocock Rowing Foundation

**Questions**

Email: [rowfortheure@pocockrowing.org](mailto:rowfortheure@pocockrowing.org) for general regatta and racing questions.

Website: [www.rowfortheure.com](http://www.rowfortheure.com)

Call: Steff Fowler at 425-454-7441

Information regarding the Susan G. Komen Breast Cancer Foundation Puget Sound Affiliate, see [www.komenseattle.org](http://www.komenseattle.org).

Enter to participate either online at [www.rowfortheure.com](http://www.rowfortheure.com) or send the entry form to:

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Pocock Rowing Center  
3320 Fuhrman Ave. East  
Seattle, WA 98102