

The Maine Rowing Association and OA Centers for Orthopaedics invite you to:

# **THE COW ISLAND CLASSIC**

**6100 meter “Head” Style Loop – 5:00PM**

**Registration 3:00PM – 4:00PM**

**Saturday August 28, 2010**

**Event Classifications:** (For men and women)

Racing Shells – singles

Recreational Shells – any type - singles

Doubles/Pairs/Quads/Fours welcome – classes TBD

**Event Divisions:** (For men and women)

Junior (18 and under)

Open

Masters (Divisions A, B, C, D, E, F,

65+ will be time handicapped within division)

**Location:** Androscoggin River – Brunswick and Topsham, Maine

**Eligibility:** Open to all. **Maine Rowing Association membership required.** All shells must be equipped with clogs or have shoes adapted for quick release – this is the responsibility of the competitors! Standard bow ball and bow number clips are required – not available at regatta site. Standard rules and etiquette for Head style racing will be observed. No cheating!

**Entry Process:** Fill out regatta entry form enclosed. \$20.00 per competitor per race - **ALL ENTRANTS MUST BE ACTIVE MEMBERS OF THE MAINE ROWING ASSOCIATION** – Each racer must fill out the entry form and MRA membership application if you are not an active member and forward the appropriate fee. Entries will be limited to 60 shells maximum. Entries with full payment must be received by August 25<sup>th</sup> – sorry but no exceptions! Scullers must pick up information at the regatta site at the time of registration. **There will be no “day of race” entries allowed – all entries must be received with payment by August 25th and will be acknowledged by email! Please respect this as it makes the regatta administration much smoother! If you don’t get an email, call – if I don’t have the application, you can’t race. Sorry.**

**Race Details:** Bow numbers and course maps will be available at registration. Racers will start in bow number order at about 10 second intervals seeding the fastest boats first as best we can. If we get it wrong, don’t take it personally. The overall winner will be the male and female with the fastest time. Classification and division awards will also be given. Maine Rowing Association Season Series points will be awarded with handicaps calculated. MRA medals will be awarded to the top finishers in each division. Special prizes to the overall winners will be awarded. Drinks/snacks will be available after the race. **If a significant number of doubles/pairs/quads/fours enter the race there may be a second race at 6PM – or boats may run with the rest at 5PM – this will depend on the entries. If entries warrant a 6PM race, you may race twice.**

**Launching:** A float is available at the regatta site but a wade-in launch area is available at the “alternative” downstream launch site for less congestion at race time – see directions at registration. **Parking:** Available at regatta site – all competitors should return to the registration site for results and post-race festivities.

**Overnight shell storage is available at the regatta site but it will be outside on your own slings – although the area is “safe” this is not secured storage. Unless you are familiar with the river we caution against practicing prior to course marking due to the presence of many unmarked hazards near the race area.**

**ALL QUESTIONS ABOUT ANY ASPECT OF THE REGATTA SHOULD BE DIRECTED TO:**

**MICHAEL TOTTA**

**207-828-2198 (work)**

**207-846-9310 (home)**

**207-939-3317 (cell)**

**[spineguy@maine.rr.com](mailto:spineguy@maine.rr.com) (E-mail)**

# **ENTRY FORM – COW ISLAND CLASSIC**

(Please complete one entry form per individual – photocopy as needed)

**Racer**      Last \_\_\_\_\_ First \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Day Phone # \_\_\_\_\_ Evening Phone # \_\_\_\_\_  
E-Mail \_\_\_\_\_ Age (as of regatta date) \_\_\_\_\_

**Event**       Racing Shell - Single  
 Recreational Shell – Single (Boat Type \_\_\_\_\_)  
 Double/Pair       Quad/Four  
  
(Crew members \_\_\_\_\_)

**ALL ENTRANTS MUST BE ACTIVE MEMBERS OF THE MAINE ROWING ASSOCIATION – PLEASE INDICATE YOUR STATUS BELOW:**

- Presently an active Maine Rowing Association member
- I need to join the Maine Rowing Association  
    \_\_\_\_\_ Yearly membership (enclose additional \$25)  
    \_\_\_\_\_ One Week Membership (enclose additional \$10)

## **Entry Process:**

- Fill out the above application – one application per individual entered in the regatta.
- Enclose payment for both the regatta entry fee (\$20) and MRA membership if needed.
- Make checks payable to the “Maine Rowing Association”
- Enclose the signed CIC regatta waiver form (and MRA waiver if also purchasing MRA membership)
- Mail the above materials to:

**The Cow Island Classic Regatta  
C/O Michael Totta  
37 Village Brook Road  
Yarmouth, ME 04096  
(207) 939-3317**

# **Directions - Cow Island Classic Sculling Regatta**

**NOTE - This is not at the old Cow Island Classic site at the Town of Brunswick public boat launch ramp!!!**

**If you're not familiar with this area please review these directions on Mapquest to decrease day-of-regatta driving anxieties!!!**

Get on to Route 1 traveling between Brunswick and Bath. From the south this can either be done exiting for Brunswick off of 95 or exiting for Topsham/Route 196 and the Coastal Connector at the Topsham exit off of 95. You will head east in either case. From the north you'll exit at Topsham – from the east you'll get on Route 1 through Bath heading west for Brunswick.

Exit Route 1 at the Cook's Corner Exit – it will also say Route 24, Brunswick NAS (Naval Air Station), and Orr's/Bailey Island. Follow the exit ramp over a set of railroad tracks to a big intersection with a pawn shop on the right corner and a Gulf station across the street on the left corner. Turn left towards Bath - heading east. This (surprisingly) is Bath Road. Follow this through a light in front of a Wal-Mart and Wendy's to a second light in front of a Lowe's. Turn left at that light onto Old Bath Road. Drive over Route 1. Continue 1.4 miles from the light to a gravel road on the left called Island View Lane. You can turn left and follow this road all the way to the end – the regatta site is down a path to the left and registration is in the basement of the house next to the river right in front of you. Parking on Island View Lane is limited - please don't obstruct any of the driveways but feel free to park along the road. Boats may be unloaded and brought down to a clearing above the dock to wait for launching. Storage in this area will be limited. If Island View Lane gets too congested – continue along Old Bath Road another 0.2 miles and make a left onto Hollis Lane – another dirt road. Follow this to the first left after the first house on the left – follow this into a clearing in front of a big white garage building – park anywhere here – the regatta site is about 150 yards away up the grass and dirt path over a hill down to the river.

If you get lost my cell # is 207-939-3317.

Registration will open at 3:00PM. Please register no later than 4:00PM – there will be no meeting. Starting procedures will be standard. Given relatively limited dock space, please be prepared to launch well in advance to insure adequate warm-up time. An alternate launch site will also be available but will require a short drive from registration – this is “wade in” about 1000m downstream from the starting line. Regatta results, refreshments, and prizes will be available as soon as possible after the race – pack up you shells and we should be about ready when you are done.

Please read and be mindful of the warm up traffic patterns given to you at registration. Please avoid collisions with other racers! There are unmarked hazards in areas away from the race course - and near shore even on the race course – do not get very close to shore other than at marked sites on the race course. This is a natural river setting and we cannot control all such hazards.

Have a great race!

# Cow Island Classic Sculling Regatta

## WAIVER FORM

IN CONSIDERATION of being given the opportunity to participate in the Cow Island Classic Sculling Regatta ("Rowing Activity" or "Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. 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. 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 Releases 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. The Androscoggin River has fixed and variable hazards - the regatta course will be marked but there remains the potential for dangerous conditions either natural or man influenced out of the control of the organizers.
3. AGREE AND WARRANT that I will examine and inspect the Activity in which I take part 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. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Maine Rowing Association, The Eagle Ridge Homeowner's Association, Taskett LLC, the Town(s) of Topsham and Brunswick, 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 Releasees 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 may incur as a result of such claim.

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: \_\_\_\_\_

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

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

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

Participant's Signature (Only if age 18 or older): \_\_\_\_\_

### PARENTAL CONSENT

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 in 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 Releasees, 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.

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

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

Street: \_\_\_\_\_

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

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

Parent/Guardian Signature: (Only if participant under 18): \_\_\_\_\_

# MAINE ROWING ASSOCIATION

## WAIVER FORM

IN CONSIDERATION of being given the opportunity to participate in any Maine Rowing Association ("Club") activities ("Activity") until the end of this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin:

5. 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.
6. 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 Releases 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.
7. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club 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.
8. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, 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 Releasees 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 may incur as a result of such claim.

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: \_\_\_\_\_

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

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

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

Participant's Signature (Only if age 18 or older): \_\_\_\_\_

### PARENTAL CONSENT

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 in 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 Releasees, 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.

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

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

Street: \_\_\_\_\_

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

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

Parent/Guardian Signature: (Only if participant under 18): \_\_\_\_\_