

Megunticook Rowing
presents
The MEGUNTICOOK MINI-MARATHON
Sunday, September 12, 2010
10 Mile Course - Camden, Maine



The Megunticook Mini-Marathon Regatta will be held on **Sunday, September 12, 2010** on **Megunticook Lake in Camden, Maine**. Dubbed “one of the best kept secrets around” by Katy Bonin and “great” by Karen Chenausky in separate Independent Rowing News articles, the Mini-Marathon has become a circled date on the calendars of its many repeat racers. Bob Eldridge calls it “my absolute favorite regatta ... by far.” That was even before he won it! He suggests it to anyone in the northeast. The top finishers frequently also won medals in their respective divisions at the Head of the Charles.

With its sparsely populated shoreline and the surrounding Camden Hills, this lake is a truly beautiful row. This unique event starts at the foot of the cliffs of Mt. Megunticook in waves of 5 – 7 rowers grouped by age and gender approximately 30 seconds apart. The **10 mile race** threads its competitors through the narrow passages of the lake’s coves and islands, leading to the motto “**Not just a race . . . an adventure.**”

Bob Eldridge owns the course record for singles of 1:07:45, eclipsing Russ Cone’s prior record time. Jack Meyer has the Men's Time Handicapped course record of 1:06:00. The doubles record was set by Charles Wray and John Saxlby at 1:09:09. In 2006 Tina Vandersteel set the Women's Masters course record of 1:17:21 and corrected time record of 1:16:57, eclipsing Claudia Wagner’s and Linda Kennet’s prior records.

Megunticook Rowing hosts this regatta and **Maine Rowing Association** sponsors it. For information: contact Jeff Foltz at (207) 236-0608 or jfoltz2@myfairpoint.net .

MEGUNTICOOK MINI-MARATHON XV
CAMDEN, MAINE
SUNDAY, SEPTEMBER 12, 2010 at 8:30 A.M.

The course is ten miles of protected flat water, generally as shown with this application. Contact JEFF FOLTZ at (207) 236-0608, e-mail jfoltz2 @ myfairpoint.net

ENTRY FEES: \$20.00/rower. Raceday registrations must give telephone notice of intention to race no later than 8:00 p.m. on Friday September 10. All entrants must be Maine Rowing Association members, one week memberships available for **\$10.00**, annual membership **\$25.00**. Please make entry checks payable to "Camden Rec. Dept. – Megunticook Mini-Marathon".

Something New! – Spiffy Megunticook Rowing LS T-Shirts – New this year – and cheap – only \$18.00.

Something Else New! – A delicious post race pancake breakfast free for all competitors – prepared by the proprietors of Victorian by the Sea, one of the nicest B&Bs in the area. We'll have plenty for family and guests of competitors too – only \$5.00 per extra breakfast.

Send entry forms and all fees: Jeff Foltz
253 Cobb Road
Camden, Maine 04843

WAIVER AND ENTRY FORM MEGUNTICOOK MINI-MARATHON

(required for each rower)

I know that a rowing regatta is potentially a hazardous activity for me and my boat. I assume all risks associated with rowing in this event, including but not limited to: capsizing (I understand that it is my responsibility to know how to reenter my boat if I tip over), collisions with other participants, effects of wind conditions and air temperatures (I alone am responsible for my decision to row on race day after observing my own health and the weather conditions), and boat traffic (I know that there will be other boat traffic on the race course and that avoiding contact is my responsibility as well as that of other boat operators). **Having read this waiver and appreciating the risks involved, I hereby release and waive any claims I may now have, or hereafter acquire, for personal injury or property damage arising out of my preparation or participation in this event** against the Maine Rowing Association, Town of Camden, the Camden Parks and Recreation Department, the Megunticook Lake Association, Megunticook Rowing and all other volunteers involved in any way with assisting in the operation of this event, regardless of whether the liability waived hereby may result from a negligent act by said persons or entities.

I understand that photographs and videos of me or my minor child may be taken during this event. I give my permission to use these in news stories and promotional materials.

NAME: _____ AGE (on 9/12/09) ____ T-SHIRT SIZE _____ SEX ____
ADDRESS: _____

ENTRIES:	#	cost
Singles (\$20.00)	_____	_____
Rec Single(\$20.00)	_____	_____
Doubles (\$40.00)	_____	_____
Four w/cox (\$80.00)	_____	_____
Megunticook Rowing T-Shirt L/S @ \$18.00 each (Nice!)	_____	_____
Guest Breakfasts @ \$5.00 each	_____	_____
Maine Rowing Assoc. Membership (mandatory)		
1 month @ \$10.00	_____	_____
Or		
1 Year @ \$25.00	_____	_____

Total Enclosed _____

Email Address: _____

SIGNATURE: _____ DATE: _____

Already MRA member _____

IF JOINING MRA NOW, YOU MUST ALSO SIGN RELEASE FORM

MEGUNTICOOK MINI-MARATHON

Racing Instructions

Race Start - 8:30 AM (new, earlier time)

Approach the Barrett's Cove registration area by taking Route 52 (also Mountain Street) from Route 1 at the Public Library in downtown Camden. Route 52 is the left turn as you go north up the hill immediately after all the stores. Beaucaire Ave. is a left turn 2.7 miles from the intersection. The registration area is about 100 yards in on Beaucaire Ave. at Barrett's Cove Park.

Registration and Assignment of Bow Number will occur between 7:00 a.m. and 7:45 a.m. at the Barrett's Cove park. **A brief course meeting will also be held here at 7:45 a.m. sharp.** There are porta-potties at the public beach area, but no running water.

It is not possible to limit other **boat traffic** on the course during the race. **All racers should maintain constant vigilance with regard to swimmers and other boats, such as drifting fishing boats.** It is also not possible on a race of this duration to have constant surveillance of all contestants on the course at all times. Therefore, **you are responsible for your safety at all times. If you are not capable of meeting all contingencies as you would on a solo practice row, please do not enter the race.**

- 1. During the race all overtaking boats have the right of way! Contact will cost the leading boat a one minute penalty.**
- 2. Orange lobster buoys** mark submerged rocks, stay wide of the point marked by these to avoid certain damage to your boat. There will be several **24" or 48" orange balls near** the shore at points that you will be rounding. You should go near these to get the shortest way around the course. **A large buoy at the end of the first leg** will be positioned to allow a rowing turn around the end of Fang Island. **Similarly, the Coast Guard orange 48" diameter** buoy at the end of the 2d leg must be rounded going out and returning. **The Coast Guard orange 48"** at the end of the long straight stretch of the 4th leg (in the area of the Bishopswood Episcopal Camp on the map) must be left to starboard going out and ignored as you return. It is a traffic separator. **There are also three turning buoys at the 5 mile mark** which provide a rowing turn. All three must be rounded. **The finish line** is at the starting line.
- 3. There is a no passing zone about 600 meters from the second turning bouy. You must pass between the red and green stakes in order to avoid sure damage to your boat. Only one boat at a time can fit through the opening. (See map near Crane Island). There is also a narrow passage near Wiley's Neck on the map. Going out, dark red markers** at the beginning of the funnel mark the beginning of the no passing zone. At the end of the funnel there is **truly** only room for one boat to pass. As you approach both of these passages if your rigger is not ahead of theirs, you must fall back. **Contact is a one minute penalty for the trailing boat.** It is a no passing zone until you pass thru the funnel. In the return passage at Wiley's neck there is room for two boats. There are navigational stakes on each side of the passage. Passing is not recommended in the passage and contact is a **1 minute penalty** for the trailing boat.

**Maine Rowing Association
17 Highland Road
Bridgton, Maine 04009
(207) 647-2196**

The Maine Rowing Association offers one-week memberships for the rate of \$10.00 per week. The membership is good for a month after it is paid for and entitles the member to full membership privileges for that week.

**MAINE ROWING ASSOCIATION
2009 ONE-WEEK MEMBERSHIP FORM**

Name: _____ **Age:** _____ **Sex:** M / F

Address: _____ **Phone:** _____

_____ **E-mail:** _____

I presently row a racing shell _____; a Star or Aero _____; an Alden Ocean Shell _____; Other recreational shell _____; a fixed-seat boat _____.

I would also like to see MRA involved in: _____

Signature

YOU MUST ALSO COMPLETE AND SIGN THE MRA WAIVER FORM!

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:

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.
3. **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.
4. **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 Releases, 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 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: _____

Parent/Guardian Signature:

Date: _____