

**Fifteenth Annual
Kennebec Row 5K
Skowhegan, Maine**

Saturday, July 17, 2010

- Sponsor:** Maine Rowing Association (you must be a member or you must sign and return one of the Membership Forms with applicable membership payment)
<http://www.rowmaine.org/njoinmra.html>
- Location:** Kennebec Banks Rest Area, Kennebec River, Skowhegan, Maine, on route 2 (see directions below)
- Registration and Entry Fee:** Please complete the Entry Form and Race Waiver <http://www.rowmaine.org/nmraregattas.html> and return them and, if necessary, a Membership Form and Waiver for receipt **on or before July 12, 2010**. Your cooperation with this deadline is appreciated. Thereafter, remaining preparations for the race and purchase of food can be accomplished in an efficient and orderly manner.
- Course:** **5,000 meters (3+ miles) Head Race:**
South, downstream, from Kennebec Banks Rest Area approximately 2,500 meters (approximately 1 ½ miles) to the stake turn. Leave the stake to port and return upstream and continue back to the starting line for finish.
- Classes:** Open to males and females; all ages; novice to masters.
Classes will be determined based on demographics of entrants.
- Boats:** Racing shells, recreational shells, and alden ocean shells; singles and doubles.
For larger boats, please speak to Jamie Pitney by phone (see below).
- Check in and Start:** On race day, please plan to check in and pick up your race packet between **9:00** and **9:30 am**. Launching and landing discouraged from **10:15 a.m.** until everyone has started. First start at **10:30 am**. Start-Finish line adjacent to launch/landing. Boats will be started every 15-30 seconds.
- Rules:** Overtaking boat has right of way. If you're being overtaken, move to the outside. At all times, please observe good sportsmanship and common sense safety principles.
- Equipment:** Bow balls and bow clips are required. Bring life jackets. Heel tie-downs or other quick release foot gear is strongly recommended.
- Waiver:** All competitors must sign and return Race Waiver and Agreement (see Entry Form). <http://www.rowmaine.org/nmraregattas.html>

- Volunteers Needed:** We could use help with timing, monitoring the turn (in our motorboat), collecting bow numbers and the like. If a spouse or friend would be willing, please provide information on the Entry Form. <http://www.rowmaine.org/nmraregattas.html> We appreciate it!
- Directions:** (from the south, on I-95) take **Exit 133** and proceed on Route **201** North. After crossing the Kennebec River into downtown Skowhegan, proceed on Route **2** East approximately 2.2 miles just past **Kennebec Banks Rest Area** (brown sign and picnic tables) and turn right into public boat landing (blue sign).
- Parking, Picnic and Prizes:** There is limited parking adjacent to the boat launch, overflow parking in the adjacent rest area and lots of lawn in between. We will meet adjacent to the boat launch after the race to eat (we'll provide the food) and to announce winners and award medals. Entry fee includes picnic for two (2). The charge for each additional guest is \$5 per person. After the race, results will be posted on the Maine Rowing Association Website (<http://www.rowmaine.org>) and on Row2K.
- Lodging:** Skowhegan Chamber of Commerce <http://skowheganchamber.com/default.asp>
For information, check out the "North of Waterville" section of:
http://www.colby.edu/college_cs/visitor_center/accommodations-main.cfm
- Restaurants:**
- ◆ Skowhegan Chamber of Commerce <http://skowheganchamber.com/default.asp>
 - ◆ For information on Waterville restaurants:
http://www.colby.edu/college_cs/visitor_center/restaurants.cfm
- Culture:**
- ◆ Railroad Square Cinema: <http://www.railroadsquarecinema.com/>
 - ◆ Maine International Film Festival: <http://www.miff.org>
 - ◆ See also: <http://www.colby.edu/>