

SATURDAY, NOVEMBER 6, 2010

# ONE STROKE ROW FOR THE CURE

*closer to a cure.*



Row for the Cure, benefitting **Susan G. Komen for the Cure**

## GENERAL INFORMATION

for the Connecticut Row for the Cure benefitting the Connecticut Affiliate of the **Susan G. Komen Foundation** • Hosted by the Norwalk River Rowing Association

**Why:** To create a world without breast cancer!

**Goal:** Row for the Cure offers rowers and paddlers 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 \$200, which is the cost of screening a mammogram.

**When:** Saturday, November 6, 2010

**Distance:** 500 meters

**Location:** Launch, Recovery and Race Viewing area at Veterans Memorial Park, Norwalk, CT. Trailer Parking on site.

**Entry Deadline and Fees:** They must be received by midnight, November 1st, online at [www.regattacentral.com](http://www.regattacentral.com). Entry fees are \$35 per person. No late or day of race entries. All entry fees after regatta expenses are donated to the Connecticut Affiliate of Susan G. Komen for the Cure. All entrants receive special commemorative items.

**Schedule:** Please see attached event list. Finals schedule will be sent to registered participants.

**Packet Pickup:** Pickup of regatta packets and t-shirts is available on site beginning at 7:00 am on Saturday, November 6, 2010.

**Mandatory Pre-race Meeting:** 7:30am, November 6, at regatta site. Coaches, coxswains, callers, tillers, scullers and small boat paddlers should attend.

**USRowing Information:** Row for the Cure is a USRowing registered and insured regatta. USRowing Rules of Rowing will apply and USRowing officials will officiate.

**Racing Categories:** See event list for details. Events with only one entry will be combined with another event.

### Definitions:

**Masters:** Rowers aged 21 and over, but crew must average 27+

**Novice:** New to rowing since Spring 2010

**Open/College:** Open to any rower except those still in high school

**Waivers:** All participants, including volunteers, must sign and return the USRowing waiver of liability. Waivers must be submitted on line at [RegattaCentral](http://RegattaCentral) or turned in at registration on Saturday, November 6th. [Click here to link to the USRowing Waiver online.](#)

**Fundraising:** Businesses are welcome to sponsor team boats or clubs.

All participants are encouraged to set an individual fundraising goal of \$200, the cost of a mammogram.

A fundraising form is in this packet. Donations to Row for the Cure are tax deductible to the extent allowed by law. Pledge checks should be made payable to the Norwalk River Rowing Association. All pledged funds after regatta expenses will go to the Connecticut Affiliate of Susan G. Komen for the Cure (75%) and to the National office of Susan G. Komen for the Cure (25%) for global breast cancer research. Pledges can be turned in on race day or mailed after the event to:

Norwalk River Rowing Association, 1 Moodys Lane, Norwalk, CT 06851.

Donations can be made online at:  
[www.active.com/donate/rftcnorwalk](http://www.active.com/donate/rftcnorwalk)

Donors can either specify you by name when they donate online, or you can set up your own associated donations page by clicking "Become a fundraiser" at the top of the Donations page and following the instructions.

These pages can be posted to Facebook. You can forward the web address (URL) via email.

**Questions:** Email [rftc@norwalkriverrowing.org](mailto:rftc@norwalkriverrowing.org) with questions or for more information.

Updated entry information, news, and schedules will be posted on our news page on [www.regattacentral.com](http://www.regattacentral.com). Look over the menu items when you are registering.

You can also visit the Norwalk River Rowing Association's website for updates, answers to questions and forms for registration [www.norwalkriverrowing.org](http://www.norwalkriverrowing.org).

For general information about Row for the Cure throughout the USA, check the National Row for the Cure site [www.rowforthecure.com](http://www.rowforthecure.com).

For information regarding the Connecticut Affiliate of Susan G. Komen for the Cure visit [www.komenct.org](http://www.komenct.org).

Please contact the race organizers if you or any boat members are breast cancer survivors.



 **Norwalk River Rowing Association**

**[www.NorwalkRiverRowing.org](http://www.NorwalkRiverRowing.org)**

One Moodys Lane • Norwalk, CT 06851 • Phone: 203 866 0080 • FAX: 203 299 1672 • Email: [rftc@norwalkriverrowing.org](mailto:rftc@norwalkriverrowing.org)

SATURDAY, NOVEMBER 6, 2010

# ONE STROKE ROW FOR THE CURE

*closer to a cure.*

A silhouette illustration of a rowing team of nine people standing on a dock with their oars, and a dog lying down in the foreground.

Row for the Cure, benefitting **Susan G. Komen for the Cure**

## EVENT LIST

for the Connecticut Row for the Cure benefitting the Connecticut Affiliate of the **Susan G. Komen Foundation** • Hosted by the Norwalk River Rowing Association

- |    |                     |    |                       |    |                         |
|----|---------------------|----|-----------------------|----|-------------------------|
| 1  | Mens Masters 8+     | 16 | Womens Open Novice 4+ | 32 | Mixed Masters 4+        |
| 2  | Womens Masters 8+   | 19 | Mixed Open 4x         | 33 | Mens Open Novice 8+     |
| 3  | Mens Masters 1x     | 20 | Mixed Open 8+         | 34 | Womens Open Novice 8+   |
| 4  | Womens Masters 1x   | 21 | Womens Masters 2x     | 35 | Mixed Open 4+           |
| 5  | Mens Novice 4x      | 22 | Mens Masters 2x       | 36 | Mixed Masters 4x        |
| 6  | Womens Novice 4x    |    | <b>Break</b>          | 37 | Womens Open 4x          |
| 7  | Mens Open 1x        | 23 | Mens Masters 4+       | 38 | Mens Open 4x            |
| 8  | Womens Open 1x      | 24 | Womens Masters 4+     | 39 | Mens Rec 1x             |
| 9  | Mens Open 8+        | 27 | Womens Open 4+        | 40 | Womens Rec 1x           |
| 10 | Womens Open 8+      | 28 | Mens Open 4+          | 42 | Mixed Masters 8+        |
| 13 | Mens Masters 4x     | 29 | Mixed Masters 2x      | 43 | Mixed Open 2x           |
| 14 | Womens Masters 4x   | 30 | Womens Open 2x        | 45 | Mixed Masters Novice 8+ |
| 15 | Mens Open Novice 4+ | 31 | Mens Open 2x          | 46 | Mens Masters 8+         |



# RELEASE OF LIABILITY



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 12/31/09 – 12/31/10, 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 Release 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.

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.**

SATURDAY, NOVEMBER 6, 2010



# FUNDRAISING TIPS AND TACTICS

**“Never think you need to apologize for asking someone to give to a worthy cause any more than if you were giving him/her an opportunity to participate in a high-grade investment. The duty of giving is as much his as is the duty of asking yours.”**

—John D. Rockefeller, Jr.

1. The main reason people don't contribute: **Nobody asked them! So ask! Ask!**
2. **Make it personal.** People don't give to institutions; they give to the person who asks them. Communicate your reason for participating in the Norwalk Row for the Cure® and share your story with potential donors. Remember that you aren't asking for the money for yourself. Pledge donations will benefit many individuals, provide free mammograms and save lives.
3. **Don't get discouraged.** If you aren't getting any “nos,” you aren't asking enough! OR maybe you're just THAT GOOD!
4. **Start now!** Begin collecting those pledge donations as you prepare for the Row. The fundraising deadline is November 3rd to be eligible for the prize for top fundraiser.
5. **Do a letter-writing campaign.** Utilize the sample letter included in this packet and send it to your whole holiday card list. If you include a stamped self-addressed envelope, people will send their checks. (or see online option below)
6. **Hang a Race poster and a few brochures at your desk** or on your fridge at home. Be prepared to tell people how important the Race is to you and ask them to support you by making a donation.

## Online Donations Available

Donations can be made online at:

<http://www.active.com/donate/rftcnorwalk>

Donors can either specify you by name when they donate online, or you can set up your own associated donations page by clicking “Become a fundraiser” at the top of the Donations page and following the instructions.

These pages are postable to Facebook. You can forward the web address (URL) via email.

## More Tips

1. Always set a high goal. Find out the average amount each walker usually raises to give yourself something to shoot for.
2. Go first to people you know will give the most, which will set a benchmark for others.
3. Don't apologize for asking. This is an opportunity for them to support a great cause.
4. Don't forget to sponsor yourself.
5. Ask local businesses you frequent, such as your hairdresser, chiropractor, or massage therapist. Don't get discouraged. Remember, you're not asking for money for yourself, but for people in need.

## All Pledge Donations Should Be Sent to:

Norwalk River Rowing Association, 1 Moodys Lane Norwalk, CT 06851



