

**“MOTOWN MADNESS”**  
**“Your mind and body will never be the same!”**  
**DETROIT INDOOR ROWING REGATTA**  
**SATURDAY, JANUARY 31, 2009**  
SPONSORED BY  
**FRIENDS OF DETROIT ROWING**

AT THE GENERAL MOTORS WORLD HEADQUARTERS  
100 RENAISSANCE CENTER  
WINTER GARDEN ATRIUM  
DETROIT, MICHIGAN 48243

**Parking:** Ample free parking in public lots and structures located at or near the Renaissance Center.

**Time:** Registration begins at 7:30 a.m., Warm Up at 8:00 a.m., and Racing Starts: 8:30 a.m. on Saturday, January 31, 2009.

**Events:** Events for girls & boys are based on age & experience. Women and men are classified by experience & weight. Master's events are classified by age. Team Races classified by gender.

**Distance:** Rowers will race 2000 meters and coxswains 1000 meters.

**Race Fees:** For early registration, \$15.00 per contestant will **include a commemorative Regatta T-Shirt** and the opportunity to row and **win a commemorative medal for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> places.** The late registration entry fee is \$15.00 (doesn't include the regatta T-Shirt). ***It pays to register early.*** Early registration deadline is 01/28/09

**Prizes:** A commemorative medal will be awarded to the winner of each event. Each member of the winning team events will receive a medal award.

**Ergometers:** Also this year, ergometers from the races will be available for sale. You save shipping, the DBC crew assembles the ergometer, and it's ready-for-use. Just pick it up and take it home the day of the regatta. Please call Dick Bell for more information on erg sales (248) 875-8574.

## Contact and Registration:

Dick Bell

27551 Rackham Dr., Lathrup Village, Michigan 48076-3301

Phone: (248) 875-8574

Fax: (248) 559-0908

Email: [bellr@macomb.edu](mailto:bellr@macomb.edu).

E-mail registration and all information go to:

[www://www.regattacentral.com](http://www.regattacentral.com)

## **MAP AND DIRECTIONS TO RACE**

**General Motors Corp:** 313-556-5000  
100 Renaissance Ctr  
Detroit, MI 48243, US

Go to <http://www.mapquest.com> for a map

Directions from Port Huron on I-94 west: Exit onto I-75/S/Chrysler Fwy via exit 216 toward Toledo. Merge onto I-375 S/Chrysler Fwy via exit 51C on the left toward Civic Center. Turn left on Jefferson Ave. E. Turn right on St Antoine St. Turn right onto Renaissance Dr. N.

Directions from Chicago on I-94 east: Take the M-10 S exit toward downtown. Merge onto John C. Lodge Fwy/ MI-10 S becomes Jefferson Ave. W. Turn onto Renaissance Center.

Directions from Pontiac on I-75 south: Merge onto I-375 S/Chrysler Fwy via exit 51C on the left toward Civic Center. Turn left on Jefferson Ave. E. Turn right on St. Antoine St. Turn right onto Renaissance Dr. N.

Directions from Toledo on I-75 north: Take exit 49 toward MI-10/Lodge Fwy/Civic Center. Take the MI-10 S exit toward Civic Center. Merge onto John C. Lodge Fwy/MI-10 S. John C. Lodge Fwy/MI-10 S becomes Jefferson Ave. W. Turn right onto Renaissance Center.

**Registration online at:**

<http://www.regattacentral.com/index.jsp?section=overview&tab=regattas&id=1115>

**ENTRY FORM**

**MOTOWN MADNESS**

**THE DETROIT INDOOR ROWING REGATTA**

**SATURDAY, JANUARY 31, 2009**

**Registration fee \$15.00 per person**

**Registration due January 28, 2009**

**PLEASE PRINT CLEARLY AND RETURN THIS FORM FOR YOUR REGISTRATION**

1. NAME \_\_\_\_\_

2. ADDRESS \_\_\_\_\_

3. CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

4. PHONE (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_ AGE ON DAY OF RACE \_\_\_\_\_

5. SCHOOL, CLUB OR COLLEGE \_\_\_\_\_

6. NOW AN UNDERGRAD AT A U.S. COLLEGE? YES \_\_\_\_\_ NO \_\_\_\_\_

7. HOW MANY YEARS HAVE YOU ROWED? \_\_\_\_\_

8. YOUR FAVORITE ROWING ANECDOTE OR QUOTATION \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**EVENT - CHECK OFF THE EVENT (S) YOU ARE ENTERING:**

- |  |  |
|--|--|
| <input type="checkbox"/> 1. MEN (Age 20 - 29 Heavy)                          | <input type="checkbox"/> 2. MEN (Age 20 - 29 Light, ≤ 165 Pounds)                    |
| <input type="checkbox"/> 3. WOMEN (Age 20 - 29 Heavy)                        | <input type="checkbox"/> 4. WOMEN (Age 20 - 29 Light, ≤ 135 Pounds)                  |
| <input type="checkbox"/> 5. MASTER MEN (AGE 30-39)                           | <input type="checkbox"/> 6. WOMEN (AGE 30-39)  |
| <input type="checkbox"/> 7. SENIOR MEN (AGE 40-49)                           | <input type="checkbox"/> 8. WOMEN (AGE 40-49)  |
| <input type="checkbox"/> 9. VETERAN MEN (AGE 50 & 59)                        | <input type="checkbox"/> 10. WOMEN (AGE 50-59)                                       |
| <input type="checkbox"/> 11. AGELESS MEN (AGE 60 & UP)*                      | <input type="checkbox"/> 12. WOMEN (AGE 60 & UP*)                                    |
| <input type="checkbox"/> 13. Youth BOYS (Age 14 - 19; b. 12/31/88, or later) | <input type="checkbox"/> 14, 15, & 16. AS LIGHTWEIGHT – 3 classes: 165, 155, 145 lbs |
| <input type="checkbox"/> 17. Youth NOVICE BOYS                               |  |
| <input type="checkbox"/> 18. Youth GIRLS (Age 14 - 19; b. 12/31/88 or later) | <input type="checkbox"/> 19, & 20. AS LIGHTWEIGHT – 2 classes: 135 & 125 lbs         |
| <input type="checkbox"/> 21. Youth NOVICE GIRLS                              |  |
| <input type="checkbox"/> 22. Pre-HS, 13yr & Under BOYS                       | <input type="checkbox"/> 23. Pre-HS, 13yr & Under GIRLS                              |
| <input type="checkbox"/> 24. Youth COXSWAIN MEN (130 lb MAX.)                | <input type="checkbox"/> 25. COXSWAIN WOMEN (120 lb MAX)                             |
| <input type="checkbox"/> 26. TEAM RACE - MEN                                 | <input type="checkbox"/> 27. TEAM RACE – Youth BOYS**                                |
| <input type="checkbox"/> 28. TEAM RACE - WOMEN                               | <input type="checkbox"/> 29. TEAM RACE – Youth GIRLS **                              |
| <input type="checkbox"/> 30. TEAM RACE – Recreational MEN***                 | <input type="checkbox"/> 31. Recreational WOMEN***                                   |

\* Race 11 & 12 will be handicapped according to the USRowing rules of Racing 2008

\*\* Youth Boys & Girls – born 12/31/8 or later

\*\*\* Recreational Men & Women teams will be composed of athletes that do not competing in racing shells during the rowing season

BEST 2000 METER ERG SCORE (HEAT PLACEMENT & HANDICAP) TIME: \_\_\_\_\_ Min/Sec : AGE: \_\_\_\_\_ (date of birth)

**FOR RACE COMMITTEE USE ONLY** - Please leave this box blank

EVENT \_\_\_\_\_ HEAT \_\_\_\_\_ TIME \_\_\_\_\_ PLACE \_\_\_\_\_

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**Please bring a signed USRowing Waiver to Registration the day of the race**