

Dear Rowers and Coaches,

The 15th Annual Marathon Rowing Championships is scheduled for **Saturday, November 13, 2004** on Cane River Lake in Natchitoches, Louisiana. Northwestern State University and the City of Natchitoches welcome all first time competitors and seasoned Marathon veterans to this one of a kind event.

The Marathon Championships offers some of the most splendid scenery, native wildlife, and peaceful autumn weather in the country. This calm Louisiana river has some of the best conditions to offer. It's protected from wind, and closed to extraneous boat traffic during the Regatta. Your only concern will be pushing yourself and pulling away from your competitors.

We have compiled a very detailed and informative packet. Please read it carefully, even if you are a returning competitor. In addition to Regatta Information, Entry Forms and Waivers, you will find detailed directions, food and lodging information, and special offers by our sponsors.

We offer a diverse group of categories so everyone can find their own specialized event.

Spread the word about this exciting and unique event to your friends, fellow club members, and neighboring clubs, schools and universities! Whether you're racing to win, or just for the satisfaction of completing this unique and challenging course, we promise it will be a one-of-a-kind experience you won't soon forget. Please do not hesitate to contact us if we can be of any assistance.

The 2004 MRC Board welcomes all participants:

Yonna Pasch, Director of Programming

Jason "Iggy" Ingargiola, Director of Public Relations

Alan Pasch, Director of Operations

Todd Hayes, Asst. Director of Sponsorships

Normandy Fox, Asst. Director of Registration

Kathy Moncada, Asst. Director of Public Relations

Ricky Ziegler, Asst. Director of Operations

2004 Marathon Rowing Championships **Regatta Information**

DATE OF REGATTA: Saturday, November 13, 2004

START TIME: 7:30 a.m. (Fog permitting), registration begins at Starting Area at 6:00 am race day.

REGISTRATION DEADLINE: To ensure proper race order scheduling and post regatta activities planning, all entries must be received by **Friday, November 5, 2004!!!** Any entries received after Friday, November 5, will be accepted at the discretion of the regatta directors, and will be charged a \$25 late fee on top of regular fees. Walk-ons on race day may be accepted **ONLY** if there is space available, with a \$50 last minute late fee. **All entries must be done through www.regattacentral.com . No faxed, email, or phone entries will be accepted!!!**

A signed MRC liability waiver must accompany all entries submitted. Additions or deletions may be made to waivers on race day, but **no entries will be accepted without a waiver.**

ENTRY FEES: Fees are due with entries. **With special permission only**, fees may be paid on race day. Contact Regatta Organizers for details. Fees for entries are as follows:

Singles \$35 Doubles/Pairs \$45
Fours/Quads \$60 Eights \$75

Odd numbered canoe and kayak entries round up to next shell level.

Schools and Universities Fee Cap: **\$400** (this does not include equipment rental)

Make Checks Payable to **MARATHON ROWING CHAMPIONSHIPS**

CANCELLATIONS: Entries may be canceled up to Monday, November 8th with no penalty. Cancellations after from November 8th through November 12th will result in a 50% penalty. All cancellations or no shows as of race day will forfeit their entry fee. Cancellation must be made by direct communications with one of the Regatta Directors.

COACH/COXSWAIN MEETING: A brief introduction and meeting will be held at 7:00 am race day at the starting area. There will not be a gathering the night before the race.

EQUIPMENT STORAGE: The starting area will be open for trailers and equipment setup, rigging, practice, etc. from 1:00 p.m. on Friday, November 12th until starting time on November 13th. An MRC representative will be on duty at the racecourse all night before the regatta.

PARKING VEHICLES: Areas will be designated for parking at both the Start and Finish Areas. **ABSOLUTELY NO PARKING IN THE GRASS AT THE START LINE.** If you are caught driving through the grass, it will result in a disqualification for your crew. As in the past, there is the opportunity for your vehicles and trailers to be moved by Regatta Volunteers from the Start to Finish Areas. This has been an extremely successful convenience at all past regattas; however, we require a signed liability release if you want your vehicle moved. Specific instructions are available at registration. You may also leave your vehicle locked and make your own arrangements to get it after completing the race.

STARTING DOCK: A floating dock will be at the starting area for launching. Boats will launch from both sides and proceed to the staging area to tie in and warm-up. In order to avoid delays, all oars and carry on items (water, food, equipment, clothing, etc.) must be placed in the designated area next to the dock prior to the crew and boat stepping onto the dock to launch. We must ensure timely starts so

officials can move from the Starting Area to the Finish Area as quickly as possible, therefore time penalties will be assessed for unreasonable delays.

RACECOURSE INFORMATION: The race is rowed north on Cane River Lake. Boats launch from the starting area near the Melrose Bridge from a floating dock then proceed to the staging area for final preparations and warm-up. A chute of orange buoys, which begin at the staging area and end at the starting line, marks the start of the race. Crews will speed up to race pace down this chute after being called by number from the staging area. Crews will be notified their time has started as their bows cross the starting line.

Floating blue mile markers are provided in count down order along the course. The Cane River Waterway Commission will close the entire racecourse to all motorboat traffic (with the exception of safety boats). The finish line will be the Church Street Bridge in Downtown Natchitoches, marked by orange buoys. Two officials with an air horn, megaphone, and flags will signal the completion of the race.

EXIT DOCK: A floating dock will be provided at the Finish Area, just past the finish line. Upon docking, crews are asked to display courtesy to other exhausted finishers by quickly removing their equipment to their trailers or designated areas away from the exit dock. Regatta Volunteers will be present to assist crews with their boats and equipment.

HAZARDS: Orange buoys and flags will mark major hazards along the course, however, as with any natural waterway, hazards change constantly. Additionally, there will be no buoyed racecourse in the traditional sense due to the length of the race. Orange hazard markers are self-enforcing - **crowd the shore and turns at your own risk.**

TRAFFIC: Due to the nature of the course, it is impossible to monitor the entire race; therefore it is expected that each crew will compete at the highest level of maturity, courtesy, and safety. Passing boats have the right-of-way to the inside of turns. **Special note to coxed crews: Be extremely aware of blind boats by not crowding or running over them.**

LITTER: We have had a significant problem with competitors throwing litter out of boats along the race course (namely food wrappers, water bottles and tape). This is regarded as a serious offense. Residents and Safety Officials along the course will be on the lookout for boats throwing trash into the river. **Any boat observed littering may be ticketed by Cane River Waterway Patrol, and will be disqualified immediately!**

WATER & REST STOPS: This year we are doing away with the water stops and rest stops. We have found that crews have not been stopping for water breaks in the past few years. Be advised to bring your own water or food in the boat at the beginning of the race. We will however still have people at the bridges to keep an eye on the race.

SAFETY OFFICIALS: There will be race volunteers along the river and a Cane River Waterway patrol boat will chase the entire race down the course.

EQUIPMENT BREAKAGE: Each crew should carry a small assortment of tools specific to repairs on your boat. It is highly recommended that the coxswain also carry a cell phone in his/her cox bag in case of emergency or equipment breakage. There will be no tools available along the racecourse.

NON- COMPLETORS: A sheet with an emergency phone number will be given to each entry to be carried in the boat. In the event of a medical emergency or if a crew is unable to complete the race for any reason, crews are instructed to stop at the nearest residence along the course and call Regatta Officials.

COMPETITOR NUMBERS: Bow markers will be issued to each entry to be displayed during the race. These numbers must be properly positioned or the boat risks possible inaccurate reporting of race times. Rowers or coxswains should know what their number is, in case you lose your bow number.

PROTESTS: Any protest must be made in writing to the Regatta Director within 30 minutes of race completion. A \$25 protest fee must accompany the protest. Fees will be returned if protest is upheld.

DINNER: Entry fees include a post-regatta meal. Upon return of your boats bow number, meal tickets or wristbands will be issued to all boat competitors and team coaches. Additional meal tickets can be purchased for \$2.50 at Finish Line.

AWARDS: Each competitor who completes the course will receive a certificate upon request. Medals will be awarded as follows:

- 1 or 2 boats entered, only gold presented
- 3 boats entered, gold and silver presented
- 4 or more boats entered, gold, silver, and bronze presented

Traveling team trophies will be awarded to the winner of the WO4+, MO4+, WO8+, and MO8+.

The awards ceremony will begin when the last boat has finished the race, or at the discretion of the Regatta Director.

WEATHER: Due to the nature of this regatta, much of the responsibility for safety is placed on competitors once the race has begun. Prior to launching, we will provide as much information as possible concerning weather conditions, and updates will be available at official points along the course whenever possible. Once on the water, rowers are obligated to use their better judgment as whether or not to continue the race in the event of foul weather. Secure areas include Water and Rest Stops, Safety Boats, and residences along the course. In the absence of a designated location, rowers should seek shelter wherever possible.

REGATTA DELAY OR CANCELLATION: Due to the logistical complexity of this regatta, **every** effort will be made to complete the event on the day and times scheduled. However if conditions do not allow, race times will be pushed back as far as possible to prevent cancellation of the race. In the event of cancellation, we will try to race the regatta the following day in a more informal setting.

RENTAL EQUIPMENT: A **very** limited amount of equipment is available locally for rental on a first-come, first-serve basis. We recommend that you try to transport your own equipment, or borrow from and piggy back with someone in your own area if at all possible. **NO COX BOXES AVAILABLE!**

Rental fees are as follows:

- Pair/double: \$75
- Four: \$100
- Eight: \$150

There are a limited number of oars that can be rented out or included with boats. Call for availability.

NOTE: The Marathon Committee reserves the right to rule on any situation not specifically covered in these regulations and to assess penalties as deemed appropriate.

LODGING: We have found a gym on campus for crews to stay in if they are looking to save money. The Health and Human Performance Club at NSU will open the PE Majors building for rowers on Friday night. The facility is equipped with showers and locker rooms. You will be able to get in and shower after the race. The fee will be \$2.00 per rower.

EVENTS AND RACE ORDER: Refer to this section for a listing of events. The following is a general race order and listing of events available to competitors. In general, slower boats are started first. In the past we have tried to accommodate most all categories recognized by US Rowing. Traditionally we have not differentiated between light and heavyweight categories, however, we recognize all age categories, including Juniors, Novice, Open, and Masters A - H. Criteria for determination of these categories will follow US Rowing rules and regulations. Competitors may only change events on race day if they are moving from a less competitive event to a more competitive event. (For example a boat may move from an event in which they are the only entry into an event with more entries so they have competition, however, a boat in an event with many entries cannot move into an event with none).

Any boat changing events must meet the criteria for that new event. **Absolutely no event changes will be made after the regatta has started.**

- 1) All Canoe and Kayak Entries
- 2) Women and Men Recreational 1x
- 3) Women and Mixed and Men Recreational 2x
- 4) Women 1x (Junior, Novice, Open, Masters A - H)
- 5) Men 1x (Junior, Novice, Open, Masters A - H)
- 6) Women and Men 2+ and 2- (Junior, Novice, Open, Masters A - H, Parent-Child)
- 7) Women 2x (Junior, Novice, Open, Masters A - H, Parent-Child)
- 8) Mixed 2x (Junior, Novice, Open, Masters*, Parent-Child)
- 9) Men 2x (Junior, Novice, Open, Masters A - H, Parent-Child)
- 10) Women 4 + (Junior, Novice, Open)**
- 11) Mixed 4+ (Junior, Novice, Open)**
- 12) Men 4+ (Junior, Novice, Open)**
- 13) Women 4x (Junior, Novice, Open, Masters A - H)
- 14) Mixed 4x (Junior, Novice, Open, Masters*)
- 15) Men 4x (Junior, Novice, Open, Masters A - H)
- 16) Women 8+ (Junior, Novice, Open)**
- 17) Mixed 8+ (Junior, Novice, Open)**
- 18) Men 8+ (Junior, Novice, Open)**

* There will be no A - H categories for Mixed Masters events, all Masters entries will be combined.

** A combined Masters (Club) category will be available with two or more entries in these sweep events, if only one entry, boat will be grouped as open.

Marathon Rowing Championships (318) 357-4545
PO Box 7037 Natchitoches, LA 71457

Regatta Officials available for questions and or concerns:

Yonna Pasch – Director of Programming 318-357-5439

Jason “Iggy” Ingargiola – Director of Public Relations 318-663-0079

Alan Pasch, Director of Operations, Head Coach – NSU Crew 318-357-5921

2004 Marathon Rowing Championships

Directions

TO NATCHITOCHEs: Natchitoches is located about midway between Alexandria and Shreveport.

The most direct routes into the city are Interstate 49 from the north and south, La Highway 6 from the west, US Highway 84 from the north / northeast, and La Highway 1 from the south.

TO THE START: **At this time the location of the Starting Area is still undecided. We WILL NOT be launching at Melrose Plantation.** However, the starting area will be in the very near vicinity. Once competitors arrive at the Bridge, we will have signs and banners to direct you to the Starting Area. The Starting Area will be located near the Melrose Bridge near Melrose Plantation. The most direct route is to take La Highway 1 South out of Natchitoches. This road is very clearly marked as "State 1" and "Bus. 1" on the Natchitoches Map. Both routes will merge into the correct southbound route towards Alexandria. Take LA 1 South for approximately 11.5 miles to La Hwy 493 (just before La 493 is a small shop called Lacour Doll House on your right). Turn Left onto La 493 (this is a small country road), go 2 miles to the Melrose Bridge. Once you arrive at the bridge, there will be signs to guide you to the Starting Area.

Special note concerning the Starting Area: In the event that the starting area is flagged off, this will indicate vehicles are not allowed off the road. This means **NO ONE**, including trailers, vans, busses, cars, or bikes, is to remove or drive through any barricades. If you are observed doing so, for any reason, you will be disqualified immediately.

TO THE FINISH: The Finish Area is located at the Downtown Riverfront in Natchitoches. From both La Hwy 6 and La Hwy 1, you will turn onto Jefferson Street (also known as Front Street). The Finish Area is located downhill from the cobblestone section of Front Street, in the parking area adjacent to the river. This area will be closed to non-regatta traffic on race day.

2004 Marathon Rowing Championships Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement")

IN CONSIDERATION of being given the opportunity to participate in any way in the Marathon Rowing Championships herein referred to as "Regatta", I, for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of this Regatta, both on the water and land based and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Regatta.

2. FULLY UNDERSTAND that: a) ROWING ACTIVITIES, INCLUDING THIS REGATTA, 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 in actions, the actions or inactions of others participating in the Regatta, the conditions in which the Regatta takes place, or the NEGLIGENCE OF THE "RELEASEES" 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 RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in this Regatta.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE US Rowing, the Natchitoches Rowing Club, Northwestern State University, the City of Natchitoches, the Cane River Waterway Commission, their administrators, directors, agents, officers, volunteers, and employees, other Regatta participants, regatta organizers, any sponsors, advertisers, and owners and leasers of premises on which the Regatta takes place, (each considered 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 Releases 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 ARMLESS each of the Releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such a 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 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.

PARTICIPANT'S SIGNATURE PRINTED NAME DATE

2004 Marathon Rowing Championships
**Parental Consent, Release and Waiver of Liability,
 Assumption of Risk, and
 Indemnity Agreement (“Agreement”)**

IN CONSIDERATION of my minor child being given the opportunity to participate in any way in the Marathon Rowing Championships herein referred to as “Regatta”, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of this Regatta, both on the water and land based and the Minor’s experience and capabilities and believe the Minor to be qualified, in good health, and in proper physical condition to participate in such activity. I further agree and warrant and will instruct the Minor that if at any time the Minor believes conditions to be unsafe, he/she will immediately discontinue further participation in the Regatta.

2. FULLY UNDERSTAND that: a) ROWING ACTIVITIES, INCLUDING THIS REGATTA, INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH (“Risks”); b) these Risks and dangers may be caused by Minor’s own actions, or inactions, the actions or inactions of others participating in the Regatta, the conditions in which the Regatta takes place, or the NEGLIGENCE OF THE “RELEASEES” 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 RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES incurred as a result of the Minor’s participation in this Regatta.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE US Rowing, the Natchitoches Rowing Club, Northwestern State University, the City of Natchitoches, the Cane River Waterway Commission, their administrators, directors, agents, officers, volunteers, and employees, other Regatta participants, regatta organizers, any sponsors, advertisers, and owners and lessors of premises on which the Regatta takes place, (each considered “RELEASEES” herein) 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 Releases 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, the Minor, or anyone on the Minor’s behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such a claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I AND THE MINOR HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT 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.
 NAME OF MINOR PARTICIPANT

 NAME OF PARENT / LEGAL GUARDIAN

 SIGNATURE OF PARENT / LEGAL GUARDIAN

 DATE _____

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