

“MOTOWN MADNESS”
“Your mind and body will never be the same!”
DETROIT INDOOR ROWING REGATTA
SATURDAY, FEBRUARY 01, 2014

SPONSORED BY
FRIENDS OF DETROIT ROWING
AT THE BELLE ISLE BOATHOUSE
OF THE
DETROIT BOAT CLUB CREW
RIVERBANK DRIVE
BELLE ISLE, DETROIT, MICHIGAN

Parking: Ample free parking in boat club’s parking lot.

Time: Registration begins at 7:30 a.m., Warm Up at 8:00 a.m., and Racing starts: 8:30 a.m. on Saturday, February 01, 2014.

Events: Events for girls & boys are based on age & experience. Women and men are classified by experience & weight (USRowing/FISA).

Open lightweight men – 160 lbs. (72.5 Kg)

Open Lightweight women – 130 lbs. (59.0 Kg)

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 1st, 2nd, & 3rd 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 02/01/14

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 for Sale: Used Concept 2 ergometers will be for sale and may be picked up after the race. Used Model D ergs with PM 3 monitors \$600.00; used Model C ergs \$475.00; used Model B ergs with or without obsolete monitors

\$200.00 Please reserve your erg by sending a check, made out to “Friends of Detroit Rowing”, to Dick Bell at the address below.

Contact: Dick Bell, 27551 Rackham Dr., Lathrup Village, Michigan 48076-3301. Phone: (248) 875-8574 Fax: (248) 559-0908
Email: bellr@macomb.edu.

Registration online at: <http://www.regattacentral.com>

MAP AND DIRECTIONS TO RACE

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 and exit at East Jefferson and turn left onto Jefferson Ave. Drive 2 miles east to Belle Isle and turn right onto bridge. Drive across the bridge and follow the traffic pattern counter clockwise taking every left-hand turn until you arrive at the boathouse parking lot.

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. Drive 2 miles east on Jefferson to Belle Isle and turn right onto bridge. Drive across the bridge and follow the traffic pattern counter clockwise taking every left-hand turn until you arrive at the boathouse parking lot.

Directions from Pontiac on I-75 south: Merge onto I-375 S/Chrysler Fwy, exit at East Jefferson and turn left onto Jefferson Ave. Drive 2 miles east to Belle Isle and turn right onto bridge. Drive across the bridge and follow the traffic pattern counter clockwise taking every left-hand turn until you arrive at the boathouse parking lot.

Directions from Toledo on I-75 north: Take exit 49 toward MI-10/Lodge Fwy/Civic Center. toward Civic Center. Merge onto John C. Lodge Fwy/MI-10 S. John C. Lodge Fwy/MI-10 S becomes Jefferson Ave. Drive 2 miles east on Jefferson to Belle Isle and turn right onto bridge. Drive across the bridge and follow the traffic pattern counter clockwise taking every left-hand turn until you arrive at the boathouse parking lot.

**ENTRY FORM
MOTOWN MADNESS
THE DETROIT INDOOR ROWING REGATTA
SATURDAY, FEBRUARY 01, 2014**

Registration fee \$15.00 per person

Registration due February 01, 2014

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 ANTEDEOTE 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, ≤ 160 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 (AGE40-49) |
| <input type="checkbox"/> 9. VETERAN MEN (AGE 50 & 59) | <input type="checkbox"/> 10. WOMEN (AGE50-59) |
| <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. after 12/31/95) | <input type="checkbox"/> 14, 15, & 16. AS LIGHTWEIGHT – 3 classes: 160, 150, 140 lbs. |
| <input type="checkbox"/> 17. Youth NOVICE BOYS | <input type="checkbox"/> 19, & 20. AS LIGHTWEIGHT – 2 classes: 135 & 125 lbs. |
| <input type="checkbox"/> 18. Youth GIRLS (Age 14 - 19; b. after 12/31/95) | <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 2014

** Youth Boys & Girls – born after 12/31/95.

*** 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 _____

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

USRowing Waivers form Regatta Central will be accepted, so register ASAP.