

Norwalk River Rowing Association



Row for the Cure

Saturday, October 31, 2009
8:30am-3:00pm

500m sprint
Masters / Novice /
Open / Canoe / Kayak

One entry fee \$25
Race as many times as you like!

Regatta launching and viewing
area at Veterans Memorial
State Park, Norwalk, CT

Benefits the Connecticut Affiliate of Susan G. Komen for the Cure



To register go to **norwalkriverrowing.org**
or contact Leanne Davis at (203) 866-0080 x13 for more information.

**2009 Norwalk Row for the Cure Regatta
Benefiting the Susan G. Komen For the Cure
Connecticut Affiliate
General Information**

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 \$150, which is the cost of screening a mammogram.

When: Saturday, October 31, 2009

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, October 26th, online at www.regattacentral.com. Entry fees are \$25 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, October 31, 2009.

Mandatory Pre-race Meeting: 7:30am, October 31, 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. Open to all human powered craft. 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 2009
- "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 or turned in at registration on Saturday, October 31st. [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 \$150, 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 the Norwalk River Rowing Association, 1 Moodys Lane, Norwalk, CT 06851.

Questions: email leanne@norwalkriverrowing.org with questions or for more information.

Updated entry information, news, and schedules will be posted on our news page on <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 <http://www.norwalkriverrowing.org>.

For general information about Row for the Cure throughout the USA, check the National Row for the Cure site <http://www.rowfortheure.com>.

For information regarding the Connecticut Affiliate of Susan G. Komen for the Cure visit <http://www.komenct.org>.

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

2009 Norwalk Row for the Cure Numbered Event List
Register at RegattaCentral.com

- 1 M Masters 8+
- 2 W Masters 8+
- 3 M masters 1x
- 4 W Masters 1x
- 5 M Novice 4x
- 6 W Novice 4x
- 7 M Open 1x
- 8 W Open 1x
- 9 M Open/College 8+
- 10 W Open/College 8+
- 11 M Open Water Kayak 1x
- 12 W Open Water Kayak 1x
- 13 M Masters 4x
- 14 W Masters 4x
- 15 M Open/College Novice 4+
- 16 W Open/College Novice 4+
- 17 M Flat Water Kayak 1x
- 18 W Flat Water Kayak 1x
- 19 Mixed Open 4x
- 20 Mixed Open/College 8+
- 21 W Masters 2x
- 22 M Masters 2x
- BREAK
- 23 M Masters 4+
- 24 W Masters 4+
- 25 M Kayak 2x
- 26 W Kayak 2x
- 27 W Open/College 4+
- 28 M Open/College 4+
- 29 Mixed Masters 2x
- 30 W Open 2x
- 31 M Open 2x
- 32 Mixed Masters 4+
- 33 M Open/College Novice 8+
- 34 W Open/College Novice 8+
- 35 Mixed Open/College 4+
- 36 Mixed Masters 4x
- 37 W Open 4x
- 38 M Open 4x
- 39 M Rec 1x
- 40 W Rec 1x
- 41 Mixed Kayak 2x
- 42 Mixed Masters 8+
- 43 Mixed Open 2x

Schedule subject to change due to race subscription

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 12/31/08 – 12/31/09, 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 Releasee 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 Releasee 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.

5. I, the undersigned participant, for myself and for my heirs, executors, legal representative, successors and assigns, hereby waive all claims and/or course of action, including negligence, against Susan G. Komen for the Cure®, the Connecticut Affiliate of Susan G. Komen for the Cure®, and all of their officers, directors, employees and agents, arising out of or in any way connected with my participation in the Row for the Cure®. “Participation” includes, but is not limited to, travel to and from the event as well as all activities encompassing said event.



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.

Sample personal donor request letter

Date

Name

Address

City, State, Zip

Dear _____,

Hello! I'm writing to tell you about an adventure I've committed to this fall! I have registered to participate in the 1st Annual Norwalk Row for the Cure® on Saturday, October 31st. The regatta is hosted by the Norwalk River Rowing Association to benefit the Connecticut Affiliate of Susan G. Komen for the Cure. The Foundation's promise is to save lives and end breast cancer forever by empowering people, ensuring quality of care for all and energizing science to find the cure. The Norwalk Row for the Cure® is a local event and 75% of the proceeds stay in Connecticut. Part of this money is used for breast cancer outreach and education, funding a free mammogram program and supporting treatment programs. The other 25% goes directly to breast cancer research through the Susan G. Komen for the Cure Breast Cancer Research Grant Program.

The fact remains that still one in eight women will be diagnosed with breast cancer during her lifetime. A little known fact is that women are not the only people who can get breast cancer! For men, the lifetime risk of getting breast cancer is about 1/10 of 1% (1 in 1,000). That is why I am Rowing for the Cure.

This race is important to me because.....(insert your personal story here)

You can join me in my fight against breast cancer without even breaking sweat! Would you please consider a \$150 pledge to support my effort and our local Komen Affiliate? Your contribution is tax deductible to the fullest extent allowed by law. You can contribute with a check in the enclosed return envelope OR find our city on the website www.rowforthecure.com and click on the donate button next to our city name.

Thank you for taking the time to read and consider this opportunity. Please contact me if you have any questions or if you want to learn more about the Norwalk Row for the Cure®.

Sincerely,

(Your Name)

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 October 26th.
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.
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.

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

