



# Sound Rowers

## Race Entry Form

Boat # \_\_\_\_\_

*For three or more racers, please use separate forms*

NAME 1. \_\_\_\_\_  
*Please print. This is how your name will appear on the results.*

2. \_\_\_\_\_  
*Please print. This is how your name will appear on the results.*

Sound Rower member? 1.  yes  no 2.  yes  no

PHONE 1. \_\_\_\_\_ 2. \_\_\_\_\_

EMAIL 1. \_\_\_\_\_ 2. \_\_\_\_\_  
*Only if new/changed or non-member. Only if new/changed or non-member.*

ADDRESS 1. \_\_\_\_\_  
*Full Address for Non-members, please. Hometown only for members*

2. \_\_\_\_\_  
*Full Address for Non-members, please. Hometown only for members*

In which race would you like to participate?

- 5K
- 10K

Please select your T-shirt size: (see following page for ordering info)

- X Small
- Small
- Medium
- Large
- X Large

Make/Model of Boat\* \_\_\_\_\_  
 \*- required

\*\*\*Please read and sign release form on back\*\*\*

**Gender** (circle one)  
 M—Men  
 W—Women  
 MX—Mixed  
 JR M—Junior Men  
 JR W—Junior Women  
 JR MX—Junior Mixed

Age 18 or younger

**Boat Class** (circle one)  
 1X-OWIII (Open Water shell > 24')  
 1X-OWII (Open Water shell, 19-21')  
 1X-OWI (Open Water shell < 19')  
 2X-OW (Open Water double)  
 1X (Flat water racing single)  
 2X (Any sliding seat double scull)  
 1X-FS (Fixed seat rowing single)  
 2X-FS (Fixed seat rowing double)  
 HPK (High Performance Kayak)  
 HPK2 (Double HPK)  
 FSK (Fast Sea Kayak)  
 FSK2 (Double FSK)  
 SK (Sea Kayak)  
 SK2 (Double SK)  
 K1 (Flat water racing Kayak)  
 K2  
 K4  
 OC1 (Outrigger Canoe Single)  
 OC2 (Outrigger Canoe Double)  
 OC6 (Outrigger Canoe 6-person)  
 C1 (Single Canoe)  
 C2 (Double Canoe)  
 PEDAL \_\_\_\_\_  
 OTHER \_\_\_\_\_

# North Cascades Cruise

SATURDAY APRIL 11TH

**DISTANCE:** 5K and 10K (3 mile and 6 mile)

**DIFFICULTY:** Level 1 (Protected water, shorter distances, all human powered craft welcome)

Difficulty will increase if winds go up.

**Water Craft Demos: 8:30 - 9:30 a.m.** Participants and spectators will have the opportunity to briefly try rowing, dragon boating, and/or sea kayaking, depending availability of boats; however, rowing shells will be available.

**Pre-race meeting: 10:25 a.m.**

There will be both shore and dock launching available.

**Race start: 11:00 a.m.**

Long distance event will start first. Recreational boaters are asked to let competitors get to the front of the start group for each race.

**Entry fee, Sound Rowers members:**

\$12.00 per seat, including cox'ns for SR members, any size boat; \$8.00 without shirt.

**Entry Fee, non-members:**

\$23.00 per seat for singles and doubles; \$16 without shirt.

\$18.00 per seat including cox'ns for boats of 3 or more for all seats; \$11 without shirt.

***As you can see, membership has its benefits! Please note that pre-registration is required to be guaranteed t-shirt size.***

**Membership Rates:**

Junior, age 13-18 ,FREE, must fill out membership paperwork, parent must sign.

Senior, age 70+ , FREE, must fill out membership paperwork.

Individual adult, \$25, Family \$35

Bystanders may purchase a shirt at the end of registration for **\$10**.

Sponsored by:



## Sound Rowers Race Entry Form Waiver & Warning of Risk

I fully understand that Sound Rowers activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death, and the risk of damage to, or destruction of, my boat, vehicle, and any of my equipment. These risks and dangers may be caused by my own actions or inactions, by the actions or inactions of other participants or of persons not participating in the activity, or by the negligence of persons acting on behalf of Sound Rowers. The variable weather and water conditions in which the activity takes place will affect the level of risk and danger. There may be other risks and social and economic losses not known to me or foreseeable at this time. 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.

I am in good health and in proper physical condition to participate in this activity and I am proficient in the handling of my boat. My boat is designed for operation under the conditions in which Sound Rowers activities occur and is in good condition. It has adequate floatation to support all occupants if swamped and, if capsized, I can right the boat and move it to safety without assistance. I will carry a personal floatation device for each occupant. I will wear that PFD if I am under 18 years old or if the Race Director so orders.

I understand that the course of this activity may cross shipping lanes and that I am responsible for yielding right of way to commercial vessels in the shipping lanes and any powerboat on the race course.

In consideration of the opportunity to participate in this Sound Rowers activity, I for myself, my personal representatives, assigns, heirs, next of kin, and all those claiming by or through me, consent to and do hereby release, discharge, and forever hold harmless Sound Rowers and any and all sponsors, all municipal agencies and municipalities whose property and/or personnel are involved in the activity and any other sponsoring or cosponsoring agency or individual from responsibility for any injuries or harm of any nature whatsoever that I may suffer, or for any damage whatsoever to my boat, vehicle, or any of my equipment, as a result, either directly or indirectly, of my participation in this activity. I further agree that if, despite this release and waiver, I or anyone on my behalf, makes a claim against any of these releasees, I will indemnify, save and hold harmless each releasee 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.

Signature of participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
(for participants under 18 years)