



10th Anniversary Moose Nugget Regatta **Saturday July 16, 2011**

The Moose Nugget Regatta features 1,000 meter side by side racing on Wasilla Lake in Wasilla, Alaska. Independent racers as well as members of clubs are welcome to race at this event. Each team should submit a single entry.

Deadlines

July 1: Gear orders, athlete and spectator numbers for food (total numbers we need to be prepared to feed and entertain).

July 10: Race entries.

What you get

Regatta entry includes as many races as desired, continental breakfast, lunch, and, in 2011, one pair of 10th anniversary socks with the Moose Nugget Logo. Additional socks in our ultra-cool design are available at a price of \$8.50 per pair while supplies last. Email the total additional socks desired to moosenugget@anchoragerowing.com by July 1st when you send your athlete and spectator count and we will confirm back if your request can be filled. We cannot sell on race day but if socks are left we can reserve them and bill you and send them after the event.

Equipment

Bow numbers are required.

Overnight parking for trailers is available at Newcomb Park after 5:30PM on Friday July 15th with an ARA representative camping on the park lawn. Please remember you park at your own risk. You can arrive earlier and leave your trailer in the parking lot and then move to the lawn after 5:30PM.

A limited number of boats are available for loan from local teams. Requests should include the type of boat and type of rowers (men's heavyweight double, LW women's eight, etc.) to help us match up the limited number of boats available.

Email requests to moosenugget@anchoragerowing.com by July 1st.

Cost

Cost for athletes is \$15. Costs for spectators who would like to eat regatta food are \$10 for adults, \$5 for kids under 12, and free for babes in arms. Please reserve spectator lunches by July 1. Teams are responsible for collecting payment from members and submitting a single payment by check or credit card (credit cards can now be prepaid on our website – please note Moose Nugget Fees in the memo).

Race Entries

Race entries are due July 10th. Entries for races must include the number of boats in each event, the stroke or single sculler's name, and the boat's average age as the end of the year (except juniors and novice). A confirmation email will be sent after receipt of your entry. Mail checks to ARA, PO Box 242161, Anchorage, AK 99524. No changes are allowed from the July 10 entry deadline until the conference call 48 hours before the race.

Categories and Handicapping

Masters: Athletes who are 19 or older as of the end of this calendar year.

Sweep Novice: Athletes who started sweep racing after January 1 of this year.

Sculling Novice: Athletes who started sculling racing after January 1 of this year.

Junior: Athletes under the age of 19 as of the end of this calendar year.

**coaches can see these definitions have some leeway, please just honor the spirit of these categories to give your rowers the best possible race experience. If it doubt email moosenugget@anchoragerowing.com*

Age handicaps will apply to all races unless indicated otherwise. Athletes 19-27 will be handicapped as 27, and age-specific handicaps will apply to those older than 27. All events will get a first place medal. Team trophy points are awarded for all boats in any race in which there is an entry from at least three different clubs.

Course

All boats will launch from the designated area along the park's sandy beach. Rowers should expect to wade into the water up to mid-thigh and must wear water shoes for foot protection. The 1,000 m course will be partially buoyed, with lane markers at various intervals. Other non-regatta markers are present, and the finish line is not perpendicular to shore, so be sure coxes and scullers understand the course markings.

Practice Times

Selected boats will be available on Friday evening after 5:30PM and in the early morning before the race for teams wishing to practice. No safety launches will be on the course, so row at your own risk. Email moosenugget@anchoragerowing.com for more info.

Regatta Schedule

July 14 after 5PM coaches conference call (time TBD) – scratches and additions if a spot is available will be taken here.

July 16 9:00AM: Coaches and Coxswains meeting at the Picnic Pavilion – Remember average ages will not be changed on race day for handicapped events.

9:15AM: Officials, volunteers, and timers meeting at the timing tent.

9:30AM Course open for launching first boats. Safety launches will not be on the water before this time so row at your own risk.

For More Info

Contact the Moose Nugget committee at moosenugget@anchoragerowing.com with any questions. More details and updates will be emailed if necessary.

Moose Nugget Regatta Entry Form



Team Name (if applicable): _____

Phone number and name of team rep for conference call 48 hours before race

Tentative Time	Event	Sculler/Stroke Name	Avg Age
10:00 AM	Mixed 4x mstr/junior/novice		
10:10 AM	Men's mstr/junior/novice 4+		
10:20 AM	Women's 1x		
10:30 AM	Women's Novice/junior 8+		
10:40 AM	Women's novice/junior 4X		
10:50 AM	Mixed 4+		
11:00 AM	Women's 2-		
11:10 AM	Rec Men's 1x		
11:20 AM	Women's 8+		
11:30 AM	Men's 2x		
11:40 AM	Novice Wom/Junior Girl 4+		
11:50 AM	Men's 2-		
12:00 PM	Women's 4X		
12:10 PM	Mixed Novice & Junior 8+		
12:20 PM	Men's 1X		
12:30 PM	Recreational Women's 1x		
12:40 PM	Mixed 2x		
12:50 PM	Women's 4+		
1:00 PM	Women's Novice 1x		
1:10 PM	Novice men's/junior boy 8+		
1:20 PM	Men's 4x		
1:30 PM	Women's 2x		
1:40 PM	Mixed Novice/junior 4+		
1:50 PM	Novice Men's 1x		
2:00 PM	Mixed 8+		

Contact for questions

Name: _____

Number: _____

E-mail: _____

No. athletes _____ x\$15= \$ _____

No. adult spectator meals _____ x\$10=\$ _____

No. kid spectator meals _____ x\$5=\$ _____

Total \$ _____

Make checks to Anchorage Rowing Assoc.

Please also attach a list of your team members and their current home town. The press has requested this repeatedly so we'd like to provide it to them up front in case they want to line up stories of local interest before the race or afterward.

	Name	Current Home Town
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Moose Nugget Regatta



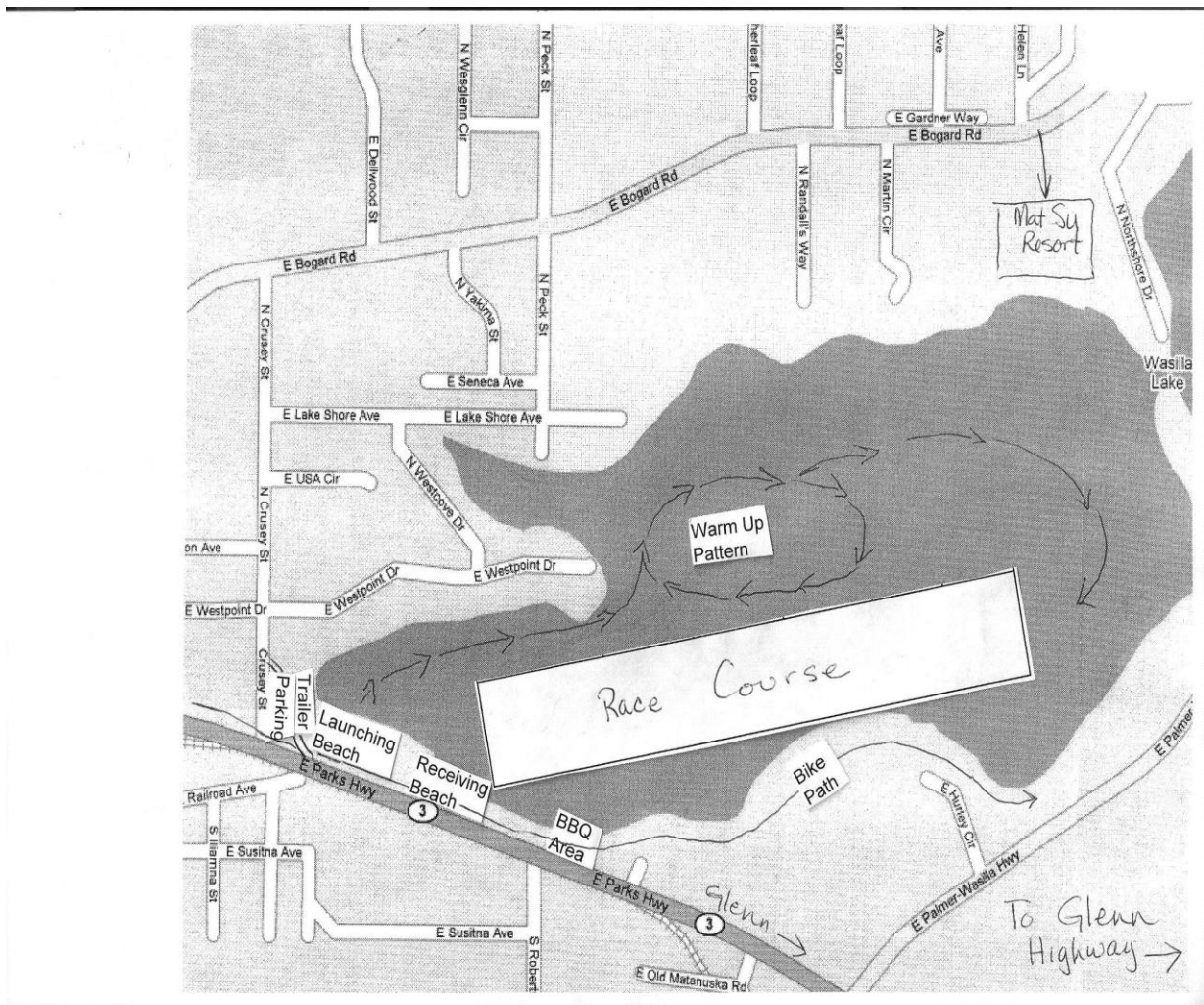
Driving Directions to the Race:

From Anchorage, go north on the Glenn Highway for approximately 33 miles.

Glenn Highway turns into the Parks Highway. Follow signs to Wasilla.

In approximately 6 miles you will see Wasilla Lake and Newcomb Park on the north side of the road. Park in the Newcomb Park parking lot and for overflow go to the gravel parking lot behind the auto supply store. **PLEASE DO NOT PARK IN THE PIZZA HUT PARKING LOT**

Map to the race :



Release of Liability

Fax: 609-924-1578



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 12/31/10 – 12/31/11, 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 Release 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.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

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.

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.