

2nd Annual Indoor Rowing Relay & Raffle

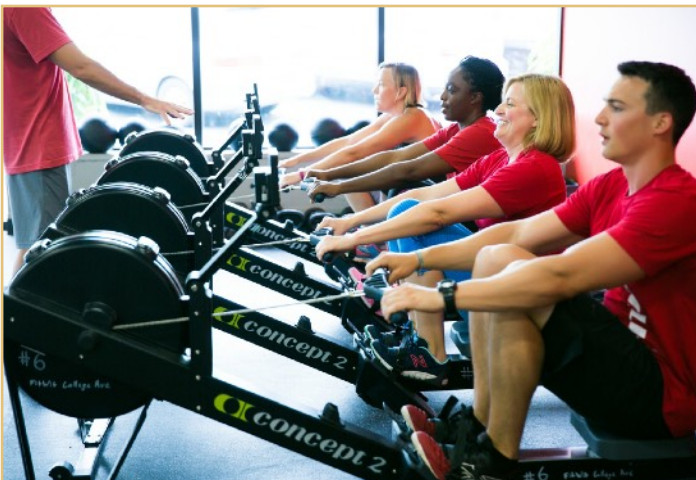
Canal Dock Boathouse, Inc.

Jordan's Furniture & It, 40 Sargent Drive, New Haven

Sunday, January 21, 2018, 8:00 to 11:00 AM



Canal Dock invites you to take part in our exhilarating, team-oriented, Indoor Rowing Relay races. No experience necessary! Teams of five rowers each will race on Concept2 rowing machines. See reverse side for entry form and instructions.



Entry fee of \$20/person includes three rounds of racing. Raffle tickets \$5 each. Raffle prizes include boating & outdoor gear, rowing lessons, and more! The event ends promptly at 11:00. Proceeds go to operational and program support for the Canal Dock Boathouse. Additional gifts can be sent to: Canal Dock Boathouse, Inc., PO Box 124, New Haven, CT 06501.

IndoorRowingRelay.canaldock.org

Canal Dock is a 501(c)(3) non-profit that will operate the Canal Dock Boathouse (pictured above), a 30,000 sq.ft. community boating facility scheduled to open on Long Wharf Drive in the spring of 2018. Canal Dock depends on donations and sponsors to help establish and run programs, purchase and maintain equipment, and hire coaches and operations personnel.

www.canaldock.org

Entry Form:

1. Mail entry and check using the form below, or submit entry and waiver online at:
 - <http://indoorrowingrelay.canaldock.org/registration-form/>
2. Collect \$20 from each team member and pay \$100 online at:
 - <http://indoorrowingrelay.canaldock.org/enter/>
3. Questions? Write to nicole@canaldock.org

Instructions for Team Captains:

- Like last year, we're focused on fun, healthy exercise, and friendly competition
 - Each entry includes three races per team. Each race is five minutes, and each participant must row one minute of each race. Categories: masters women, masters men, masters mixed (at least two women on any mixed team), high school girls, high school boys, high school mixed teams (at least two girls)
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Mail-in Form: Return this form and check for \$100 to: Canal Dock Boathouse, Inc. (CDBi), PO Box 124, New Haven, CT 06501 (Waivers can be completed online or the day of the event. *Note: participants under 18 must have a parent/guardian signature.)

Team name: _____

Place an "X" for your team category below:

Masters Women _____ Masters Men _____ Masters Mixed _____

High School Girls _____ High School Boys _____ High School Mixed _____

*******Mixed teams MUST have at least two (2) women or girls!*******

Captain Name: _____ Phone: _____

Captain email: _____

Rower 2: _____ email: _____

Rower 3: _____ email: _____

Rower 4: _____ email: _____

Rower 5: _____ email: _____