

Grafton Rowing Club Inc.

ESTABLISHED - 1882

Club Colours: Black and Gold

ABN. 67 475 390 055

CLARENCE RIVER ROWATHON – Saturday 5/7/14

REGISTRATION

All crews to assemble at Copmanhurst Boat Ramp at 7.30 for 7.45 am for the compulsory **pre-Rowathon briefing. Take Rogans Bridge to Copmanhurst road which is sign posted. A representative of each crew will be required to sign the attendance record on behalf of his/her crew** before registration of individual rowers commences.

Following the briefing, each rower is to register individually.

Each participant will be given a name badge upon registration. These must be worn during the day, for identification / safety purposes. **A map will be given to each boat showing change over points at Eatonsville, Punt Lane (north side) and Ski Lodge. There will be 4 safety boats cruising the course**

EVENT PROGRAM

7.45 AM

Briefing –**Compulsory -No excuses**

8.00 AM

Registration - Compulsory

8.30 AM

First boats on the water; row 40km

Starter will send off with 2 minute gaps

11.30 – 2 PM

Finish at Grafton Rowing Club, **tea and refreshments**

gold coin donation

6 PM onwards

Dinner / Refreshments at Grafton District Services Club Mary St and Presentation of Certificates

SAFETY RULES

1. No alcohol to be carried in any boat.
2. Know your position on the river.
3. In the event of capsizing or other emergency, remain with your boat until help arrives.

MAPS

Will be supplied at registration on the day. (Two kits per crew -One set for the boat, one set for the road vehicle). **PRIOR TO THIS A BRIEFING WILL TAKE PLACE. ATTENDANCE AT THIS BRIEFING IS COMPULSORY.**

DRESS TIPS

It is advisable to “cover up” irrespective of weather conditions, and to apply 30+ sunscreen to your face and other exposed areas.

Hats with rear flaps, long sleeved shirts, socks and gloves (cotton disposable with finger tips cut out) are recommended. Long trousers/pants are optional – some say long winter pyjamas are good value! For all but the masochists, cushioned seats are essential.

SUSTENANCE

THERE IS NOT GOING TO BE AN ORGANISED LUNCH STOP.

Please ensure you have sufficient nibbles (fruit, sandwiches, muesli bars etc and **plenty of fluids** for the journey (approx 4 hours).