



CANADIAN SCULLING MARATHON

Full and Half Marathon -- Sunday, August 29, 2010 -- Ottawa River

Welcome to the sixth annual Canadian Sculling Marathon (CSM), inspired by the world-renowned Canadian Skiing Marathon. Stressing participation, endurance, fitness, distance, and fun, the CSM is the most complete sculling marathon in Canada. Previous results can be found at <http://www.onec.ca/rowing/rowCSM.html>.

The CSM offers a choice of two touring distances on Sunday, August 29¹. We start on a beach on Petrie Island in eastern Ottawa (Orléans). The new courses cross the Ottawa River to the mouth of the Lievre River and return to circle Petrie Island, an ecological reserve and park. (Organisers reserve the right to change the course due to adverse conditions.)

Medals will be awarded to all scullers who complete any of the courses. T-shirts will be offered to all participants, while quantities last – t-shirts are guaranteed to participants registered by July 31. Participants should be in good physical condition and have rowed their target distance. Because of the nature of the course, all boats must carry Transport Canada mandated safety equipment: life jackets (one per individual), bailer, throw line and whistle.

Distances, cut-off times, approximate start times and permissible shells are as follows:

Category	Full Marathon – 42 Km Start time: 8:00 am Cut-off time: 5 hours	Half Marathon – 21 km Start time: 9:00 am Cut-off time: 2 ½ hours
Single	Alden: Star, 16, 18, Quest, Martin; Echo: Islander Hudson: T-6, Cruiser; Rossiter: Laser Maas: 24; Mission: Offshore 21 Winteck: Explorer	
Double	Alden: 18 & Star 22; Hudson T-7; Oceanshell; Maas ocean double	
Quad	Hudson T-11; Winteck: Odyssey; European touring boats	

Tentative Schedule

Reception and Registration:

When: Saturday evening, August 28th from 6-8pm

Where: Ottawa New Edinburgh boathouse, 501 Rockcliffe Parkway, Ottawa.

Map: <http://www.onec.ca/map.html>

What: Participants will receive their CSM package (T-Shirt, bib, map) and directions to Petrie Island. Come eat, socialize and enjoy the views of the Ottawa River.

Sculling Marathon:

When: Sunday, August 29st, 7 am onwards

Where: Petrie Island beach

What: 7.00 am onwards: registration continues at launch site

7:30 am: pre-race meeting for full marathon captains & single scullers

8.00 am: first mass start for full marathon

8:30 am: pre-race meeting for half marathon captions & single scullers

9:00 am: mass start for half marathon

Medal ceremonies at approx. 11:30 am (half marathon); 1 pm (full marathon)

Questions? vincric@rogers.com

¹The quarter marathon will be held this year as an ONEC friendly event on Sat., Aug. 28

