

HALDMAND GRAND RIVER ROWING CLUB



Est. 2004

GOURMET ON THE GRAND

DATE: Saturday, September 10th, 2011 **TIME:** 9:00AM until
mid afternoon

PLACE: Meet at Conway Park, 21 Ouse St. S. Cayuga, On. (To view map, please go to: www.haldimandrowing.com)

COURSE: 11-13 km in the morning to Grand River RV Resort. After lunch we then row an additional 11 km back to Cayuga.

This Tour is for experienced rowers; sculling technique, easy rate of difficulty.

We will be rowing in T11 Touring Quads on the beautiful and scenic Grand River.

Open to 2011 registered members of Row Ontario and Row Canada.

ELIGIBILITY: Is your club a member of Ontario Adventure Rowing Association (OAR TOURING)? Yes ___ No ___

IF not are you a member of Ontario Adventure Rowing Association? Yes ___ No ___

If your answer is "No" to both questions, please enclose a trial guest fee of \$10 per tour or join the Association for \$25. (www.adventurerowing.ca)

COST: \$70/rower. This includes your seat and your meal. (Tossed salad, your entree, with tea or coffee, taxes and gratuities).

DETAILS: Light snacks will be included before rowing.

Dessert will be served at the pavilion in Cayuga, after the rowing.

"Gourmet on the Grand"
Hosted by the Haldimand Grand River Rowing Club
Registration Form

Registration must be in by Thursday Sept. 1st, 2011.
Water, snacks, and a meal will be provided.

Price: \$70.00 per person, including lunch, (salad, entree, tea or coffee) snacks in the morning and dessert after row. Alcohol with lunch will be extra.

NAME _____
Street or P.O. Address _____
City _____ **Postal Code** _____
Telephone _____ **Emergency number** _____
Emergency contact name _____
E-mail address: (confirmation will be by e-mail) _____

*** Participants must be 2011 registered members of Row Ontario and Row Canada.**

Waiver:

I recognize that the use of the facilities and services available at Haldimand Grand River Rowing Club as well as rowing involves potential risks. I agree to indemnify and save harmless the organizers, its officers, and directors from and against all claims, damages, loss, cost and expenses related to injury including death or damage to third party's property. Each participant is responsible for his/her own medical and personal insurance arrangements.

Signature _____ **Date** _____

Please mail completed form with cheque made payable to HGRRC to:

**Haldimand Grand River Rowing Club, P.O. Box 794, Cayuga, On.
N0A 1E0**

