



# CANADIAN SCULLING MARATHON

*New route -- Row past the Parliament Buildings and other Canadian landmarks*

Full and Half Marathon -- Sunday, August 28, 2011 -- Ottawa River

Welcome to the seventh annual Canadian Sculling Marathon (CSM), inspired by the world-renowned Canadian Ski Marathon and organized by the rowing section of the Ottawa New Edinburgh Club (ONEC). 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: the full marathon (42 km) and the half marathon (21 km). We start and finish at the ONEC boathouse. The course goes up the Ottawa River past Rideau Falls and below Parliament Hill, turns around Gull Island, descends past the magnificent Museum of Civilization to the Gatineau River, loops up and back down the Gatineau, and finally circles Kettle Island. Organizers reserve the right to change the course in the event of adverse conditions.

Medals will be awarded to all scullers who complete either endurance distance. Decals and T-shirts are guaranteed to all participants who register by July 20. 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.

Start times, cut-off times and permissible shells are as follows:

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

## Tentative Schedule

Saturday, August 27, 6-8 pm

Reception, registration and buffet at the ONEC boathouse, 501 Rockcliffe Parkway, Ottawa (map at <http://www.onec.ca/map.html>). Participants will receive their CSM package (including T-Shirt and map).

Come eat, socialize and enjoy the views of the Ottawa River!

Sunday, August 28, Sculling Marathon:

Where: ONEC boathouse

6:15 am onwards: registration continues at launch site

6:30 am: **Full** marathon pre-race meeting for captains & single scullers

7:00 am: **Full** marathon mass start

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

8:00 am: **Half** marathon mass start

Medal ceremonies at approximately 11:15 am (half marathon) and 12:15 PM (full marathon).

Echo demonstrations will be held after the marathons are completed.

<sup>†</sup>The quarter marathon will be held this year as an ONEC friendly event on Sat., Aug. 27

**Registration Form**  
**7<sup>th</sup> annual Canadian Sculling Marathon – Full and Half**

Sunday, August 28, 2011

Ottawa River, Ottawa

**Distance:**             Full marathon, 42 km         Half marathon, 21 km

**Boat category:**     Single         Double         Quad

**Name** (please print): \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_        **Email:** \_\_\_\_\_

**Boat type and name:** \_\_\_\_\_

**Team members** (each must fill in an individual form):  
\_\_\_\_\_

**Club affiliation:** \_\_\_\_\_

**T-shirt** (unisex sizes):         small         medium         large         extra large

**Participation fees (do not include boat rental):**

Before June 20:        \$ 30 per person        \_\_\_\_\_  
Before July 20:        \$ 40 per person        \_\_\_\_\_  
Before August 20:     \$ 45 per person        \_\_\_\_\_  
August 21 and after: \$ 50 per person        \_\_\_\_\_

**Saturday evening reception meal charge:** \$ 5 per person        \_\_\_\_\_

**Guest fee** (if you or your club are not members of the Ontario Adventure Rowing Association) \$10 p.p.: \_\_\_\_\_

**Boat rental** (Hudsons provided by the Ontario Adventure Rowing Association):

Hudson T-11 (Coxed Quad): \$125 per boat        \_\_\_\_\_  
Hudson T-7 (double):        \$ 50 per boat        \_\_\_\_\_  
Echo (from Echo Rowing)    \$ 50 per boat        \_\_\_\_\_

N.B.: Boats from the Ontario Touring Centre are in limited supply; please reserve early.  
Participation in the marathon is contingent on signature of the waiver below.

**Total:** \_\_\_\_\_

**Payment:** by cheque or money order in Can. funds payable to "Ottawa New Edinburgh Club" or "ONEC". Send to: Mary Clark, 307 Osgoode St., Ottawa, Ontario K1N 6T1

Questions : [canadianscullingmarathon@gmail.com](mailto:canadianscullingmarathon@gmail.com)

**Waiver:**

I recognise that the use of the facilities and services available at the Ottawa New Edinburgh Club as well as rowing and related activities involve potential risks. This section of the Ottawa River has some potential hazards (e.g., deadheads, powerboats, buoys). I undertake, in my personal capacity and those whom I represent, have custody, my heirs and assigns, to indemnify and save harmless the Ottawa New Edinburgh Club, its officers, employees, independent contractors and other representatives, their successors, heirs and assigns, from and against all claims, damages, loss, costs and expenses relating to any injury including death, or loss of or damage to my or third party's property and arising out of being incidental to my presence at the Club or the practice of the rowing.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Name** (please print)

\_\_\_\_\_  
**Date**

**Emergency contact:** \_\_\_\_\_  
Name

\_\_\_\_\_  
Telephone