



CANADIAN SCULLING MARATHON

Full (42k) and Half (21k) – Sunday, August 27, 2023 – Ottawa, Ontario

Welcome to the 18th annual Canadian Sculling Marathon (CSM) organized by the Ottawa New Edinburgh Club (ONEC Rowing) and inspired by the world-renowned Canadian Ski Marathon with emphasis on participation, fitness, endurance, and fun. ONEC partners with the Ontario Adventure Rowing Association (OAR) for this event.

The CSM offers a choice of two touring distances, the full marathon (42 km) and the half marathon (21 km). The scenery along both routes is as spectacular as it is varied: views of the capital's most famous landmarks, shoreline recreational pathways, and protected wetlands and forested areas.

Due to the potential windy and wavy nature of the route, the Marathon is only open to stable touring / coastal / open water boats. The following boats are permitted in the half and full marathons:

Singles	<p><u>Touring singles:</u> e.g., Hudson T-6, Alden Star, Echo Sport/Classic/Islander</p> <p><u>Coastal boat singles:</u> e.g., Eurodifusion, Philippi</p> <p><u>Stable open water singles</u>¹: e.g., Maas 24/21, Wintech Explorer 24/21, Alden Star/18/16/Quest/Martin, Rossiter Laser 18/Louden, Whitehall.</p> <p>¹ the beam at the waterline must be at least 14 inches to ensure stability in rough waves.</p>
Doubles	<p><u>Touring doubles:</u> e.g., Hudson T-7, Swift Touring Gig 2+</p> <p><u>Coastal boat doubles:</u> e.g., Eurodifusion, Philippi; Liteboat</p> <p><u>Stable open water doubles:</u> e.g., Alden 18, Maas Ocean, Wintech 30, Alden Star, Ocean Shell, Whitehall</p>
Quads	<p><u>Touring coxed quads:</u> e.g., Hudson T-11, Wintech Odyssey, Swift Touring Gig 4+</p> <p><u>Coastal quads:</u> e.g., Eurodifusion, Philippi, Liteboat</p>

There is an option to rent touring and coastal boats (see Captain's registration form).



Tentative Schedule

Saturday, August 26, 4-7 pm

Welcome! We rig and position boats at the ONEC waterfront facilities, 501 Sir George-Étienne Cartier Parkway, Ottawa. Please park your car to the east of the tennis courts in the depot area and walk down to the waterfront facilities to the east of the boathouse. Participants must check-in and pick up their CSM package (T-shirt, map, boat markers) at the registration desk. The captain's meeting occurs at 5:30 pm.

Sunday, August 27, Sculling Marathon

ONEC waterfront facilities, 501 Sir George-Étienne Cartier Parkway, Ottawa. Please park to the east of the tennis courts in the depot area and walk down to the waterfront facilities to the east of the boathouse. If you have not done so, pick up your package at the registration desk. Please aim to be here about an hour before the start, so everyone could be on the water 15 minutes before the start time.

	Full Marathon – 42 km	Half Marathon – 21 km
Pre-marathon meeting (captains, single scullers)	Sat. at 5:30 pm	Sat. at 5:30 pm
Arrival	6 am	7 am
On-water cut-off	6:45 am	7:45 am
Start time	7 am	8 am
Cut-off time	5 hours elapsed rowing time OR 12:30 pm	2½ hours elapsed rowing time OR 10:45 am
Refreshments (at waterfront)	Available when scullers finish event: 9:30 am to 12:30	
BBQ (at tennis pavilion)	12:00	11:00
Medal ceremony	1 pm	11:30 am

Participants should be in good physical condition and have rowed their target distance. You should be aware that you'll be rowing some open stretches of the Ottawa River, where wind, waves and current can give rise to challenging conditions. Organizers reserve the right to change the routes in the event of adverse conditions.

In addition to rowing skills and endurance, navigation skills are required. Participants should familiarize themselves with the route map and attend the pre-marathon captain's meeting where information will be given on potential hazards, which may include deadheads, buoys and powerboat traffic. ONEC safety boats will be on the water to help ensure your safety. 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.

Medals and neon CSM jerseys will be given to all scullers who complete their event.

The Hensler “Endurance” Trophy will be awarded to the Club with the most participants who complete the full marathon within the cut-off time. In addition, a donation of \$1,000 will be awarded to that Club to purchase equipment. All participants who successfully complete the full marathon will have their name engraved on the trophy.

Information: Alistair at ahensler@bell.net



Participation for the Nation!





Captain's Registration and Payment Form (one per boat) Canadian Sculling Marathon – Full and Half

Sunday, August 27, 2023

ONEC Rowing, Ottawa River, Ottawa

Distance: Full (42 km) Half (21 km)

Name (please print): _____ **Club affiliation:** _____

Telephone: _____ **Email** (please print clearly): _____

Boat: Category: 1X 2X 4X **Type of boat** _____

Name of Team/Crew _____

Team members (each rower must fill and sign the Participation and Waiver Form); please list:

	Fees
Participation fee (includes memento jersey, food and drinks; does not include boat rental)	
<input type="checkbox"/> Early – up to July 10: \$70 per person	
<input type="checkbox"/> July 11 to August 15: \$80 per person	
Guest fee (if you or your club are not members of Ontario Adventure Rowing Association and you are a member in good standing of Rowing Canada or your national rowing organisation)	
<input type="checkbox"/> \$30 per person	
Boat rental (Hudson touring boats provided by the Ontario Adventure Rowing Association; coastal quads could also be supplied if there is a strong enough demand):	
<input type="checkbox"/> \$180 per touring/coastal quad	
<input type="checkbox"/> \$80 per touring double	
Total	

Please scan the completed **Captain's (Boat) registration** and signed **Rower waiver forms** of your crew (including yourself) and e-mail the file to ahensler@bell.net.

Payment by cheque or interact e-transfer in Canadian funds payable to "Alistair Hensler", c/o Alistair Hensler, 19 Waterford Way, Ottawa ON K2E 7V4; ahensler@bell.net. (Please note that there is no on-line registration this year.)





Individual Rower Participation and Waiver Form Canadian Sculling Marathon – Full and Half

Sunday, August 27, 2023

ONEC Rowing, Ottawa River, Ottawa

Distance: Full (42 km) Half (21 km)

Name (please print): _____ Club affiliation: _____

Name of Team/Crew: _____

Telephone: _____ Email (please print clearly): _____

Emergency contact: _____
Name (please print) Telephone

Jersey (please check): M: ___ W: ___ small medium large extra large

Rowing Canada No. _____

All Canadian rowers should be registered with Rowing Canada. If you cannot retrieve your RCA number, please indicate Date of Birth _____ and male or female or other.

Membership in the Ontario Adventure Rowing Association¹ – Please check if yes _____

Assumption of Risk, Liability Waiver, and Photo Release Agreement

Assumption of risk: I recognise that the use of the facilities and services of the Ottawa New Edinburgh Club (ONEC) as well as rowing and related activities involve potential risks. Risks include, but are not limited to, injury from collision with another vessel or stationary objects and from the malfunctioning of equipment and injury or drowning as a result of capsizing or being swamped by waves from passing vessels, adverse weather, or lock operations. I also understand that the physical exertion of rowing, including carrying boats in and out of the water, can result in injury or death.

Liability Waiver: I undertake, in my personal capacity and on behalf of those whom I represent or have custody of, and my heirs and assigns, to indemnify and save harmless the Ottawa New Edinburgh Club, Ontario Adventure Rowing, their officers and other representatives, and 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 any third party's property arising out of or being incidental to my presence at the event.

Fitness to row: I am an experienced sculler, and I am fit enough to row 21 km in one day, and I can swim 50 m.

Photo release (strike out if you do not agree): I consent to photographs being taken of me during my participation in the CSM and to their use by the organizers and rowing organizations for promotional purposes.

Signature

Name (please print)

Date

¹ I am a member of the Ontario Adventure Rowing Association (OAR) (either individually or through my club which is a member). The following rowing clubs were members of OAR in 2022: Argos, Barrie, Cambridge, Cornwall, Don, Durham, Guelph, Hanlan Orillia, ONEC Rowing, Ottawa, Peterborough, Quinte, Sudbury. Rowers in good standing with RCA who attended the Niagara Rowing School are also considered members. (If you are not a member of OAR, Ontario residents can join OAR as an independent member for \$90. See www.adventurerowing.ca)