The purpose of the Row-A-Thon is to raise funds for our participating Junior and Senior athletes to attend events such as BC Champs, Regina Sprints and the Canadian Henley. To participate in the row-a-thon, athletes must:

1. A good standing member of CRC
2. Must collect a minimum of $100.00 in pledges to participate in the event

**Note**: New novice rowers will not be allowed to participate as they won’t be as strong or technically skilled in the sport yet.

Name of Athlete:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rowing Group Member (Juniors, Seniors, Masters, Rec):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Indicate which distance grouping you wish to participate in. Crews will be boated using these groupings.

* 0 – 18 km: Estimate 1 – 2 hours
* 18 – 27 km: Estimate 2 – 3 hours
* 27 – 36 km: Estimate 3 – 4 hours
* 36 – 45 km: Estimate 4 – 5 hours
* 45 – 100 km: Estimate 5 – 8 hours

Indicate if you only wish to be a relief rower to fill in temporarily for a athlete.

* Yes

I have read and understood the CRC Row-a-thon Event description and my responsibilities as an athlete participating.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_