



Thursday 17<sup>th</sup> July 2008

Dear Team Captain

Thank you for entering your team in the third rowing challenge, I hope you're getting as excited about it as we are! By now you should have had the opportunity to plan in some pre-race training with your cox, and have most probably discovered that technique over brute force will serve you well in the competition!

*ENTRY FEES & SPONSORSHIP:*

If you have not paid the entry fee can you please make sure you get a cheque (payable to the Plymouth Rowing Forum) or cash to me (if at all possible) prior to the event. If you have collected additional sponsorship, firstly a big thank you, and secondly this can be collected and handed in after the event.

On arrival there will be a table set up with two smiley rowers waiting for you to check in and confirm that details held are correct. If there are any changes to your crew line up, or you need to hand in some money then this is the place to get it all sorted out.

*TEAM NAMES:*

Some of you have yet to give me your team names ... go on be creative!

*ENTERTAINMENT, FOOD & DRINK:*

MBC will have a barbecue fired up and running from 1830 to 2100, £5 for a selection of BBQ food and salads, so bring your pennies as rowing is hungry work! For more info on available food, veggie options etc please call the Mount Batten Centre on 01752 404567.

The bar will be open to keep your supporters vocal cords well oiled and quench your crew's post racing thirst!

*A FEW POLITE REQUESTS:*

Can you please ensure that your team is ready to go at 18.00, and that people don't wander off in-between races as changeovers will be quick and you – quite literally - don't want to miss the boat!

Please be careful with boats, pins and oars. The boats & oars used for the challenge are the property of local clubs and are very valuable both financially and for training and racing purposes. Although accidents do happen please bear in mind a new oar costs £275, and each boat in the region of £18-20k (plastics £8k) and are maintained by club volunteers so be careful when manoeuvring your kit in and out of the boat, try not to step on seats and let your cox know if anything does break!

Please make sure you take on board plenty of fluids both prior to and during the evening. You may also want to slap on the sun cream, crazy as it seems with our current weather!

Please make sure your cox is aware of any medical problems that may affect your ability to row, just so they are able to respond to your needs if necessary. A first aider will be on hand.

The Mount Batten is very busy next week with the National Schools Sailing Association Regatta. The pontoon will be very busy and we may need to make changeovers on the slip way. Bear in mind you may get wet feet so don't wear your best trainers!

*SPECTATORS AND PHOTOS:*

Spectators are very welcome. The course is visible and we wholeheartedly encourage cheering! Two club members are designated photographers for the evening and they will be trying to get as many decent images as possible. These will be put onto a disc as a memento for participating crews – please order your copy on the evening, price £3.50.

### ORDER OF EVENTS:

Following is the order of events for evening, please note that there is a quite a tight time schedule to try to stick to and we will endeavour run at least two races for all crews, however, each heat can only be as fast as the slowest crew! Also, as some of you will be aware, changes to shipping movements can also cause delays in the schedule!!!

### Order of events:

*16.00-17.30 All volunteers to arrive as early as possible*  
*17.45 Boats ready, launched and moored on pontoon*

**18.00 Teams to be ready** Welcome address by Stephanie Green

**18.10 Heat one** **Blister Brothers**  
**ADPS Pirates**  
**For Our Souls + 2**  
**EDF – Team Alan??**

**18.30 Heat two** **Goodcock Babcock**  
**MBC**  
**Wolferstans 1**  
**Clash of the Tytons**

**18.50 Heat three** **Gig-a-bytes**  
**We Taught Redgrave Everything he Knows**  
**Wolferstans 2**  
**Pell Frischmann**

**19.10 Semi one** Winner heat one, runner up heat two last three heat three

**19.30 Semi two** Winner heat two, runner up heat three, last two heat one

**19.50 Semi three** Winner heat three, runner up heat one, last two heat two

**20.15 final** Winners semi 1, 2 and 3, + fastest loser

### PRIZEGIVING IN THE BAR

A team dry land rowing challenge will also be taking place to keep you fired up between races! This proved very popular last year with some good team racing.

I hope the above is useful and answers some of your questions, but please do not hesitate to contact me if you have any further queries.

See you on the water!!!

Stephanie Green  
Secretary PRF

