

**MEGUNTICOOK MINI-MARATHON**  
**September 8, 2007**  
**10 Mile Course - Camden, Maine**



The Megunticook Mini-Marathon Regatta will be held on Saturday **September 8, 2007** on **Megunticook Lake in Camden, Maine**. Dubbed “one of the best kept secrets around” by Katy Bonin and “great” by Karen Chenausky in separate Independent Rowing News articles, the Mini-Marathon has become a circled date on the calendars of its many repeat racers. Bob Eldridge calls it “my absolute favorite regatta ... by far.” That was even before he won it! He suggests it to anyone in the northeast. The top three male finishers in 2003 also won medals in their respective divisions at the Head of the Charles.

With its sparsely populated shoreline and the surrounding Camden Hills, this lake is a truly beautiful row. This unique event starts at the foot of the cliffs of Mt. Megunticook. The start is in waves of 5 – 7 rowers grouped by age and sex approximately 30 seconds apart. The **10 mile race** threads its competitors down through the narrow passages of the lake’s coves and islands, leading to the motto of the race “**Not just a race . . . an adventure.**” The rowing conditions are generally well protected. An alternate launch site gives access to a fully protected 3 mile course.

Bob Eldridge owns the course record for singles of 1:07:45, eclipsing Russ Cone’s prior record time.. Jack Meyer has the Men's Time Handicapped course record of 1:06:00. The doubles record was set by Charles Wray and John Saxlby at 1:09:09. In 2007 Tina Vandersteel set the Women's Masters course record of 1:17:21 and corrected time record of 1:16:57, eclipsing Claudia Wagner’s and Linda Kennet’s prior records.

The Maine Rowing Association sponsors this regatta. For information: contact Bob Perkins at (207) 626-8562 (d), 626-8518 (fax), 236-6344(e) or e-mail [bob.perkins@maine.gov](mailto:bob.perkins@maine.gov)

**MEGUNTICOOK MINI-MARATHON XIII  
CAMDEN, MAINE  
SATURDAY, SEPTEMBER 8, 2007 at 9:30 A.M.**

The Megunticook Mini-Marathon is open to all single or double sliding seat rowing shells with fleets for racing shells, recreational shells, and Alden Ocean Shells. The course is ten miles of protected flat water, generally as shown with this application – with alternate 3 mile storm course on north end of course. Contact Robert Perkins at (207) 626-8562 (d), 236-6344 (n), 626-8518 (fax), e-mail bob.perkins@maine.gov

**ENTRY FEES: \$20.00/rower. Entrants who pay by Tues. September 6 will receive handsome T-shirt with handy course map on it! Raceday registrations must give telephone notice of intention to race no later than 8:00 p.m. on Tuesday, September 4.** All entrants must be Maine Rowing Association members, one month memberships available for **\$10.00**, annual membership **\$25.00**. Please make entry checks payable to “Camden Rec. Dept. – Megunticook Mini-Marathon”.

Send entry forms and all fees: Robert C. Perkins  
P.O. Box 995  
Camden, Maine 04843

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**WAIVER AND ENTRY FORM MEGUNTICOOK MINI-MARATHON**

I know that a rowing regatta is potentially a hazardous activity for me and my boat. I assume all risks associated with rowing in this event, including but not limited to: capsizing (I understand that it is my responsibility to know how to reenter my boat if I tip over), collisions with other participants, effects of wind conditions and air temperatures (I alone am responsible for my decision to row on race day after observing my own health and the weather conditions), and boat traffic (I know that other boat traffic will exist on the race course and that avoiding contact is the responsibility of me and that other boat operator). **Having read this waiver and appreciating the risks involved, I hereby release and waive any claims I may now have, or hereafter acquire, for personal injury or property damage arising out of my preparation or participation in this event** against the Maine Rowing Association, Town of Camden, the Camden Recreation Department, the Megunticook Lake Association and all other volunteers involved in any way with assisting in the operation of this event, regardless of whether the liability waived hereby may result from a negligent act by said persons or entities.

NAME: \_\_\_\_\_ AGE (on 9/8/07) \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_ SEX \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ BOAT TYPE \_\_\_\_\_  
\_\_\_\_\_

Email Address: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
Already MRA member \_\_\_\_\_; Want to join annual, fee \$25 \_\_\_\_\_;  
I am paying as a one month member, fee \$10 \_\_\_\_\_.

**IF JOINING MRA NOW, YOU MUST ALSO SIGN RELEASE FORM**

**Maine Rowing Association  
17 Highland Road  
Bridgton, Maine 04009  
(207) 647-2196**

The Maine Rowing Association offers one-month memberships for the rate of \$10.00 per month. The membership is good for a month after it is paid for and entitles the member to full membership privileges for that month

**MAINE ROWING ASSOCIATION  
2007 ONE-WEEK MEMBERSHIP FORM**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** M / F

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

\_\_\_\_\_ **E-mail:** \_\_\_\_\_

I presently row a racing shell \_\_\_\_\_; a Star or Aero \_\_\_\_\_; an Alden Ocean Shell \_\_\_\_\_;  
Other recreational shell \_\_\_\_\_; a fixed-seat boat \_\_\_\_\_.

I would also like to see MRA involved in: \_\_\_\_\_

\_\_\_\_\_  
Signature

**YOU MUST ALSO COMPLETE AND SIGN THE MRA WAIVER FORM!**

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## MAINE ROWING ASSOCIATION WAIVER FORM

**IN CONSIDERATION of being given the opportunity to participate in any Maine Rowing Association (“Club”) activities (“Activity”) until the end of this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin:**

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.
2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis, and death (“Risks”); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releases named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers,, and, if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as a result of such claim.

**I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.**

**Printed Name of Participant:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
Street  
\_\_\_\_\_  
City, State, Zip Phone : \_\_\_\_\_

**Date:** \_\_\_\_\_ **Participant’s Signature** (Only if age 18 or older): \_\_\_\_\_

### PARENTAL CONSENT

**AND I, the minor’s parent and/or legal guardian, understand the nature of rowing activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite**

**this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.**

Printed Name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Signature:

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

## MEGUNTICOOK MINI-MARATHON XIII

### Racing Instructions

Approach the Barrett's Cove registration area by taking Route 52 (also Mountain Street) from Route 1 at the Public Library in downtown Camden. Route 52 is the left turn as you go north up the hill immediately after all the stores. Beaucaire Ave. is a left turn 2.7 miles from the intersection. The registration area is about 100 yards in on Beaucaire Ave.

**Registration and Assignment of Bow Number** will occur between 8:00 a.m. and 9:00 a.m. at the Barrett's Cove picnic area. **A course meeting will also be held here at 8:45 a.m. sharp.** There are porta-potties at the public beach area, but no running water. An alternate launch site has been arranged on the upper end of the course, which will allow for a fully protected approximately 3 mile course on a stormy day.

It is not possible to limit other **boat traffic** on the course during the race. **All racers should maintain constant vigilance with regard to swimmers and other boats, such as drifting fishing boats.** It is also not possible on a race of this duration to have constant surveillance of all contestants on the course at all times. Therefore, **you are responsible for your safety at all times. If you are not capable of meeting all contingencies as you would on a solo practice row, please do not enter the race.**

- 1. During the race all overtaking boats have the right of way! Contact will cost the leading boat a one minute penalty.**
- 2. Orange lobster buoys** mark submerged rocks, stay wide of the point marked by these to avoid certain damage to your boat. **Hot pink lobster buoys** mean you are on the right track, follow me, you can go either side. There will be several **24" orange balls near** the shore at points that you will be rounding. You should go near these to get the shortest way around the course. **A large buoy at the end of the first leg** will be positioned to allow a rowing turn around the end of Fang Island. **Similarly, the Coast Guard orange 48" diameter** buoy at the end of the 2d leg must be rounded going out and returning. **The Coast Guard orange 48"** at the end of the long straight stretch of the 4<sup>th</sup> leg (in the area of the Bishopswood Episcopal Camp on the map) must be left to starboard going out, and to starboard again as you return. It is a traffic separator. **There are also three turning buoys at the 5 mile mark** which provide a rowing turn. All three must be rounded. **The finish line** is at the starting line.
- 3. There are two no passing zones** near Wiley's Neck on the map. Going out, **dark red markers** at the beginning of the funnel mark the beginning of the no passing zone. At the end of the funnel there is truly only room for one boat to pass. At the red buoys if your rigger is not ahead of theirs, you must fall back. **Contact is a one minute penalty for the trailing boat.** It is a no passing zone until you pass thru the funnel. In the return passage there is room for two boats. There are navigational stakes on each side of the passage. Passing is not recommended in the passage and contact is a **1 minute penalty** for the trailing boat.

