



PENINSULA FAMILY YMCA 27TH ANNUAL BAY 2 BAY ROWING AND PADDLING REGATTA.

RACE FEATURES

- Continental Breakfast
- The long (20 mile) or short (5 mile) Race/Tour
- T-Shirt
- Lunch and Awards Celebration
- Timing Results
- Race filmed in High-Def by AliVega

REGISTRATION

- Check-In on Race Day.
- The Hull Number will be available at the start of your race.
- Race packets and T-shirts will be available at the finish line.
- Entry Fee is \$45 (includes T-Shirt, Race, Awards, & Lunch)
- Day of Race Registration is \$60 (must arrive 1 hour prior to start time.)
- You must be prepared to show your Coast Guard approved life jacket. (A paddleboard is a PFD.)

5 MILE & 20 MILE RACES

- Detailed race course information available on our website.
- Continental breakfast at all start lines.
- 5 Mile starts at Shelter Island sand beach.
- 20 Mile starts at Santa Clara Point.
- All finish at the Coronado Island Tidelands Park.
- Hull Number and Category Classification will be handled at the start.
- Official race ends at 12:00 p.m. sharp.

POST RACE FESTIVITIES

Tidelands Park Beach Landing

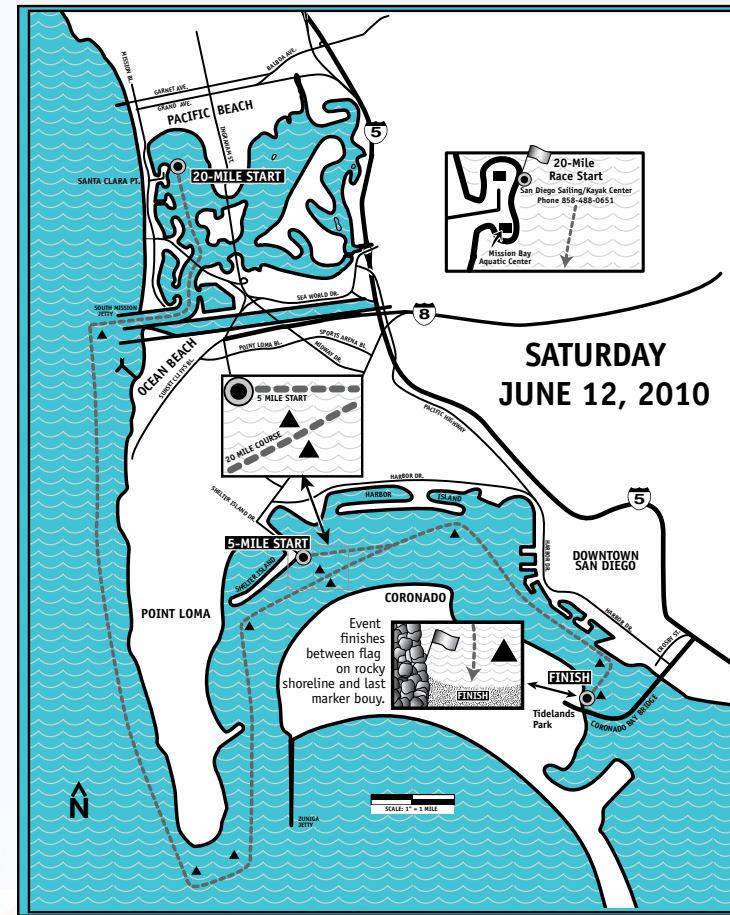
- Entertainment
- Lunch/Beverages
- Raffle
- Awards Ceremony

AWARDS GIVEN:

Awards will be provided for 1st, 2nd, and 3rd place in each race category.

SHUTTLES:

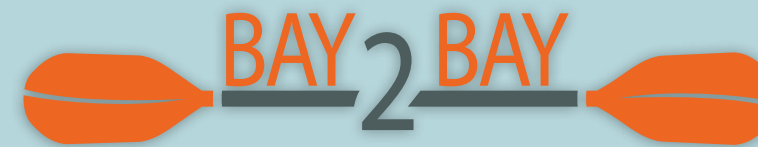
Buses and vans will shuttle participants from Coronado Tidelands Park back to the 5 and 20-mile starts. No boat transportation available.



PENINSULA FAMILY YMCA 27TH ANNUAL BAY 2 BAY ROWING AND PADDLING REGATTA.

ANY HUMAN-POWERED WATERCRAFT WELCOME!

SATURDAY, JUNE 12, 2010



REGISTER NOW ONLINE AT WWW.PENINSULA.YMCA.ORG

All event proceeds benefit youth swim programs at the Peninsula Family YMCA

SPONSORED BY



EACH PARTICIPANT MUST FILL OUT THEIR OWN ENTRY FORM
 REGISTER ONLINE AT WWW.PENINSULA.YMCA.ORG OR COMPLETE, SIGN AND FAX FORM TO 619-226-1675

2010 ENTRY FORM

SAVE \$15, REGISTER BEFORE JUNE 6TH

OFFICE USE ONLY

ENTRY INFORMATION

Entrant Last Name _____ First Name _____

List partners if any: _____

Address _____

City / State / Zipcode _____ Work Phone _____

Home Phone Number _____ Emergency Contact Name and Phone Number _____

Email _____ Age _____ Birthday (MM - DD - YYYY) _____ Male _____ Female _____

Please Select Shirt Size: M Lg XLg XXLg Child
 Entry fee includes one Short-Sleeve T-Shirt per Entrant

Make, Model, & Length of Boat _____

ENTRY FEE

No Refunds June 7th - June 12th

Early Entry Fee (March 1 - June 6): \$45.00 (Includes T-Shirt, Lunch and Race) _____

One Short Sleeve T-Shirt included in Entry Fee. Add'l Short-Sleeve Shirts \$10.00 per shirt x # _____ of shirts _____




Additional Number of Lunch Guests _____ at \$10.00 per person (participant lunch is FREE) _____

Entry Fee (June 7 - June 12, 2010) of \$60.00 _____

I would like to make an additional TAX-DEDUCTIBLE GIFT TO BENEFIT YMCA YOUTH SWIM PROGRAMS. _____

MY TOTAL AMOUNT ENCLOSED IS _____

MAKE CHECKS PAYABLE TO THE PENINSULA YMCA

Charge my    Name as it appears on card: _____

Card Number _____ Expiration Date _____

Mail or Fax to PENINSULA FAMILY YMCA, 4390 VALETA ST., SAN DIEGO, CA 92107. Fax to 619-226-1675. THIS EVENT BENEFITS YMCA YOUTH SWIM PROGRAMS
 For more information, call the Peninsula Family YMCA - 619-226-8888. Website: <http://peninsula.ymca.org>

WAIVER

IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY IN THE BAY2BAY ROWING AND PADDLING REGATTA ON JUNE 12, 2010, I, FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS INCLUDING ANY CLAIMS FOR NEGLIGENCE I MAY HAVE OR ACCRUE AGAINST THE CITY OF SAN DIEGO, YMCA OF SAN DIEGO COUNTY & PENINSULA FAMILY YMCA, SAN DIEGO UNIFIED PORT DISTRICT, BAY2BAY ROWING AND PADDLING REGATTA COMMITTEE MEMBERS AND ANY OTHER RACE SPONSORS OR CO-SPONSORS OR THEIR REPRESENTATIVES, AGENTS, SUCCESSORS, AND ASSIGNS FOR ANY AND ALL DAMAGES OR INJURIES OR DEATH WHICH MAY BE SUFFERED BY ME AS A RESULT OF MY PARTICIPATION IN THIS EVENT. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS RACE. I AM COMPLETELY AND SOLELY RESPONSIBLE FOR MY OWN SAFETY, INCLUDING WEARING A U.S. COAST GUARD APPROVED PERSONAL FLOTATION DEVICE. I GIVE MY PERMISSION TO THE YMCA OF SAN DIEGO COUNTY (YMCA) TO USE MY PICTURE, IMAGE OR OTHER LIKENESS, OR A PICTURE, IMAGE OR OTHER LIKENESS OF ANY OF MY CHILDREN IN THE YMCA'S GENERAL PUBLICITY AND CAMPAIGN MATERIALS.

PARTICIPANT'S SIGNATURE _____ DATE _____

PARENT'S SIGNATURE (IF UNDER 18) _____ DATE _____

RACE CATEGORIES

- | 5 MILE | | 20 MILE | |
|--|--------|---|--------|
| <input type="checkbox"/> 1. Stock Paddleboard-Open | 9:00am | <input type="checkbox"/> 28. Rowers 22 Feet & Over-Open | 6:30am |
| <input type="checkbox"/> 2. Unlimited Paddleboard-Open | 9:00am | <input type="checkbox"/> 29. Rowers Under 22 Feet-Open | 6:30am |
| <input type="checkbox"/> 3. SUP-Open | 9:00am | <input type="checkbox"/> 30. Double Rowers-Open | 6:30am |
| <input type="checkbox"/> 4. Surf Skis-Open | 9:15am | <input type="checkbox"/> 31. Stock Paddleboard-Open | 6:45am |
| <input type="checkbox"/> 5. Double Surf Skis-Open | 9:15am | <input type="checkbox"/> 32. 14' Paddleboard-Open | 6:45am |
| <input type="checkbox"/> 6. Kayak Sit On Top (15' & Under)-Men | 9:15am | <input type="checkbox"/> 33. Unlimited Paddleboard-Open | 6:45am |
| <input type="checkbox"/> 7. Kayak Sit On Top (15' & Under)-Women | 9:15am | <input type="checkbox"/> 34. SUP-Open | 6:45am |
| <input type="checkbox"/> 8. Kayak Sit On Top (Over 15')-Men | 9:15am | <input type="checkbox"/> 35. OC1-Open | 7:00am |
| <input type="checkbox"/> 9. Kayak Sit On Top (Over 15')-Women | 9:15am | <input type="checkbox"/> 36. OC2-Open | 7:00am |
| <input type="checkbox"/> 10. Kayaks (19' & Over)-Open | 9:15am | <input type="checkbox"/> 37. OC6-Open | 7:00am |
| <input type="checkbox"/> 11. Sit On Top Tandems-Men | 9:30am | <input type="checkbox"/> 38. Kayak Sit On Top(15' & Under)-Open | 7:00am |
| <input type="checkbox"/> 12. Sit On Top Tandems-Women | 9:30am | <input type="checkbox"/> 39. Kayak Sit On Top (Over 15')-Open | 7:00am |
| <input type="checkbox"/> 13. Sit On Top Tandems-Coed | 9:30am | <input type="checkbox"/> 40. Sit Inside Kayak (17" & Under)-Open | 7:00am |
| <input type="checkbox"/> 14. Sit On Top Tandems-Parent/Child | 9:30am | <input type="checkbox"/> 41. Sit Inside Kayak (17'1" - 17'11")-Open | 7:00am |
| <input type="checkbox"/> 15. OC1-Men | 9:45am | <input type="checkbox"/> 42. Sit Inside Kayak (18' and Over)-Open | 7:00am |
| <input type="checkbox"/> 16. OC1-Women | 9:45am | <input type="checkbox"/> 43. Sit Inside Kayak (Under 19')-Open | 7:00am |
| <input type="checkbox"/> 17. OC2-Men | 9:45am | <input type="checkbox"/> 44. Sit Inside Kayak, Double-Open | 7:00am |
| <input type="checkbox"/> 18. OC2-Women | 9:45am | <input type="checkbox"/> 45. Surf Skis-Open | 7:00am |
| <input type="checkbox"/> 19. OC2-Coed | 9:45am | <input type="checkbox"/> 46. Other | 7:00am |
| <input type="checkbox"/> 20. OC6-Open | 9:45am | | |
| <input type="checkbox"/> 21. Sit Inside Kayak-Men | 9:45am | | |
| <input type="checkbox"/> 22. Sit Inside Kayak-Women | 9:45am | | |
| <input type="checkbox"/> 23. Sit Inside Kayak, Double-Men | 9:45am | | |
| <input type="checkbox"/> 24. Sit Inside Kayak, Double-Women | 9:45am | | |
| <input type="checkbox"/> 25. Sit Inside Kayak, Double-Coed | 9:45am | | |
| <input type="checkbox"/> 26. Physically Challenged Athletes-Open | 9:45am | | |
| <input type="checkbox"/> 27. Other | 9:45am | | |

