



Seattle Outrigger Canoe Club

Presents

Da Grind 2013

Saturday, August 3



Men's, Women's, & Mixed Iron Race – 12 Miles
OC-1, OC-2, Juniors & Novice Course – 4 Miles

The Seattle Outrigger Canoe Club invites you to compete in this beautiful, fun and challenging race at Alki Beach in West Seattle. Don't miss this opportunity to paddle from a sandy beach, in salt water, in gorgeous Pacific Northwest surroundings.

Driving Directions:

(Note: To get your own directions type "alki beach park" in Google Maps or Mapquest.)

From I-5:

1. Follow signs for **W Seattle Bridge** (Exit 163)
2. Take exit for **Harbor Ave SW** (not Harbor Island exit) 2.4 mi
3. Turn right onto Harbor Ave SW 0.3 mi
4. Continue onto Alki Ave SW (Harbor Ave turns into Alki Ave) 1.8 mi
5. Registration will be on the beach on the right (look for the SOCC tent)

Revised Schedule

(Note: Race start times are dependent on weather):

- 8:30 am: Registration and boat preparation
- 9:30 am: Steerspersons' meeting
- 10:00 am: Women's & Mixed OC6 Race Start
- approx. 12:30 pm: Men's & Mixed OC6 Race Start (1/2 hour after finish of Women's/Mixed Race) **Note:** Some Mixed crews may paddle with the Men, depending on canoe availability.
- approx. 2:30 pm: short course Juniors & Novice OC6 and OC-1, OC-2 Start
- approx. 3:30 pm: Awards

Cost:

\$25 per paddler, \$10 for juniors. This includes a T-shirt.

All participants must be [USACK](#) members and sign a USACK waiver. Non-members must pay a \$10 Event Only Membership fee and sign an Event Only application and a USACK waiver.

Forms:

Da Grind Registration Form – attached at end of this packet (required for all paddlers)

PNWORCA assumption of risk and release of liability agreement (required for all paddlers)

USACK waiver (required for all paddlers)

USACK Event Only Membership (\$10 one day membership)

Boat Launching & Parking

The easiest place to launch is Dan Armeni Boat Ramp, 1222 Harbor Ave. SW. Trailer parking is available for \$10.00 for the day. If you choose to launch here, you will need to rig your canoe and paddle approximately 1.3 miles west to the beach. You should have someone register at 8:00AM, with your canoe at the beach by 9:00AM for the steerspersons' meeting. This is an active boat ramp, so please be aware of other boats launching.

You may also choose to launch along the beach near 2600 Alki Ave. SW. In the morning, you should be able to pull the trailer along the beach and unload. Unfortunately, you cannot park your trailer on Alki Ave. SW. You may find parking near Alki Playground on 38th or 39th Ave. SW at SW Stevens, but it is first-come-first-served. You may find it difficult to load your canoes back on the trailer in the afternoon since traffic on Alki Ave. SW can be very heavy in the middle of the day. Car parking can be found along Alki Ave.

The beach is a public facility and foot/car traffic will be heavy. Please be respectful of all beach patrons and represent outrigger paddling in a positive way.



Course:

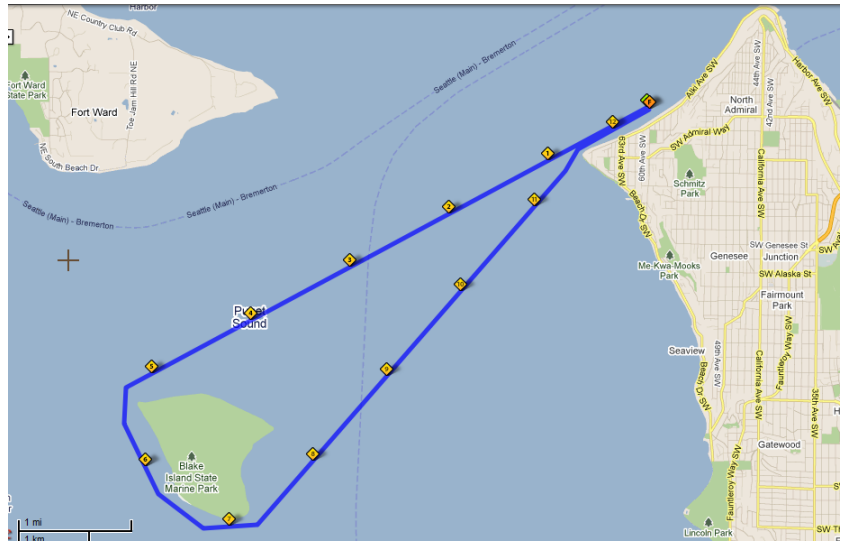
Registration and the Start/Finish line will be on the beach at Alki - look for the SOCC tent.

The long course

(OC6 only)

Approximately 12 miles

Course will start off the beach. Canoes will paddle west, toward Alki Point, and then across Puget Sound toward Blake Island. The course circles Blake Island clockwise, going around the south end, then north along the west side, circling back around the north end of the island and heading back to Alki Beach.

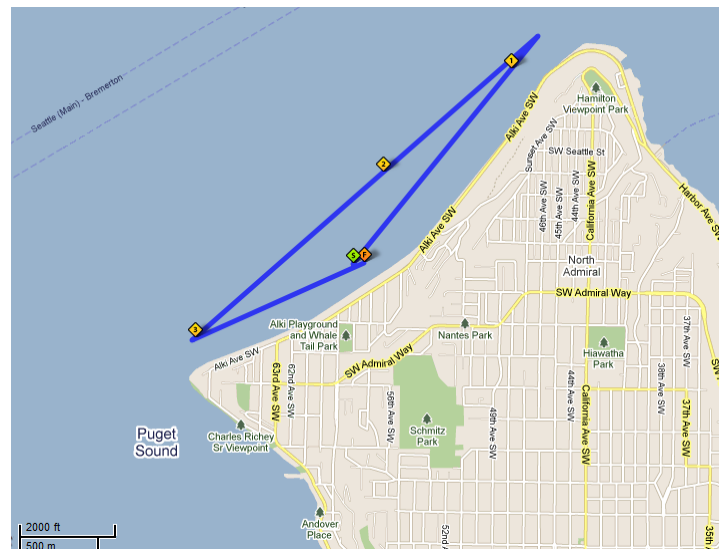


The short course

(Novice/Juniors/OC1/OC2/SUP)

Approximately 4 Miles

Course will start, heading northeast towards Duwamish Head. Near a permanent marker, about one hundred feet from the shore, there is a turn buoy. Make the turn counter-clockwise and head southwest toward Alki Point Lighthouse and a turn buoy near the point. Make a counter-clockwise turn around the buoy and head back to the start/finish line off Alki Beach.



Water Safety:

- Each team must provide U.S. Coast Guard approved flotation devices (PFD) for each paddler in the canoe and a whistle.
- Each canoe must have a spray skirt available. Spray skirts **may** be required, depending on weather conditions on race day.
- Water temperatures should be in the low to mid 50's. Crews must be familiar with huli recovery techniques.
- Boat traffic is expected to be moderate, with occasional wakes and cross-chop. Shipping traffic may cross the course, heading north or south on Puget Sound. Steerspersons should be alert at all times. Be particularly aware of ferry and ship traffic, including tugboats. Ferry and ship wakes can be large and fast moving. Tugboats may be towing barges or logs that are not visible. **Do not attempt to cross in front of ferries or ships or immediately behind tugboats.**
- All SUP, OC1, OC2 and Surfski paddlers **must wear a leash and have a PFD onboard**. NO EXCEPTIONS. Anyone without a leash and PFD will not be allowed to race.
- The weather can be quite warm on the beach, so teams are encouraged to bring tents for sun protection.

Food:

- There are many food establishments on Alki Ave. SW. Paddlers can also plan on bringing food for a potluck.
- There is no alcohol allowed on the beach.

Side Notes:

- The beach is a public facility and there may be swimmers in the water or on the beach. Please be extra-careful close to shore.

Pre-registration & contact information:

Paul Van Zwalenburg
5039 SW Grayson St
Seattle, WA 98116
ph: 206 291-6903

paul@loudlucy.com
www.seattleoutrigger.com

Sabine Jessel
8521 S 114th St
Seattle, WA 98178
ph: 206 276-6324

nwfishhead@yahoo.com

Day of Race contact info:

Paul Van Zwalenburg
Cell: 206 291-6903

Sabine Jessel
Cell: 206 276-6324





**Registration Form
August 3, 2013
Alki Beach, West Seattle**

Complete an entry form for each crew for each race.

Waiver

I hereby release and discharge Seattle Outrigger Canoe Club of Seattle, WA (herein after referred to as SOCC), its members, directors, officers, race committee, attorneys, agents, sponsoring businesses and organizations in any manner arising from my participation in or association with the Seattle Grind Outrigger canoe race. I hereby indemnify and hold harmless SOCC from all claims made, asserted, or alleged against SOCC on my behalf or on behalf of my estate or my heirs that arise out of the Seattle Grind Outrigger Canoe Race. SOCC is not required to expend monies in defense of the Claim prior to exercising its rights to indemnification. I hereby acknowledge that outrigger canoe and stand-up paddle racing are each activities which, by their nature, pose significant risk to their participants and that these risks cannot be eliminated even with the best of planning. I certify that I am able to swim and tread water for 20 minutes. I hereby consent to and authorize medical treatment in the event of injury or illness.

Executed this 3th day of August, 2013 by the members of:

Club Name (if applicable): _____

Team Name: _____

Canoe Number: _____ Gender (circle one): **Women** **Mixed** **Men**

Division (circle one):

Unlimited **Open** **Masters** **Sr. Masters** **Golden Masters** **Kupuna** **Junior** **Novice**
(40-50) (50-55) (55-60) (60+)

Course (circle one):

OC-6 Long Course **OC-6 Short Course** **OC-1** **OC-2** **Surfski** **SUP**

	Paddler Name	Signature	USACK #	Shirt Size
1				
2				
3				
4				
5				
6				

PACIFIC NORTHWEST OUTRIGGER RACING CANOE ASSOCIATION

ASSUMPTION OF RISK AND RELEASE OF LIABILITY AGREEMENT

Club Name: _____ **USACK**

Name: _____ **Date of Birth:** _____
(please print) *(DD/MM/YYYY)*

Age: _____ **Sex:** _____

Name of Parent/Guardian, if under 18 years: _____
(please print)

Address: _____ **Phone:** _____

City: _____ **State:** _____ **ZIP:** _____

Year started paddling _____

Adult Paddler Classification:

NOVICE *(under 2 yrs. Experience)* _____ **OPEN** *(over 2 years of experience)* _____

MASTER WOMEN *(40 yrs.)* _____ **Sr. MASTER WOMEN** *(50 yrs)* _____

MASTER MEN *(40 yrs)* _____ **Sr. MASTER MEN** *(50 yrs)* _____

GOLDEN MASTER WOMEN *(55 yrs)* _____ **KUPUNA MASTER WOMEN** *(60 yrs)* _____

GOLDEN MASTER MEN *(55 yrs)* _____ **KUPUNA MASTER MEN** *(60 yrs)* _____

I, the above-named person, being above age 18, or the legal guardian of the above-named person who is under age 18, in consideration of being allowed to participate in outrigger canoe activities sponsored by the Pacific Northwest Outrigger Racing Canoe Association (hereinafter PNW-ORCA) and/or its member clubs, hereby acknowledge, agree, promise and covenant with PNW-ORCA on behalf of myself, the referenced minor child, our heirs, assigns, personal representatives and estates, as follows:

ACKNOWLEDGMENT AND ASSUMPTION OF RISKS: I understand and acknowledge that in participating in activities sponsored by PNW-ORCA and/ or its member clubs, I am exposing myself, or the minor child named above, other participants, and/ or third parties, to certain risks and dangers including, but not limited to, physical injury, death, illness, disease, emotional distress, loss of income, medical and/ or funeral expenses, and/ or damage to our property.

I understand that these risks of damage are inherent risks of participating in outrigger canoe activities for a number of reasons, including but not limited to, the nature of the activities themselves; the training, acts, omissions, recommendations or advice given by individuals, including PNW-ORCA and Club representatives, their agents, employees or any other persons or entities concerning outrigger canoe activities; latent or apparent defects or conditions in the canoes and other equipment; use or operation, by myself or others, of canoes and/ or other equipment; weather conditions ; the physical condition of myself or the referenced minor child, or my/our own acts or omissions; first aid, emergency treatment or other services rendered by persons including the PNW-ORCA, its member clubs, their employees or agents; and consumption of food or drink. I understand and acknowledge the above list of reasons is not complete or exhaustive.

I accept and assume all risks of participating in activities sponsored by the PNW-ORCA and/ or its member clubs, including but not limited to physical injury, death, illness, disease, emotional distress, loss of income, medical and/ or funeral expenses, and/ or damage to property. I acknowledge and agree that participation in these activities by me or any referenced minor child is purely voluntary, no one is forcing me/us to participate in spite of the risks.

WARRANTY OF PHYSICAL AND MENTAL CONDITION: I certify that neither I, nor any minor child I allow to participate in these activities, has any medical or physical condition which will expose me/us, or third parties participating in the activities to risk of illness, injury, or death, or loss of property. I understand that neither the PNW-ORCA nor its member clubs, will make any special arrangements to maintain my/our health while participating in activities sponsored by the PNW-ORCA or its member clubs, and I assume the responsibility for that myself.

RELEASE: I hereby voluntarily release and forever discharge the PNW-ORCA, its agents, employees, member clubs and all other persons or entities associated with it, including other participants, from any and all liability, claims, demands, actions or causes of action, including those for any and all injury, death illness, disease, or damage to myself or to my property, and/or for any and all injury, death, illness, disease, or damage to any minor child on whose behalf I sign this document, which are related to, arise out of, or are in any way connected with my/such

child's participation in the above-referenced activities, including but not limited to those arising from any negligent or reckless acts or omissions, strict liability, or breach of contract, of the PNW-ORCA, its member clubs, agents or employees, and all other persons or entities associated with it, or latent or apparent defects in equipment and facilities owned by the PNW-ORCA and/or its member clubs.

I further agree, promise and covenant to hold harmless and indemnify the PNW-ORCA, its member clubs, agents, employees, and all other persons or entities associated with it, for any injury, death, illness, or disease, or damage to myself or to my property, or to any minor child on whose behalf I sign this release, which arises from or is connected with my/such child's participation in the above-referenced activities. Furthermore, I agree, promise and covenant to hold harmless and indemnify all the above-named parties from any and all claims, damages, or expenses of any third party alleging negligent or reckless acts or omissions of myself or any minor child on whose behalf I sign this release.

IN SIGNING THIS DOCUMENT, I FULLY RECOGNIZE THAT IF ANYONE, INCLUDING MYSELF AND MY MINOR CHILD, IS HURT OR ANY PROPERTY IS DAMAGED WHILE I OR MY MINOR CHILD IS PARTICIPATING IN THE ABOVE-REFERENCED ACTIVITIES, THAT NEITHER I NOR MY MINOR CHILD WILL HAVE THE RIGHT TO MAKE A CLAIM OR FILE A LAWSUIT AGAINST THE PNW-ORCA, ITS MEMBER CLUBS, OR THEIR OFFICERS, AGENTS, OR EMPLOYEES, EVEN IF THEY OR ANY OF THEM NEGLIGENTLY CAUSED THE BODILY INJURY OR PROPERTY DAMAGE. I UNDERSTAND AND ACKNOWLEDGE THAT BY SIGNING THIS DOCUMENT, I AM GIVING UP CERTAIN LEGAL RIGHTS AND CLAIMS WHICH I OR MY MINOR CHILD MIGHT OTHERWISE ASSERT OR MAINTAIN AGAINST THE PNW-ORCA, AND THE OTHER PARTIES RELEASED HEREIN.

My signature below indicates that I have read this entire document, understand it completely and agree to be bound by its terms.

Signature: _____ Date: _____

**USA CANOE/KAYAK
WAIVER AND RELEASE OF LIABILITY
READ BEFORE SIGNING**

IN CONSIDERATION of being permitted to participate in any way in the National Paddling Committee, Inc. dba USA Canoe/Kayak sports and recreation program and related activities ("Activities") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Paddlesports and related Activities and that I am qualified, in good health, in proper physical condition to participate in such Activity and willingly agree to comply with the stated and customary terms and conditions of participation. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately notify the nearest official and discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) Paddlesports and related ACTIVITIES INVOLVE RISKS AND DANGERS OF DAMAGE TO PERSONAL PROPERTY AND 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 "RELEASEES" 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 or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE National Paddling Committee, Inc. dba USA Canoe/Kayak, its affiliated clubs, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, 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, INJURIES, DAMAGE TO PROPERTY, OR OTHER 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 Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the 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: _____ SIGNATURE: _____

ADDRESS: _____
(Street) (City) (State) (Zip)

DATE OF BIRTH: _____ USACK #: _____ CLUB/ORGANIZATION: _____

PHONE: (_____) _____ DATE: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF PADDLESPTS AND RELATED ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION 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 RELEASEE'S 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 RELEASEES NAMED ABOVE, 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: _____

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: (_____) _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____

DATE: _____



2013 Event Only Membership Application

***MEMBERSHIP TYPE**

EVENT ONLY \$10

***TOTAL** _____

***PAYMENT METHOD (Check One)**

- VISA
- MC
- AMEX
- DISCOVER
- CHECK (payable to USA C/K)
- CASH
- MONEY ORDER

***CLASSIFICATION
(Check all that apply)**

- ATHLETE
- FAMILY/FRIEND
- OFFICIAL
- CLUB ADMIN
- COACH
- VOLUNTEER
- RACE ORGANIZER
- DONOR

USA C/K NATIONAL OFFICE STAFF

JOSEPH JACOBI
Chief Executive Officer
404.510.9066

GERALD BABAO
Operations & Membership Director
704.348.4330 ext 225

OKLAHOMA CITY OFFICE

725 S. Lincoln Blvd.
Oklahoma City, OK 73129
P 405.552.404 ext 4504
www.usack.org

CHARLOTTE OFFICE

601 East Boulevard
Charlotte, NC 28203
P 704.348.4330
F 704.348.4418
www.usack.org

MAILING ADDRESS

601 East Boulevard
Charlotte, NC 28203
P 704.348.4330
F 704.348.4418
www.usack.org

***REQUIRED INFORMATION**

*EVENT NAME:

*EVENT LOCATION:

*EVENT DATE(S):

*GENDER: MALE FEMALE

*NAME:

*ADDRESS:

*CITY/STATE/ZIP:

*PHONE HOME/CELL:

*EMAIL:

*DATE OF BIRTH

***INTERESTS (Check all that apply)**

- SPRINT SLALOM POLO MARATHON WILDWATER STAND UP
- CANOE SAILING OUTRIGGER FREESTYLE DRAGON BOAT

*SIGNATURE:

DATE:

CREDIT CARD INFORMATION

*NAME ON CREDIT CARD:

*CREDIT CARD #:

*EXP DATE:

*SECURITY CODE:

TOTAL TO BE CHARGED ON CREDIT CARD: