

Milford D. Lester Memorial Cup Recreational Rowing Shell Race

Million Dollar Beach - Lake George Village, NY 12845

START at 10 AM – Saturday, May 16th, 2009

Course: **6 miles** from Million Dollar Beach, proceeding north, around Diamond Island, and returning to Million Dollar Beach. There are excellent parking and launching facilities at Million Dollar Beach. Registration will take place from 8:30 AM – 9:30 AM the morning of the race. A mandatory Skippers Meeting will be held at 9:30 AM. Launching and warm-up will begin at approximately 9:40 AM with the **start promptly at 10 AM.**

This race is open to any Class I, II, III, or IV single recreational shells or Class I, II, and III double recreational shells. This is an IROW (International Recreational and Open Water Rowing Association) sanctioned event. **All participants must be current IROW members.** Membership applications are on the IROW web site, www.irow.org, or you may contact Blake Doyle (blakemunro@yahoo.com), membership secretary, for your membership status or further information. You may join IROW the day of the event, however, no one may race without an IROW membership – no exceptions.

NAME: _____ SEX: _____ AGE (as of 5/16/09): _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: (_____) _____ E-MAIL ADDRESS: _____

DOUBLES PARTNER, IF APPLICABLE (both rowers must submit an application and waiver):

Please indicate the boat you will be racing by circling the model below:									
	Alden	Durham	Echo	Hudson	King	Little River	Maas	Peinert	WinTech
SINGLES									
Class I	Alden 16								
Class II	Alden 18/1x		Echo 18						
	Martin 21		Islander			Sprint 20			
Class III	Star 22	Rec Racer 21		Rec Cruiser 21		Regatta 21	Aero 21		Explorer 21
Class IV			Ace 24		Kingfisher 23	Seashell 24/1x	Maas 24	Dolphin 24	Explorer 24
DOUBLES									
Class I	Alden 18/2x								
Class II						Seashell 24			
Class III	Alden 29								Explorer 30
SPECIFY OTHER RECREATIONAL BOAT:									
Manufacturer	_____			Hull Length	_____	Hull Width	_____	Hull Weight	_____
Awards: MDL Cup Winners for 1st place Men's & Women's Single and 1st Place Men's & Women's Double. Medal's for 1st, 2nd, & 3rd.									

Every shell must carry a USCG approved PFD (life jacket) and be equipped with bow number clip.

ENTRY FEE:

Entry(s) received prior to May 9 (US Postmark determines date) are \$25/single or \$35/.double. Entry(s) received after May 9 (US Postmark determines date) are \$35/single or 45/double. Checks should be made payable to: "IROW". Entries will be accepted the day of the race at the higher entry fee.

MAIL YOUR ENTRY FORM(S), WAIVER(S), AND CHECK TO:

Bob Tarrant, Race Director, 41 Cliffside Drive, Saratoga Springs, NY 12866

LODGING:

Special lodging rate offered by the Fort William Henry Resort and Conference Center, 48 Canada Street, Lake George, NY 12845. This is a fabulous spot, walking distance to race, and overlooks the lake. Reservations can be made by calling 1-800-234-0267. Be sure to mention "IROW" to receive a special room rate. Other lodging options are available by visiting www.lakegeorgechamber.com.

DIRECTIONS:

FROM THE SOUTH, EAST, & WEST: (These directions begin north of Albany, NY) Take I-87 North (The Adirondack Northway) to Exit 21. Stay straight on exit ramp to stop sign. Take a right at the end of exit ramp and proceed about 1/2 mile to traffic light at the intersection of Route 9. Take a left at the light onto Route 9 north. Proceed on Route 9 north for 8/10ths of a mile (straight through on set of traffic lights) to West Brook Road (not clearly marked but there is a green sign that says "Lake George Beach"). Take a right onto West Brook Road and proceed to the T intersection at the Beach Road. Take a right onto Beach Road. Proceed 2/10ths of a mile and take a left into the Million Dollar Beach parking lot.

FROM THE NORTH: Take I-87 South (The Adirondack Northway) to Exit 21. Stay straight on exit ramp to stop sign at end of ramp. Take a left at the end of exit ramp and proceed about 1/2 mile to traffic light at the intersection of Route 9. Take a left at the light onto Route 9 north. Proceed on Route 9 North for 8/10ths of a mile (straight through one set of traffic lights) to West Brook Road (not clearly marked but there is a green sign that says "Lake George Beach"). Take a right onto West Brook Road and proceed to the T intersection at the Beach Road. Take a right onto Beach Road. Proceed 2/10ths of a mile and take a left into the Million Dollar Beach parking lot.

QUESTIONS??

Contact Bob Tarrant at 518-584-3355 or tarrant930@aol.com.

HOPE TO SEE YOU IN MAY!