

19th Annual
ROW
(PADDLE, KAYAK, SUP)
FOR THE
CURE

RACE DAY TIMELINE

- 6:00a.m.— 8:30a.m. Event Check-in
- 6:30a.m. Coaches/Coxswains Meeting
- 7:00a.m.—12:00p.m. Expo is Open
- 7:40a.m. First Race Begins
- 8:40a.m. (AVID) SUP & Prone Meeting
- 9:55a.m. (BEGINNER) SUP & Prone Meeting
- 10:15a.m. Last Race Begins
- 12:00p.m. Event Closing

IMPORTANT NOTE: Please arrive to the start line at least 15 minutes prior to your race start time.

BIB NUMBERS & TIMING:

Your bib number must be worn on your t-shirt or shorts, and be clearly visible. Rowing, Outrigger, Surfski, and Kayak participants will be timed during the event. Avid and Beginner SUP and Prone races WILL NOT be timed. Final times will be posted in the Race HQ pavilion tent shortly following your race.

AWARDS:

All participants will receive a medal after completing the race. After crossing the finish line, please turn right and look for volunteers wading in knee deep water. Carefully navigate to them to collect your medal.

IMPORTANT EVENT DETAILS

As a registered participant in Row for the Cure, please review the following information to ensure that you enjoy your time at the event.

Event Date: Sunday, October 27, 2019

Times: Event Check-In: 6:00a.m.— 8:30a.m.

First Race: 7:40a.m.

Location: North Ski Beach, Mission Bay

REGISTRATION & CHECK-IN:

Race Day registration will open at 6:00a.m. and close at 8:30a.m.

Please note there is a \$5.00 increase on all registrations on Race Day.

Eights — \$130.00

Fours/Quads — \$85.00

Doubles/Pairs — \$65.00

Singles — \$35.00

RACE HQ & SPONSOR EXPO

Susan G. Komen® San Diego will offer an array of exciting things to do on Race Day! Be sure to stop by the pink branded tent to purchase one-of-a-kind merchandise, Row for the Cure t-shirts, check out the awesome opportunity drawing prizes, and take a quick photo shoot with our step & repeat! We accept Cash, Check, and Credit Card for all purchases.

Dunkin Donuts will be on site with coffee and food for purchase.

SHARE YOUR PHOTOS:

Don't forget to take photos and upload them to Facebook, Instagram or Twitter!

@KomenSanDiego @UCSanDiego

#RowfortheCure #KomenSD

SAFETY FIRST:

Rural/Metro San Diego will be onsite at the event. Should any participant need medical examination or treatment, please go to the Race HQ tent and the staff will notify the ambulance.

WHY WE RACE:

The money raised from Row for the Cure enables Susan G. Komen San Diego to provide free mammograms, biopsies, ultrasounds, care coordination, education and financial assistance for breast cancer patients' most critical needs during treatment.

Komen San Diego's mission is to save lives by meeting the most critical needs in San Diego County and investing in breakthrough research to prevent and cure breast cancer. Their work is about improving the law, changing systems, removing barriers and most importantly, elevating women and men directly impacted by breast cancer.

Questions? Visit www.komensandiego.org/row

THANK YOU TO OUR EVENT SPONSORS:



Tidal Sponsors



Help us continue to provide access to quality care for San Diegians battling breast cancer with a tax-deductible contribution to Susan G. Komen® San Diego today.

www.KomenSanDiego.org