



# At Home Rowing Regatta Registration Form

Saturday, June 15, 2019 (rain date, June 16, 2019)

Hinckley's, 130 Shore Road, Southwest Harbor, ME 04679

**Participant information (separate form for each rower):**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

**Prizes and social hour at conclusion of all races!**

Food available to purchase throughout the day \* **Bring your own Coast Guard approved and required lifejackets!**

**REGISTER BY JUNE 1! ONLY FIFTY SPACES AVAILABLE!**

**Choose one course:**

\_\_\_\_\_ *Farthest Fathom – 5 miles*

\_\_\_\_\_ *Rogue Row – 2.4 miles*

\_\_\_\_\_ *Salty Sprint – 1 mile*

\$ \_\_\_\_\_ \$35 donation

\$ \_\_\_\_\_ Additional donation

\$ \_\_\_\_\_ Total

**Marine Salvage Sale 9:00-2:00**

There will be a marine salvage sale going on throughout the day. For more information on how to reserve your spot or donate your marine gear, call Dennis Wint at **215-964-0050**

\_\_\_ Single rower \_\_\_ Double rowers Mate name \_\_\_\_\_

**TYPE OF BOAT(Please circle) Kayak Paddle board Canoe Scull rowboat rowboat and trailer**

**Method of payment**

Check: \_\_\_\_\_ Credit card#: \_\_\_\_\_

Expiration date: \_\_\_\_\_ CVV: \_\_\_\_\_

**IMPORTANT INFORMATION:**

- ✓ Arrive to register between 8:30 am and 9:30 am
- ✓ First race starts at 10:00 AM
- ✓ Coast Guard approved life jackets are required to be worn at all times during the race
- ✓ Any human powered boat is allowed
- ✓ Parking available for trailers

**Waiver of liability:**

By voluntarily participating in the At Home Rowing regatta, you acknowledge there is a risk of personal injury. At Home assumes no responsibility for your personal well-being during your participation in the event.

**Rower Signature (Parent/Guardian Signature if rower is under the age of 18)**

**Date**



Please mail your registration form to:  
At Home, PO Box 1184, Blue Hill, ME 04614  
Main office: 374-5852





## *JOIN US FOR A FUN DAY!*

At Home is a non-profit, member based, volunteer supported, medical model that provides elder residents with essential services, empowering them to continue to live independently in their homes as they age. We are advancing better living for elders by offering guaranteed nurse visits, support after hospital discharge, coordination of care from social workers, transportation to medical appointments and supporting food security by delivering groceries to the members or taking them out to the grocery store. This is just a few of the things we do!

## *Volunteer for At Home!*

Studies show that volunteers experience increased brain activity, preservation of cognitive function, lower rates of depression, and a higher level of purpose in their lives!



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