



## Information

- When** Sunday, June 15<sup>th</sup>.
- Start Time** Race starts at 6:30 AM from north side of the Isthmus pier
- Race Fees** A \$75.00 contribution per person. **All Entries must be received by June 1<sup>st</sup>**. Entry fee will include 1 shirt, meals prior to and following race meal and finishers award.
- Mail Entry to:**  
Rock to Rock Paddleboard Association, Inc.  
802 N. Maria Ave.  
Redondo Beach, CA 90277
- Divisions**
- |                                                          |                                                  |
|----------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Unlimited ~ Solo (Over 12 feet) | <input type="checkbox"/> Stock ~ <b>Relay</b>    |
| <input type="checkbox"/> 14ft ~ Solo                     | <input type="checkbox"/> Stand up ~ <b>Relay</b> |
| <input type="checkbox"/> Stock ~ Solo                    | <input type="checkbox"/> Stand Up ~ Solo         |
| <input type="checkbox"/> Wahine ~ Stock Solo             |                                                  |
- Safety**
- Each paddler or relay team **MUST** have an escort boat to assist with navigation, nutrition and first aid safety throughout the whole channel. Paddlers must stay with their escort boats at all times, even if the boat breaks down. Any attempt to complete the race without a boat will be an automatic disqualification.
- All escort boats must be equipped with a compass and a working VHF radio capable of transmitting 25 watts. Race officials must be notified at least 24 hours prior to start of race if there are any changes in escort boat information.
- Eligibility** Open to men and women at least 18 years of age. (17 & under must have signed parental/guardian form.)
- Course** Race starts at the West side of the main pier, Isthmus, Catalina and proceeds to Abalone Cove (21.5 miles).
- Pre-race Meeting** A Pre-race meeting will be held at Buffalo Park at 5:00 PM to review Start, Finish and safety.
- Post Race Awards and location** The event will finish at Abalone Cove beach. The awards and post race meal will be held below Abalone Cove Shoreline Park, **on the beach**; 5970 Palos Verdes Drive South Rancho Palos Verdes



# Entry Form

<b>Paddle Divisions ( Check One)</b>			
<b>Divisions:</b>	<input type="checkbox"/> Unlimited	<input type="checkbox"/> 14ft	<input type="checkbox"/> Stock
	<input type="checkbox"/> Stock ~ Relay	<input type="checkbox"/> Stand Up ~ Relay	<input type="checkbox"/> Wahine
Name:		Phone:	
Address:		Atl. Phone:	
City:		Zip code:	
Shirt sizes (circle)	SM   M   L   XL   XXL	Sex:	Male   Female
Boat Captain Name & CF#		Phone:	
Relay partner Name:		Phone:	

**If competing as a Relay Team, both members must fill out and sign separate entry forms**

**Mail Entry to:**

Rock to Rock Paddleboard Association, Inc.  
802 N. Maria Ave.  
Redondo Beach, CA 90277

**Wavier:**

I understand that paddle board racing is a dangerous sport, and that I could be killed or injured participating in the Rack to Rock Event. I voluntarily assume all risks of participating in this race, including risks arriving from the negligence of my own, the race organizers and sponsors. I the undersigned participant or parent or legal guardian, waive and release any and all rights I, for myself or my child, my heirs, executors, administrators, and assigns might have in the future to take legal action against the event organizers, sponsors, City of Los Angeles, City of Palos Verdes and all associated cities, the Los Angeles City Lifeguard Service, the Los Angeles County Fire Department and Lifeguard Service for any and all damages or injuries or death which may be suffered as a result of my participation of this event. The undersigned also acknowledges the fact that the race Organizers may publish photographs, digital images, videotape, or film of the Event to be used in connection with a production, promotion and advertising of this Event or a future Event. I attest and verify that I am or my child is physically fit and sufficiently trained for the competition of this race. I am completely and solely responsible for my own safety.

Participant's Signature	Date
Parent or Legal Guardian (if under 18)	Date