

# SUPPORT STROKES – Saturday, September 25, 2010

## How it Works

1. Read more about the event on the California Canoe & Kayak (CCK) website's events page
2. Fill out registration & mail in
3. Gather donations or pledges to at least \$100
4. Reserve rental boat and/or sign up for ½ price classes.
5. Bring your pledges & donations and come paddle at the event!

## Collecting Pledges

Each participant is asked to raise a minimum of \$100 in pledges. Please collect the money before the paddle and turn it in the day of the event. All **donation checks** should be **payable** to the selected **nonprofit organization**, as all proceeds from this event will go directly to them. You may want to ask for a flat amount, or a pledge per mile.

## Pre-Race Training- ½ Price Classes.

CCK will offer their Kayak Basics class at half-price (\$29) or their Beginning Sea Kayaking class at half-price (\$49) to registered participants. Details and schedules are available at [www.calkayak.com](http://www.calkayak.com) Call 510-893-7833 ext 16 to reserve a space.

## Rental Boats

Don't have your own boat? No problem! California Canoe & Kayak will provide kayak or canoe rentals for \$10 per person to all registered participants who raise a minimum of \$100. (You may combine your rental fee and registration fee on the same check.) **Reservations for boats must be made at least two weeks in advance** Call: 510-893-7833.

## At the Event

Paddlers launch from the CCK dock. Check in starts at 8:00am for 15.5 Mile paddle & Race.

### **Launch Times:**

15.5- Paddle Launch 9:00 am

15.5 – Race Start 9:30 am

8-mile courses 10:00 a.m.

2-mile Beginner course 11:00 a.m.

Total paddle time may range from 2-6 hours for you to complete your chosen course.

### **Beneficiaries:**

**Breast Cancer Action** [www.breastcanceraction.org](http://www.breastcanceraction.org)

**Charlotte Maxwell Clinic** [www.charlottemaxwell.org](http://www.charlottemaxwell.org)

**Women's Cancer Resource Center** [www.wcrc.org](http://www.wcrc.org)

**Breast Cancer Fund** [www.breastcancerfund.org](http://www.breastcancerfund.org)

Mail to: California Canoe & Kayak  
Attn: Support Strokes  
409 Water Street  
Oakland, CA 94607

## **REGISTRATION**

Registration: \$20/person  
Includes t-shirt, Lunch & Raffle  
Boat Rental: \$10/person  
Make check out to CCK!

### **Required Information**

Name: _____	Age: _____	Tee Shirt Size: _____
Address: _____	City: _____	State: _____ Zip: _____
Phone _____	Email _____	
SKILL LEVEL: <input type="checkbox"/> New Paddler	<input type="checkbox"/> Some Experience	<input type="checkbox"/> Intermediate <input type="checkbox"/> Experienced
COURSE: <input type="checkbox"/> 15.5 miles	<input type="checkbox"/> 8 miles	<input type="checkbox"/> 2 miles
BOAT: <input type="checkbox"/> I need to rent a boat (you must reserve in advance!)	Height: _____ Weight: _____	<input type="checkbox"/> I will bring my own boat

### **Optional Information**

<input type="checkbox"/> I am a cancer survivor	<input type="checkbox"/> I am currently fighting cancer
<input type="checkbox"/> I am paddling in honor/memory of _____	
<input type="checkbox"/> I am available to paddle a double kayak to help another paddler	<input type="checkbox"/> I need a paddle pal (single/double)
<input type="checkbox"/> I will be paddling with (names, please) _____	

**Questions? Information? Want to volunteer?** Email: [marketing@calkayak.com](mailto:marketing@calkayak.com) or call (510) 893-7833 ext. 12