

SUPPORT STROKES – Saturday, September 10, 2011

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 calkayak.com Call 510-893-7833 ext 7 to reserve a space. Let them know you are participating and are registered for Support Strokes.

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

Charlotte Maxwell Clinic www.charlottemaxwell.org

Women's Cancer Resource Center www.wcrc.org

Breast Cancer Fund www.breastcancerfund.org

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

REGISTRATION

Pre- Registration: \$20/person
\$25/person - \$10 for Kids under 12
Includes t-shirt, Lunch & Raffle
Boat Rental: \$10/person
Make check out to CCK!

Required Information

Name: _____	Age: _____		
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: tammy@calkayak.com or call (510) 893-7833 ext. 12