



Saturday, July 29, 2017

Men's, Women's, & Mixed Iron Course – 12 Miles

OC-1, OC-2, Surfski, SUP, Juniors & Novice Course – 4 Miles

The Seattle Outrigger Canoe Club invites you to compete in this beautiful, fun and challenging race at Alki Beach in West Seattle. Don't miss this opportunity to paddle from a sandy beach, in salt water, in gorgeous Pacific Northwest surroundings.

Driving Directions:

(Note: To get your own directions type "alki beach park" in Google Maps)

From I-5:

1. Follow signs for **W Seattle Bridge** (Exit 163)
2. Take exit for **Harbor Ave SW** (not Harbor Island exit) 2.4 mi
3. Turn right onto Harbor Ave SW 0.3 mi
4. Continue onto Alki Ave SW (Harbor Ave turns into Alki Ave) 1.8 mi
5. Registration will be on the beach on the right (look for the SOCC tent)

Schedule:

(Note: Race start times are dependent on weather):

- 8:00 am: Registration and boat preparation
- 9:00 am: Steerspersons' meeting
- 9:30 am: Women's & Mixed OC6 Race Start
- approx. 12:00 pm: Men's & Mixed OC6 Race Start (1/2 hour after finish of Women's/Mixed Race)
 - **Note:** Some Mixed crews may paddle with the Men, depending on canoe availability.
- approx. 2:00 pm: Short course - Juniors & Novice OC6 and OC-1, OC-2 start
- approx. 3:30 pm: Awards

Cost:

Adult registration fee: \$40 per paddler per craft/crew

Junior (under 18 years) registration fee: \$18 per paddler per craft/crew

*Fees includes Da Grind shirt, insurance fee, and a \$1.80 contribution towards a PNW ORCA AED

Forms:

All craft/crews and participants must sign and submit the following forms:

- Da Grind Registration Form (required for each craft/crew)
- Paddlesport waiver (required for all paddlers) (required for all paddlers)
- PNWORCA assumption of risk and release of liability agreement (required for all paddlers)

Boat Launching & Parking

The easiest place to launch is [Dan Armeni Boat Ramp](#), 1222 Harbor Ave SW. Trailer parking is available for \$12.00 for the day. If you choose to launch here, you will need to rig your canoe and paddle approximately 1.3 miles west to the beach. You should have someone register at 8:00AM, with your canoe at the beach by 9:00AM for the steerspersons' meeting. This is an active boat ramp, so please be aware of other boats launching.

You may also choose to launch along the beach near 2600 Alki Ave SW. In the morning, you should be able to pull the trailer along the beach and unload. Unfortunately, you cannot park your trailer on Alki Ave SW. You may find parking near Alki Playground on 38th or 39th Ave SW at SW Stevens, but it is first-come, first-served. You may find it difficult to load your canoes back on the trailer in the afternoon since traffic on Alki Ave. SW can be very heavy in the middle of the day. Car parking can be found along Alki Ave.

The beach is a public facility and foot/car traffic will be heavy. Please be respectful of all beach patrons and represent outrigger paddling in a positive way.

Course:

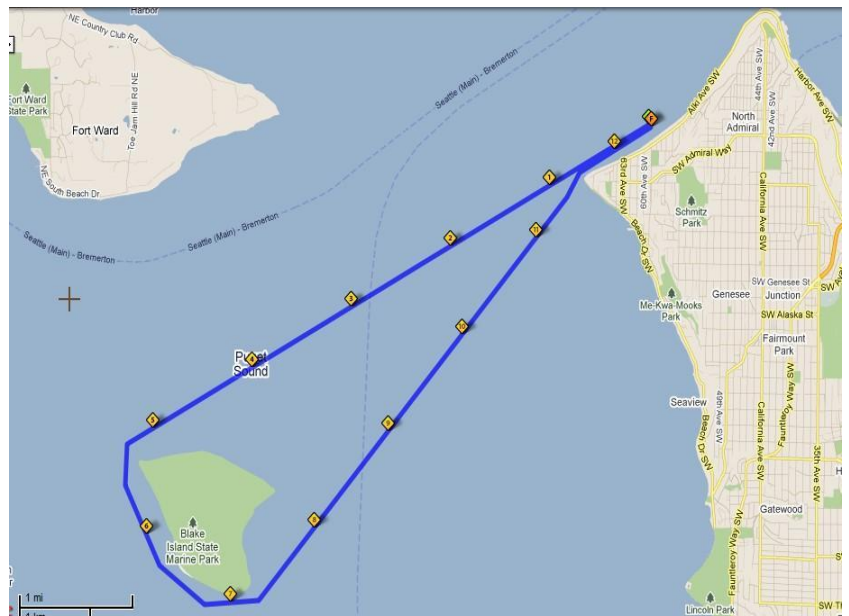
Registration and the Start/Finish line will be on the beach at Alki - look for the SOCC tent.

The long course

(OC6 only)

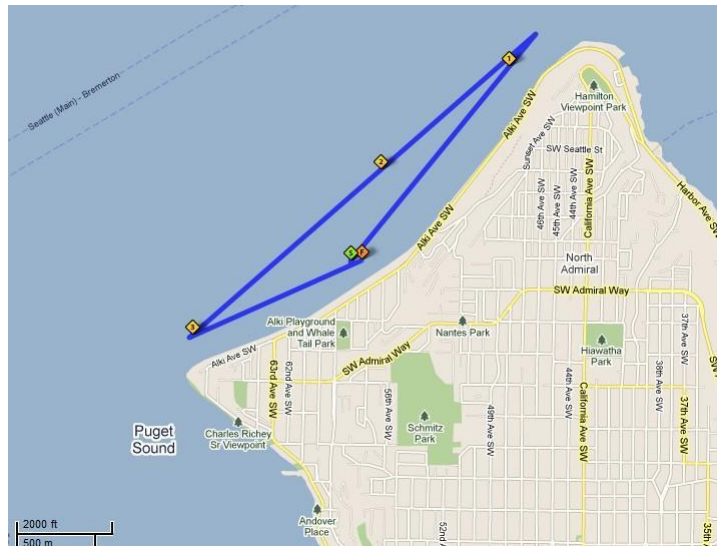
Approximately 12 miles

Course will start off the beach. Canoes will paddle west, toward Alki Point, and then across Puget Sound toward Blake Island. The course circles Blake Island clockwise, going around the south end, then north along the west side, circling back around the north end of the island and heading back to Alki Beach.



The short course
(Novice/Juniors/OC1/OC2/SUP)
Approximately 4 Miles

Course will start, heading northeast towards Duwamish Head. Near a permanent marker, about one hundred feet from the shore, there is a turn buoy. Make the turn counterclockwise and head southwest toward Alki Point Lighthouse and a turn buoy near the point. Make a counter-clockwise turn around the buoy and head back to the start/finish line off Alki Beach.



Please be extra-careful close to shore, watching out for swimmers and wildlife. The course will veer away from the known seal area but it is the responsibility of all wa'a to navigate away from seals, swimmers, ferries, and tugboats.

Water Safety:

- Each team must provide:
 - A US Coast Guard approved flotation devices (PFD) for each paddler in the canoe and a whistle
 - Spray skirt which **may** be required, depending on weather conditions on race day
- Water temperatures should be in the low to mid 50's. Crews must be familiar with huli recovery techniques
- Boat traffic is expected to be moderate, with occasional wakes and cross-chop. Shipping traffic may cross the course, heading north or south on Puget Sound. Steerspersons should be alert at all times. Be particularly aware of ferry and ship traffic, including tugboats. Ferry and ship wakes can be large and fast moving. Tugboats may be towing barges or logs that are not visible. **Do not attempt to cross in front of ferries or ships or immediately behind tugboats.**
- All SUP, OC1, OC2 and Surfski paddlers **must wear a leash and have a PFD onboard.** NO EXCEPTIONS. Anyone without a leash and PFD will not be allowed to race
- The weather can be quite warm on the beach, so teams are encouraged to bring tents for sun protection

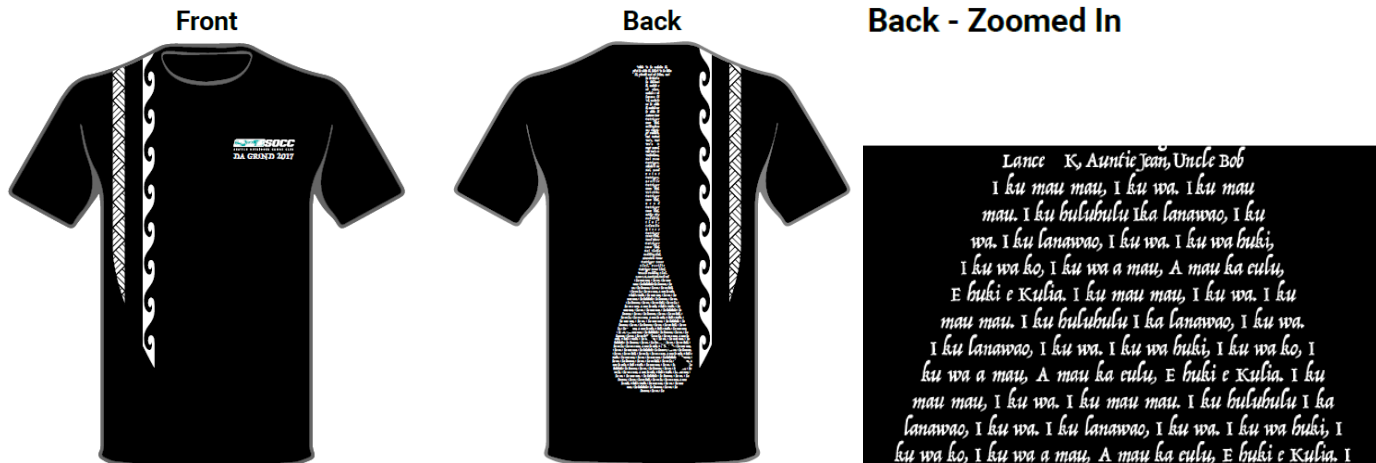
Food:

- There are many food establishments on Alki Ave SW. Paddlers may also potluck
- There is no alcohol allowed on the beach

Shirts:

- Da Grind logo and shirt designed by Kendal Sparks, [Seat 6 Designs](#)

- Design:



- Sizes:
 - Men's shirt

	XS	S	M	L	XL	2XL	3XL	4XL
Body Length	27	28	29	30	31	31.5	32.5	33.5
Body Width	18.5	20	21.5	23	24.5	26	27.5	29
Sleeve Length	17.625	18.5	19.375	20.25	21.125	22	22.875	23.75

- Women's shirt size chart is TBD. Please check [Da Grind – Outrigger Race Facebook event page](#) for updates.

Side Notes:

- Visit the [Seattle Outrigger Canoe Club Facebook](#) and/or [Da Grind – Outrigger Race Facebook event page](#) pages for updates and more information as the race approaches
- Dogs are not allowed on the beach

Pre-registration & contact information:

info@seattleoutrigger.com

Race Chairs

- Vera Hoang, 425-753-6615, vhoang26@gmail.com
- Annie Maud, 206-619-8245, annie@maud.com



**Registration Form
July 29, 2017
Alki Beach, West Seattle**

Complete an entry form for each craft/crew for each race.

Waiver

I hereby release and discharge Seattle Outrigger Canoe Club of Seattle, WA (herein after referred to as SOCC), its members, directors, officers, race committee, attorneys, agents, sponsoring businesses and organizations in any manner arising from my participation in or association with the Seattle Grind Outrigger canoe race. I hereby indemnify and hold harmless SOCC from all claims made, asserted, or alleged against SOCC on my behalf or on behalf of my estate or my heirs that arise out of the Seattle Grind Outrigger Canoe Da Grind Race. SOCC is not required to expend monies in defense of the Claim prior to exercising its rights to indemnification. I hereby acknowledge that outrigger canoe and stand-up paddle racing are each activities which, by their nature, pose significant risk to their participants and that these risks cannot be eliminated even with the best of planning. I certify that I am able to swim and tread water for 20 minutes. I hereby consent to and authorize medical treatment in the event of injury or illness.

Executed this 29th day of July, 2017 by the members of:

Club Name (if applicable): _____

Team Name: _____

Canoe Number: _____ Category (circle one): **Women** **Mixed** **Men**

Division (circle one):

Unlimited Open **Masters** **Sr. Masters** **Golden Masters** **Kupuna** **Junior** **Novice**
(40-50) (50-55) (55-60) (60+)

Course (circle one):

OC-6 Long Course **OC-6 Short Course** **OC-1** **OC-2** **Surfski** **SUP**

	Paddler Name	Signature	Paddlesport Waiver (Y/N)	Shirt Size
1				
2				
3				
4				
5				
6				