



DA GRIND 2020

Saturday, August 8, 2020

Men's, Women's, & Mixed OC-6 Iron Course – 12 Miles
OC-6, 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 saltwater, 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*:

Please pay with check or cash at race check-in.

- Adult registration fee: \$40 per paddler
 - Junior (under 18 years) registration fee: \$20 per paddler
 - Registration fee includes race entrance into long course, short course, or both races.
- *Fees includes Da Grind shirt and insurance fee.

Forms:

All craft/crews and participants must sign and bring the following forms to race check-in on race day along with race fee payment:

1. Da Grind Registration Form (required for each craft/crew)
2. Paddlesport waiver (required for all paddlers)
3. PNWORCA assumption of risk and release of liability agreement. (Required for all paddlers. If you belong to a PNWORCA club you have likely already filled this out.)

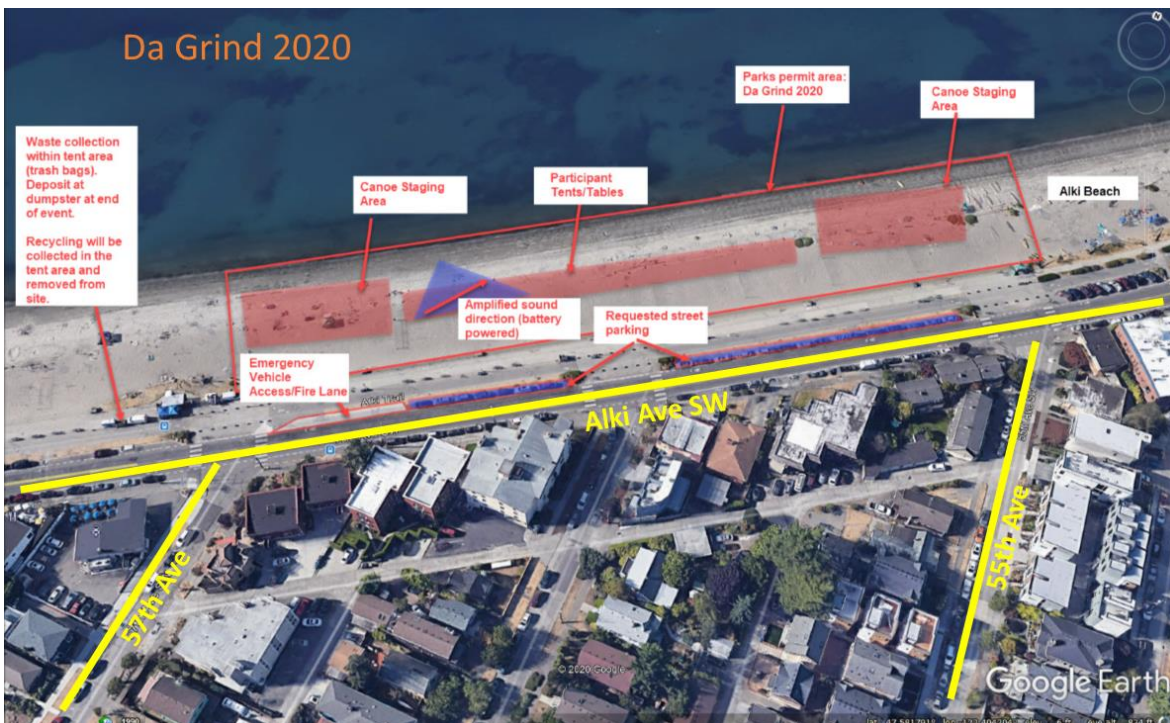
Registration forms and race fee information are available at:
www.seattleoutrigger.com/the-seattle-grind/

Boat Launching & Parking

The easiest place to launch is Dan Armeni Boat Ramp, 1222 Harbor Ave SW. Trailer parking is available for approximately \$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.

The 2020 Da Grind Race location will be slightly to the east of past years' location on Alki Beach. Race will be located along Alki Ave SW between 55th Ave SW and 57th Ave SW.

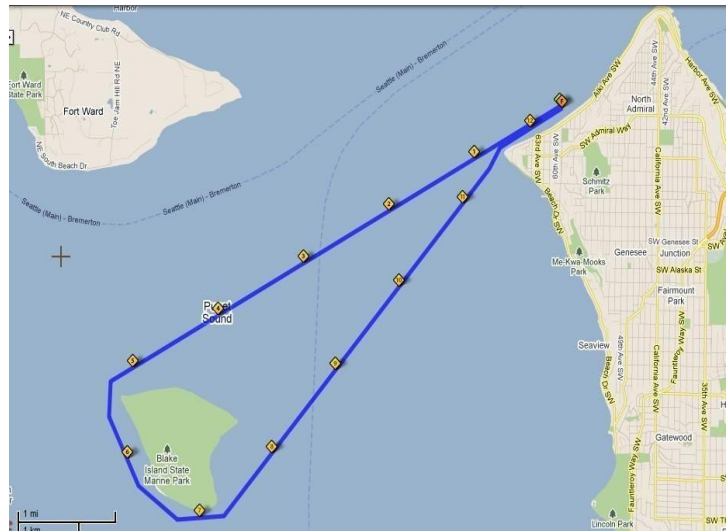


Course: Registration and the Start/Finish line will be on the beach at Alki - look for the SOCC tent.

The long course

(OC6 only)
Approximately 12 miles

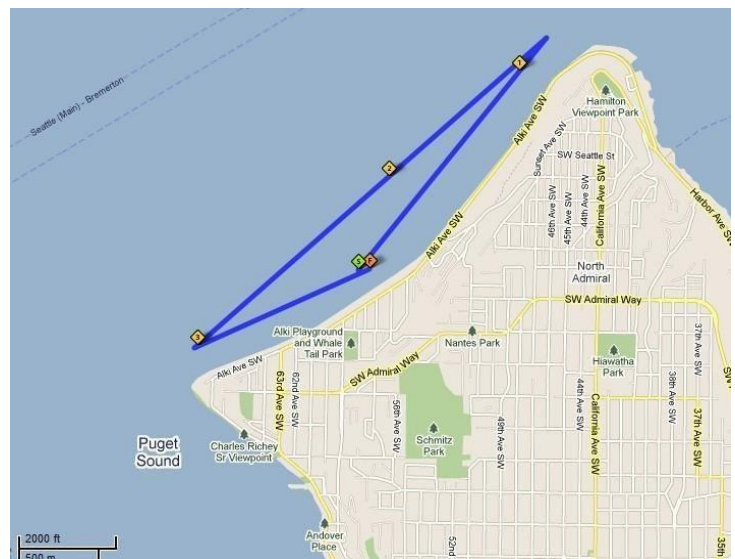
Course will start off the beach. Canoes will paddle west, toward Alki Point, and then across Puget Sound toward Blake Island. The course circles Blake Island clockwise, going around the south end, then north along the west side, circling back around the north end of the island and heading back to Alki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



The short course

(OC-6 Novice/Juniors,
OC1/OC2/SUP/Surfski)
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.

Canoe Borrowing:

For PNWORCA crews wishing to borrow a canoe for Da Grind, please contact Tyler (racechair@pnworca.org) at PNWORCA to organize borrowing canoes for the races. Paddlers outside of PNWORCA are welcome and encouraged to join our race. Please contact Da Grind organizers directly about borrowing canoes.

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
- Please plan to pack out all trash and recycling from the beach. There are dumpsters and recycling nearby the race location along the boardwalk. Thank you!

Shirts:

- Da Grind logo and shirt designed will again be by Kendal Sparks, Seat 6 Designs
- Shirt sizes are available in women's and unisex fits and come in S– 2XL

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:

- Jasen Oda, 206-579-9145, jasenroda@gmail.com
- Mari Otto, 808-729-1788, maricaotto3@gmail.com
- Allyson O'Connor, 812-361-3777, allyson.oconnor@gmail.com



Da Grind Registration Form

**August 8, 2020
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 8th day of August, 2020 by the members of:

Club Name (if applicable): _____

Team Name: _____

Canoe Number: _____

Circle all that apply:

Category: *Women* *Mixed* *Men*

OC-6 Boat Type: *Spec* *Unlimited*

Division: *Open* *Masters* *Sr. Masters* *Golden Masters* *Junior Novice*
 (40-49) *(50-54)* *(55-59)* *Kupuna (60+)*

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

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

* Shirt sizes are available in women's and unisex fits in sizes S- 2XL



EVENT NAME: Da Grind 2020
COVERAGE DATE: 08/08/2020

AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in this sports activity, related events and activities, the undersigned acknowledges, appreciates, and agrees that: The risk of injury from the activities involved in this sport is significant, including the potential for permanent paralysis and death; and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS **PADDLESPORT RISK MANAGEMENT, LLC; Seattle Outrigger Canoe Club, City of Seattle, ;** their officers & directors, officials, agents, and/or employees, other participants, sponsoring agencies, commissions, sponsors, advertisers, volunteers, coaches, steerers, and, if applicable, owners and lessors of premises used to conduct the event (“RELEASEES”), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. I also acknowledge that photographs and video may be taken of me in my participation in, and attendance at this event, and hereby freely agree to allow without restriction all uses of such photos and videos in the reporting of this race, and/or in the promotion of this event, its location, other sporting events, sport in general, and/or related purposes. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PLEASE COMPLETE ALL SECTIONS

_____ Address: _____
 (Participant/Member Name: PLEASE PRINT) _____
 Signature: _____ Phone: _____ Date: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION) This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law. I further agree to the photographic and video release set forth above.

Parent/Legal Guardian Name & Address: (PLEASE PRINT) _____
 Address: _____ Emergency Contact # _____

 Signature of Parent/Legal Guardian: _____ Date: _____