



100 km's INTERNATIONAL DAY

100 KM TANDEM INDOOR ROWING RACE

SUNDAY 16th NOVEMBER 2008

ROME (Italy)

FORVM SPORT CENTER

Via Cornelia 493 - Rome

Tandem

Categories:

Men and Women

Open, 30-39, 40-49, 50-59, Over60 - HWT and LWT

100K TANDEM TERMS AND CONDITIONS

100.000 m indoor rowing race on Concept2 indoor rowers. Competing in the race confirms that you understand that participation risks of bodily injury, including stroke, paralysis, heart attack and death, as well as loss or damage to property. Your decision to participate in the event is made by you in full recognition of these risks and is entirely voluntary. In consideration of your acceptance of the entry form, you agree that you, your executors and administrators and assign to hold harmless Concept2 and FORVM Sport Centre their respective directors, officers, employees, representatives, agent successors and assigns from all liability on account of injury, loss, claim, or your participation in the event.

LOCATION: FORVM SPORT CENTER, via Cornelia 493, Rome, on **Sunday 16th November 2008, 10.00 a.m.** Registration and meeting is at 8.30 a.m. You must be able to finish the race in less than 8 hours.

RACE TYPE: TANDEM (Team composed by two athletes), free changes. Competitors can use damper resistance of their choice, but they can't change it during the race. Tandem members must wear the identical uniform.

CATEGORIES: Open HWT, Open LWT, 30-39 HWT, 30-39 LWT, 40-49 HWT, 40-49 LWT, 50-59 HWT, 50-59 LWT, Over 60 HWT, Over 60 LWT, men and women. If Tandem members belong to different age categories, the age category for the race is determined by the age of the youngest. Lightweights must weigh within 30 minutes before race time. Competitors entered into a lightweight race who do not make their weight will race as heavyweight, but out of ranking. Lightweight limits are 75 kg for men and 61,5 kg for women. Results will be verified for Concept2 world and for 100K Ultra-marathon world record.

(http://www.concept2.com/us/racing/records/ultra_records.asp).

ENTRIES: Only the first 30 team entries will be accepted; entries close on **Monday 10th November 2008 at midnight**. Entries must be made by e-mail to andreac1984@virgilio.it, indicating name, surname, rowing or fitness club (or tandem name), birthday, weight, category. Entry fee **€ 10,00 per person must be paid cash** on site, 40 minutes before the race start. For the registration you need an I.D.

PRIZES: Gold, silver and bronze medal for the 1st, 2nd and 3rd of each category; plus a **participation medal** for all other finishers.

RESULTS AND PHOTOS: Available on www.concept2.it and www.rowingsport.it .