

NICOMEKL ROWING CLUB



**COME FOR  
A ROW!  
STAY FOR  
THE PARTY!**

## **SATURDAY, SEPTEMBER 12, 2009 BLACKIE SPIT PARK, CRESCENT BEACH, BC**

Likened to the Head of the Charles in length and twists, the annual Nicomekl Head of the River is a 6 km race down the winding and beautiful Nicomekl River. Tidal banks and currents make it a tactical challenge for the cox/bow to find the fastest and smoothest course for the crew.

There are two events: a CLASS EVENT in the morning with awards for the top crew in each boat class (1x, 2x, 2-, 4x, 4-, 4+ and 8+) and for the top NOVICE and JUNIOR crews, and a TROPHY RACE in the afternoon with all crews handicapped by age, gender and boat type to determine the overall Head of the River 2009 crew. There is also a trophy for the best Junior crew at the regatta.

ENTRY FEE: \$28 per participant, includes meal and drink at the wrap up party. Anyone wishing to race in both events (Class and Trophy) may for the one entry fee of \$28.

ENTRY DEADLINE : AUGUST 31, 2009

**For more information, please contact  
nrcregatta2009@nico-row.com  
or visit [www.nico-row.com](http://www.nico-row.com)**