



2010 IditaRez Regatta

Thank you for joining **Resurrection Bodyworks (REZ)** in support of the **Kenai Crewsers Rowing Club**. The 2010 “IditaRez Regatta” is our fifth Iditarow fundraiser for the Crewsers, and your participation guarantees success!

This year is different than the “Iditarow” of the past! Participants will **not** be limited to a rowing machine, a location or by time. You can clock miles on a treadmill, stairclimber, crosstrainer, indoor cycle or rowing machine. You can put in as much time in a day as you want (following the house rules of the location). We celebrate both team and individual accomplishments; but the **real** race is between us, the participants collectively, and the Iditarod dog teams. We will total miles clocked and track our daily progress against the leading Iditarod dog team. The “IditaRez Regatta” begins on Friday, March 12th at 6pm and will end Monday March 15th at Noon. The awards ceremony will follow immediately at 12:15 at the **REZ**.

We want everyone, if possible, to attend the ‘RULES AND REGULATIONS’ meeting being held at the **REZ** (IditaRez Regatta Headquarters) at 5:30 just prior to the kickoff. If you have any questions or discomfort, please let us know and we will arrange to have a ‘dog’ trainer monitor your form.

We recommend you wear comfortable clothing, as you would for any cardio workout. However, baggy shorts/pants and long-tailed shirts are not recommended as they may get caught on the equipment. We suggest stretchy but tighter-fitting shorts/pants. **Gym (not street) shoes are required. Resurrection Bodyworks requires that all street shoes be removed prior to entering the gym. Carry your dry gym shoes with you, or leave them at the REZ.**

To avoid boredom, bring your music, download an audio-book, or check out a book CD from the library.





HERE ARE THE REGATTA RULES

- IditaRez Regatta begins **Friday, March 12th at 6:00 PM**. Rules and Regs meeting will be at 5:30 PM at the **REZ**, “**IditaRez**” **Headquarters**. All entrants are encouraged to be present at the meeting and participate in the IditaRez Regatta kickoff. The challenge will continue thru Monday, **March 15th at 12:00 noon**.
- Individuals or Teams of 4 members can participate.
- Bring your signed registration and entry fees for each individual or team member to the **REZ**. **Make checks payable to Kenai Crewsers Rowing Club (KCRC)**. We ask you get your registration forms to us by March 10th. Send us a digital team photo and your team name to rezbodyworks@gmail.com as soon as possible.
- ‘Trail’ hours at IditaRez Headquarters are:

Friday, March 12th	6:00 PM - 9:00 PM
Saturday, March 13th	9:00 AM - 9:00 PM
Sunday, March 14th	9:00 AM - 9:00 PM
Monday, March 15th	6:00 AM -12:00 PM

- Each time you come in to ‘get on the trail’, check in with **REZ** staff and they will help get you started and log you in. We will have 11 cardio pieces (sleds) for you to choose from. According to house rules, there is a 30 minute limit on each piece but you can switch to another sled and continue clocking up the miles!
- A daily Trail Log will be issued and using the Honor System, participants will be responsible for maintaining their own stats and turning the Trail Log in for computer recording at the end of each session.
- Before you leave your ‘sled’, log your miles and clean your sled for the next dog. Turn in your log card to the **REZ** staff to log your time and miles on the trail map.
- IditaRez Regatta participants who are not **REZ** members are not given non-cardio gym equipment privileges. **REZ** members who are not IditaRez participants are not given special hours privileges. IditaRez Special hours privileges are for the use of the cardio equipment only.

Off site Checkpoint participants: You must have your stats e-mailed into IditaRez Headquarters **before** the close of each day's session - **Friday, Saturday and Sunday by 8:30 PM and Monday by 12:00 noon.** triemer@jhu.edu.

- Keep informed. Periodically check the IditaRez Regatta site rezseward.com for updates.
- **BE SAFE, GET FIT, HAVE FUN!**