



GREAT RIVER RACE 2011

Saturday 17th September 2011

NAIADS

VOLUNTEER INFORMATION AND RULES

TERMS & CONDITIONS

Please read this document now to avoid misunderstandings later

Overview

The Great River Race takes place annually on the Thames between Docklands and Richmond in September. Over 300 boats of varying sizes powered by oars or paddles take part for fun and charity. The Race is 21 miles long and rowed with the flood tide. Please look at www.greatriverrace.co.uk A good DVD of an earlier Race is available from Hugo Middleton.

There will be at least two training rows at weekends in July and August at Richmond.

On the Race weekend the *Naiads* meet on Friday evening at Richmond for a party. The crew leaves Ham by bus at 8 am heading for Docklands. The Race starts in the early afternoon and finishes (for us) about 4 hours later at Ham. On the Saturday evening there is an energetic party in the Race Marquee. The Race weekend finishes after breakfast on Sunday.

NAIADS

The Naiads (pronounced ny-ads) are riverbank water nymphs in Greek mythology, normally portrayed as young naked females by Pre-Raphaelite Brotherhood and later painters. For the purposes of this crew, a Naiad may be male or female and of any age.

The *Naiads Great River Race Aim* is to take part in and enjoy the training days and the Race. This is not a trial run for the Olympics. Individual crew members may raise money for a charity of their own choice.

The Boat

The boat, a Pangbourne Gig with ten oars, will be hired as part of a package at a cost of £1,380.00, but this may increase when the VAT rate goes up in January 2011. Your contribution of £120 will cover transport of the boat, the hire of the boat, training sessions, entry fees and insurance. A photograph of the Gig may be seen in the 'Boats/Boat Packages' section of the Great River Race website. There will be a Cox, a Passenger (as required by the Race Rules) and possibly a spare Oar. Everyone in the boat pays a full contribution.

Timings

July/Aug/Sep	Training Days/Evenings at Richmond
Friday 16 th September	Meet in Richmond; party at Ham
Saturday 17 th September	Race followed by party at Ham
Sunday 18 th September	AM Return home

Financial Commitment

Volunteers will be asked to contribute the sum of £120 on application towards the cost of the hire. If you decide after being selected that the Race is not for you, £120 will be returned unless it is on or near the Race Day.

Once selected and having agreed to be in the crew, if you do not attend on the day (for any reason) you may forfeit the full amount.

New members will be required to buy a Naiad cap and rowing shirt (c. £15) which is to be ordered through Peter Booth. A Naiad sweatshirt is also available (c. £15). These prices include printing and are charged at cost. Members with shirts may have the wording updated through Peter Booth (c.£4).

You will also be required to cover your travel and living expenses for the training days and the Race itself, but we aim to keep these expenses as low as possible by sharing transport while maintaining standards. These expenses may include two camping at Ham on the

Race weekend, but the cost will be reasonable. Of course those who wish to stay in London may do so, but it is not as much fun.

Other expenses may be about £12 for the bus trip from Ham to Docklands, £12 for a party on Friday night (including BBQ and music), and meals on training days.

Time Commitment

You must be prepared to attend the 2/3 training days in the Summer and the Race itself from evening Friday 16th September and all day Saturday 17th September.

Physical Requirements and Considerations

You must be a competent swimmer and fit.

It will take about 4 hours to row the course so a reasonable degree of fitness is required if you are to enjoy the experience. Advice is available on request.

Contacts

If you have any questions, please contact one of the following:

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