

Sardisco & Welke present:

The 6th Annual Tim O'Donnell Honorary



CABRILLO BEACH, SAN PEDRO, CA
3.5 COLD MILES

www.coldhandspaddle.com coldhandspaddle@hotmail.com

Jason: (310) 508-6013 or Fred: (310) 710-2510

When:

Sunday, March 1, 2009.

Check in: 6:30 a.m. till race time. Competitors meeting: 7:45 a.m.

Race Start: 8:00 a.m.

Where: Cabrillo Beach, San Pedro, Ca.

Registration:

Sign up the morning of the race at the Bathhouse near the front gate. Registration starts at 6:30am.

***Divisions:**

Their will be 7 divisions:

Men's and Women's unlimited (>14')

Men's and Women's 14 foot

Men's and Women's stock (12' and under)

Stand-up - Open

*There will be trophies for first in each division. Overall winner will be added to the perpetual trophy.

*Depending on the number of women competitors, we may consolidate women's division to one open division.

T-Shirt & Nutrition:

We will be selling t-shirts of the race and they will be \$15. Free Breakfast Burritos provided to competitors and their family after the race; courtesy of the Cabrillo Beach Boosters and Downtown Subs. There will be pre and post race nutrition (water, bagels, fruit, and that sort of thing).

Parking:

Hourly parking through the gate or park up top for free. We are working on waiving the parking fee. Mention you are there for the race.

Start: 8 a.m. Outside Cabrillo Beach; water start. Water Finish will be on the inner beach.

Cold Hands Paddle

Course:

The race will start on the outer beach. Paddlers will head out for the Light House and make a left shoulder turn to the inside of the harbor. Paddlers will then follow the break wall back towards land, passing the fishing Pier and finishing on the South Beach in the inside corner. Should conditions become too heavy on the outside on the day of the race an alternate course will be provided.

Directions:

From the 405 north or south exit 110 south and proceed until the highway ends. The 110 will end on Gaffey Street. Follow Gaffey left into San Pedro. Make a left turn on 22nd avenue and a right turn on Pacific Street. You will take Pacific Street past Fort Macarthur to the stop lights which will be Stephen M. White Drive. Make a left turn on Stephen M. White Drive and follow it down until you see the Cabrillo Beach parking booth. Since the race will take place on both beaches it is up to you where you want to park, it's really all the same. The sign in area will be on the outside beach near the fire rings.

Map: Here is the link to Google Maps (click link or just cut and paste to web browser):

<http://maps.google.com/maps?f=q&hl=en&q=Cabrillo+Beach,+Los+Angeles,+Los+Angeles,+California+90731&sl=33.739637,-118.281877&sspn=0.002882,0.006534&ie=UTF8&cd=1&geocode=FVdeAgIdjiTz-A&ll=33.708883,-118.285353&spn=0.011531,0.026135&t=h&z=16>

Final Notes and Thoughts:

- Please plan on finishing the race under your own power. Los Angeles County and City Lifeguards are nearby if there are any emergencies.
- The water will be cold (for So Cal), somewhere between 48-55 degrees, unless Mother Nature has something else in mind. If you want to wear any gear such as wetsuits, booties or other things to keep you warm that will be fine. So long as it's honest (no webbed gloves).
- There will be pre and post race nutrition (water, bagels, fruit, and that sort of thing) as well as a post race bonfire to warm up all the cold hands.
- If you would like a detailed map of the course emailed to you send a request to coldhandspaddle@hotmail.com.

Wavier:

I understand that paddle board racing is a dangerous sport, and that I could be killed or injured participating in the Tim O'Donnell honorary Cold Hands Paddle race. I voluntarily assume all risks of participating in this race, including risks arising from the negligence of my own, the race organizers and sponsors. I the undersigned participant or parent or legal guardian, waive and release any and all rights I, for myself or my child, my heirs, executors, administrators, and assigns might have in the future to take legal action against the race organizers, sponsors, City of Los Angeles, City of San Pedro and all associated cities/governments, the Los Angeles City Lifeguard Service, the Los Angeles County Fire Department and Lifeguard Service and the Port of Los Angeles for any and all damages or injuries or death which may be suffered as a result of my participation of this event. The undersigned also acknowledges the fact that the race Organizers may publish photographs, digital images, videotape, or film of the Event to be used in connection with a production, promotion and advertising of this Event or a future Event. I attest and verify that I am or my child is physically fit and sufficiently trained for the competition of this race. I am completely and solely responsible for my own safety.

Participant's Signature

Date

Parent or Legal Guardian (if under 18)

Date