



Hennessey's Paddleboard Festival presents the Junior Lifeguard Paddleboard Championships

On Saturday, July 11th, 2009, Hennessey's Taverns is proud to host the United States Paddleboard Festival. The festival includes a long distance paddleboard race, Dory races, Team Lifeguard Championships and the Junior Lifeguard Paddleboard Championships.

The Junior Lifeguard Paddleboard Race will be held at Avenue I in Redondo Beach. All divisions will have boys and girls categories. Participants will also receive a T-shirt, commemorative Coolies rashguard, finisher and placer trophies, and lunch at the luau immediately following the race in Redondo Beach in the parking lot of Hennessey's Tavern. Please make time to enjoy the luau, complete with roasted pig, live entertainment, an extensive raffle and awards on the grand stage. All this for just \$25!

IMPORTANT Race Information

1. Race is limited to 500 paddlers. This race will fill quickly – send your application early! All applications must be received by July 8th – no exceptions! **There WILL be signups on race day if the event is not full.**
2. **DOWNLOAD ENTRY FORM AT WWW.HENNESSEYSPADDLEBOARDING.COM**
3. Divisions: When each division is full, applications will be cut off – no exceptions!
 - 'C' Division will be limited to 200 competitors and will be run in two heats (100 girls & 100 boys).
 - 'B' Division will be limited to 200 competitors (100 girls & 100 boys).
 - 'A' Division will be limited to 50 competitors (25 girls & 25 boys).
 - 'AA' Division will be limited to 50 competitors (25 girls & 25 boys).
4. Check in starts at 7:30 am at Avenue I in Redondo Beach (on the sand). Staff will be increased this year to better accommodate the participants.
5. Race start times are as follows:
 - “C” Division check-in starts at 7:30am; Race starts at 8:30am.
 - “B” Division check-in starts at 8:30am; Race starts at 9:15am.
 - “A” & “AA” Division check-in starts at 9:15am; Race starts at 10:00am.
6. All racers will paddle J.G. softboards. No sprint boards allowed. All J.G. soft boards will be available at the beach.
7. Once you've checked in you'll receive your race jersey (rashguard), T-shirt and lunch ticket. Racers will then be tattooed (no needles – just permanent marker!).
8. AA and A divisions will paddle a 1-mile loop on 9-foot J.G. soft boards.
9. B and C divisions will paddle a ½ mile loop on 9-foot J.G. soft boards. Two heats per division; trophies 1st through 5th in each heat.
10. LA county lifeguards and J.G. instructors will handle water safety and offer assistance if needed.
11. Medals will be awarded to all participants.
12. The top five finishers in each division/heat will receive placer trophies.
13. One more thing – have FUN and paddle hard!

Want to volunteer? Call Junior Lifeguard Chairman, Charlie Didingler at 310.546.3988
Questions? Call Junior Lifeguard Race information at 310.939.7214

*Aloha,
Tim Ritter
Race Chairman*

DOWNLOAD THE ENTRY FORM FROM WWW.HENNESSEYSPADDLEBOARDING.COM

SEND TO: TIM RITTER*1800 ESPLANADE, #E* REDONDO BCH, CA 90277

Hennessey's Paddleboard Festival

Junior Lifeguard Paddleboard Championships

Official Race Entry Form

Please PRINT legibly

Name:		Date:		
Address:				
City		Zip		
Phone Day:		Phone Evening:		
E-mail address:				
Emergency Contact (Name & Phone)				
Sex (circle one)		Male		Female
Division (circle one)	AA 16 – 17 years 1-mile loop	A 14 – 15 years 1-mile loop	B 12 – 13 years ½ -mile loop	C 9 – 11 years ½ -mile loop

Entry Fee: \$25. Entry fee includes: T-shirt, rash guard, lunch, medal, race production, post-race luau and live entertainment.

Liability Waiver: *(You and your legal parent/guardian must READ and SIGN to participate)*

In consideration of my entry in the Hennessey's Paddleboard Festival on July 11, 2009, I, for myself, my heirs, executors, administrators, and assigns, waive and release any and all rights and claims including any claims for negligence I may have or accrue against the County of Los Angeles, the City of Los Angeles, the City of Redondo Beach, Hennessey's Taverns, Hennessey's Cup Committee Members, the Los Angeles County Fire Department and Lifeguard Service, Tim Ritter, Paul Hennessey, Derek Levy, Lina Fontaine and any other race sponsors or co-sponsors or their representatives, agents, successors, and assigns for any and all damages or injuries or death which may be suffered as a result of my participation in this event. I attest and verify that I am physically fit and sufficiently trained for the competition of this race. I am completely and solely responsible for my own safety.

Participant's Name

Participant's Signature

Date

Parent or Legal Guardian's Signature

Date

Please make check payable to "Southern California Paddleboard Association"

***Mail to: Tim Ritter
1800 Esplanade, #E
Redondo Beach, CA 90277***