



BREAK ICE AT HOME 2020!

THE 2020 ICEBREAKER IS ON!

Like everything else in this weirdest of years, the 2020 Icebreaker will be different. Very different, as only a socially distanced region-wide event could be. A one-off, we hope. But a good one, we fervently hope, as well. Read on!

Date

The 2020 Icebreaker will run November 1 – 29. Any time during that 29-day window, crews may put up times and submit them to HLM.

Location

Good news: You don't need to travel to Boston this year! Bad news: the same.

Race Structure

1. As ever, crews will race as Novice, 2nd Boat (JV), or 1st Boat (Varsity). You determine your crew levels and register as such.
2. The event will include Crew-master sprints and the Nautical Mile.

Boats or Concept 2 Ergometers – Your Choice

Some groups have figured out how to safely row together. Others are opting to stay off the water this fall. Either way, you can play in the 2020 Icebreaker! Separate awards will acknowledge boat- and erg-based competitions.

Icebreaker in Boats

Crew-Master Sprints:

1. Each crew will race its course three times (3 heats).
2. Coaches will clock the three heat times and submit them to HLM (directions below).
3. Along with the times, coaches will be asked to submit course images from your chosen app.
4. The accumulated time over three heats will represent that crew's Crew-master time.
5. Crews may race as many times as they like, and submit their three fastest times!

Crew-master Logistics [\(see attached course illustration\)](#)

6. Coaches will create a ¼ mile course or use a time/distance app (such as Map My Hike) to determine ¼ mile distances.

7. **Novice** crews will race three ¼ mile heats. There are no turns in the Novice course.
8. **Second Boats** will race three ½ mile heats. There is one 180-degree turn in the Second Boat course.
 - a. This hairpin turn is a required course element.
 - b. **Alternating in each of the three heats,** crew are required to turn twice in one direction (port or starboard) and once on the other.
9. **First Boats** will race three ¾ mile heats. There are two 180-degree turns in the First Boat course, which should be raced as a figure 8.
 - a. Two hairpin turns are a required course element.
 - b. Crews are required to turn once in each direction, port and starboard, during the course of each heat.
 - c. The First boat course has a different start and finish line.

Nautical Mile

1. Novice crews will race a Nautical ½ mile.
2. Second and First boats will race Nautical Miles.

Icebreaker on Concept 2 Ergometers

Crew-Master Sprints – Erg-Style:

1. Depending on your group's resources and rules about social distancing, crews may race as a group or individuals may race independently. A coach can be present to verify distance and times or racers can submit photos of their Concept 2 computers at the end of each heat
2. Each crew member will race their course three times.
3. The cox is part of the crew and will participate in the erg races. Coxed fours will submit times for 5 racers and pilot gigs will submit times for 7.
4. Relying on the honor system – remember that? – please do not submit a ringer's time for the cox or substitute rowers between heats.
5. Coaches will submit all times to HLM (directions below).
6. The total crew's accumulated time over three heats will represent that crew's Crew-master time.
7. Crews/individuals may race as many times as they like, and submit their fastest times!

Erg Crew-master Logistics

1. **Novice** crew members will race three 500 meter heats.
2. **Second Boat** crew members will race three 1000 meter heats.
3. **First Boat** crew members will race three 1500 meter heats.

Erg Nautical Mile

1. Novice crew members will race 1000 meters.
2. Second Boat and First boat crew members will race 2000 meters

Submitting race times to HLM

Boat-Based Racers:

1. Choose the app you like, as long as it records time and distance and tracks your course on a map.
2. Record all heats on the app, and submit your **best** heat results and images of your race courses to icebreaker@hulllifesavingmuseum.org.

Erg-Based Racers:

1. Record time and distance from the erg computer, and submit **the crews best heat** with a picture of the erg computer for each rower to icebreaker@hulllifesavingmuseum.org,

Tracking Results:

1. HLM will post the race results on its website for all to enjoy.
2. Please submit pictures and videos of your crews in action, in boats or on ergs, to help bring the race to life!

Registration:

1. The registration form is attached.
2. Please complete on line registration with organization/school name, each rower's name, crew level, boat or erg-based competitor and **email it to** icebreaker@hulllifesavingmuseum.org.
3. The registration fee is \$70 for coxed 6 and \$50 for a coxed 4 (\$10 per rower plus coxswain).
 - a. Sign up on line at Hulllifesavingmuseum.org.
 - b. If paying on line is not possible, send an email to Mike@hulllifesavingmuseum.org for alternative arrangements.
4. Registration and payment must be received by November 15 for Icebreaker crew results to be posted and for crew member to receive their Keys to the Harbor, Awards, and 2020-only Icebreaker goodies.

QUESTIONS?

1. Write to Ed, Lory, or Mike at icebreaker@hulllifesavingmuseum.org and we'll get back to you within 24 hours.
2. We'll send updates from time to time, responding to common questions.
3. Keep an eye out for extra-special videos from Ed!
4. We will host a Zoom call before Nov. first to answer questions and to kick off the event

Missing you, and already counting the days to November 20, 2021!

Xoxo,
Ed, Lory, and Mike