

# BORC 2012 Participant Checklist

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## Welcome!

Welcome to the 2012 British Online Rowing Championships.

For you as a participant, the keys to a successful racing experience are to prepare properly by following the steps listed in the checklist below. Please read them now. We recommend you print this checklist and check off each of the items as you do them.

**NOTE 1:** As there will be many people rowing online in a short time, we ask you to only go into Session Setup | Online ten minutes before your race is scheduled to start, and to go offline and close RowPro five minutes after your race is finished. This is to minimize congestion online. Thank you!

**NOTE 2:** The BORC races will be Quick Rows, not Scheduled Rows. This means you do not need to go into RowPro Oarbits at all on race day. You can just go directly into Session Setup | Online.

## Before race day

- Ensure you have successfully rowed online at least once (more is better) before race day
- Email [assist@digitalrowing.com](mailto:assist@digitalrowing.com) immediately if you have any problems or questions
- Ensure you have all the equipment, cables and connections you'll need ready for race day
- Regularly check the BORC information at [www.concept2.co.uk/borc](http://www.concept2.co.uk/borc)

## On race day before going online in RowPro

- Restart your computer so it is in a 'clean' state
- Make sure no other programs are running in your computer
- Make sure your Concept2 Indoor Rower can't move while you race energetically
- Tape the USB cable to the strut holding the Concept2 Performance Monitor
- Check and confirm your BORC race name and GMT start time at [www.concept2.co.uk/borc](http://www.concept2.co.uk/borc)
- Convert the GMT start time for your race into local time at [www.digitalrowing.com/oarbits](http://www.digitalrowing.com/oarbits)
- Make sure nobody else sharing your Internet connection will be using it while you race
- Make sure your Concept2 Performance Monitor USB cable is connected to your computer
- Make sure your computer is connected to the Internet
- Start RowPro and warm up offline to confirm your rowing set-up is all working locally
- Before you go online in RowPro you can follow the racing at [www.concept2.co.uk/borc](http://www.concept2.co.uk/borc)
- Wait until 10 minutes before your race start time before you go online in RowPro
- Once you go online make sure you close [www.concept2.co.uk/borc](http://www.concept2.co.uk/borc) if you had it open

## Once you're online in RowPro

- Go directly into RowPro Session Setup | Online | Chat (i.e. do not go into Oarbits)
- Watch and wait in Chat until your race name appears in Session Setup | Online
- Follow any instructions given by Race Control in Chat
- Please don't chat at this stage unless asked or you have a question or an issue
- When your race name appears in Session Setup | Online, select it and click Row

## Once you're in Check-in

- Click Ready to confirm to the Starter that you're ready
- Watch and wait until the Starter indicates they are about to start the race
- Listen and watch for Prepare to Start
- Confirm the race is now set up on your Concept2 Performance Monitor (PM)
- Strap in your feet, pick up the handle, and wait for the Start sequence
- When the start sequence **Sit Ready-Attention-Row** begins, watch your PM
- Be very careful not to false start by pulling the handle too early
- When you hear and see **ROW!** begin racing

## In case of problems

1. If anything goes wrong up to the start of the race, as a result of which you can't race, close RowPro and email [assist@digitalrowing.com](mailto:assist@digitalrowing.com) and we will put you into a make-up race after all the other races are finished
2. If you lose your Internet connection while racing, **keep racing until you finish**. Then find your race result in your RowPro Rowing Log, export it as a Rowfile, and email the Rowfile ASAP to [assist@digitalrowing.com](mailto:assist@digitalrowing.com)
3. If you lose your Concept2 Performance Monitor connection while racing, **keep racing until you finish**. Then recall your race result onto the screen of your Concept2 Performance Monitor, take a photo of the screen, and email the photo ASAP to [assist@digitalrowing.com](mailto:assist@digitalrowing.com)

## Once your race is finished

- Feel free to chat in the Finish Chat with other participants and the Starter
- Please close the finish form no later than 5 minutes after the race finishes
- Make sure you check the box to Save Strokes
- Please go offline from the race system ASAP by closing RowPro
- You can check results and follow the rest of the racing at [www.concept2.co.uk/borc](http://www.concept2.co.uk/borc)