

For Release

Local Sailors to Compete in Hospice Regattas National Championship in Rochester, NY

Southeastern Connecticut sailors, Scott Baker, Kevin Gilman, Frank Murphy and Carl Fast have been invited to lead a team of Mudhead sailors in the Hospice Regattas National Championship, which will be held June 3-6, 2010 in the waters of Lake Ontario, hosted by Rochester Yacht Club (RYC). This is the second year the Rochester Yacht Club will host the National Championship which showcases the many local Hospice Regattas and celebrates their winners. The competitors will race on Sonar sailboats in a round-robin series that will maximize time on the water for all teams over the three-day competition. The Sonar, a 23-ft. one-design keelboat, races competitively with a skipper and three crew.

Greg Gilmartin, a member of the 2009 Mudhead team said, "Rochester Yacht Club is a top-notch facility, and RYC organized wonderful races last year. The Nationals are a fine tradition and the venue is one of the best on the lakes." For more information about the 2010 Hospice Regattas National Championship, visit www.hospiceregattas.org.

About Hospice Southeastern Connecticut: Hospice Southeastern Connecticut is a community based, non profit organization serving New London County since 1985. It provides end of life care in the home to patients and families regardless of age, disease or ability to pay. It also, in many cases, can provide care in skilled nursing facilities. Bereavement support is provided to the families for 13 months after the death of their loved one. It also offers free bereavement services to the community regardless of whether the death occurred under hospice care. The Expressive Arts program for children, teens and adults help the bereaved cope with their loss in a non-threatening environment. Local sailors have raised money through the Hospice Southeastern Connecticut Regatta for 20 years.

About the Hospice Regattas National Championship: Held annually since 2000, the Hospice Regattas National Championship was the first sailing championship for charity in the U.S. To promote local regattas' efforts to support hospice programs, the event offers three days of sailboat racing for one winning skipper and crew from every local hospice regatta that has completed two regattas. Eight of the nine previous Championships have been conducted in Annapolis, where the original Hospice Cup event began in 1982. The 2001 Championship was held in Ft. Lauderdale, Florida, and the National Hospice Regattas Alliance board hopes varying the Championship location will allow more people to learn about the local regattas and about hospice care.

About the Rochester Yacht Club: Incorporated in 1877, the Rochester Yacht Club celebrated its 125th anniversary in 2002 and is still going strong. The club's first regatta was held in 1877 with eight sail boats competing, and it hosted 104 boats at the J/22 World Championship in August 2008. RYC also hosts Rochester's local Hospice Regatta in odd-numbered years; the Rochester event will be held at RYC on August 21-23 this year. The club's purpose is to provide and encourage interests and instruction in areas of yachts and yachting, seamanship, racing and traditions of yachting. By car, RYC is seven miles from the heart of Rochester, Monroe County, New York, and it is located on the south shore of Lake Ontario and accessible from the Genesee River.

About the National Hospice Regatta Alliance: The NHRA is a non-profit, 501(c)(3) association of hospice regattas that independently raise money and awareness for hospices in their communities. It supports a rapidly expanding nationwide network of regattas that publicize Hospice care — from the East to the West Coast, from the Great Lakes to Florida. NHRA is an all-volunteer organization helping hospice regattas grow and learn from each other, and promoting Hospice care nationally. Since the first hospice regatta in 1982, more than 20,000 sailors, sponsors and volunteers have raised more than \$12 million to provide hospice care to terminal patients and their families without regard to ability to pay.

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