

## Washington – Lee Crew – Novice News #4

Darrell Winslow Regatta o 13 April 2013

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*Novice Parents – This weekend is our first regatta at the Occoquan. It's a unique setting and a great place to watch your rower. Be sure to read below as there are some different aspects of this venue that you need to plan for.*

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### **Occoquan – Sandy Run Regional Park**

This venue is a great place to enjoy a day of crew, but there are some unique aspects that you need to be prepared for, so read below. The events all take place on the northern shore of the Occoquan Reservoir in Sandy Run Regional Park. Note that it is quite spread out so plan ahead, allow plenty of time and wear good walking shoes (flip flops not recommended). The racing course is on the Occoquan Reservoir. The area where the Regatta Headquarters is located including the boat launch area, the location of the boat trailers, the W-L team tent where the rowers hang out, and a concession area are located at one end and the finish line and grandstand area are located at the other end. The two areas are connected by a trail through the woods about ½ mile apart. The trail is a dirt path, not a paved asphalt trail. No dogs permitted in the park.

The park has an informative website if you would like more information:

[http://www.nvrpa.org/park/sandy\\_run](http://www.nvrpa.org/park/sandy_run)

### **Schedule**

- Coaches will let rowers know at practice today what time they need to report to the W-L bus lane on Saturday morning for transportation to the Occoquan. There will be two buses: 6AM and 9AM.
- The race schedule has been posted to the website. The first race is at 9:00 AM and the final race is at 4:00 PM. The rowers will then return to PBC to rig the boats and put them back in the boathouse. Then they will take the bus back to W-L for pick up...my guess is around 7:00 PM.

### **Directions**

With no delays, the park entrance to Sandy Run Regional Park is about 30 minutes from Arlington. However, leave an additional 1-1/2 hours from the time you arrive at the park entrance to park and walk down to the finish line viewing area. The address is 10450 Van Thompson Road, Fairfax Station, VA 22039. The directions are on the crew website. <http://w-lcrewboosters.org/venue/occoquan/>

### **Parking**

- Parking is \$15 cash per car....no checks or credit cards. Exact change is highly appreciated by the parking crew.

- Carpooling is highly encouraged.
- Plan to arrive at the parking area at least 1 1/2 hours prior to your rower's race. It can get very crowded at the Occoquan and you may have to park in the satellite parking, and then be bused to the main parking lot (Lot C). Once at the main lot, there is a 20 minute walk through the woods to the race course.
- The parking crew will give you directions on where to park. There is no parking along the neighborhood road. There is one paved lot which fills up very quickly and several dirt/grass lots.
- After parking, you need to find your way to Lot C to walk the trail or take the shuttle to the grandstands viewing area. When you come to a "T" in the trail/path you will go left to the grandstands (about .6 miles) and if you go right that will take you to the boathouses (about .4 miles). There are plenty of people to ask directions.
- There is also a shuttle van that runs to the grandstand from Lot C. The fee is \$2?? each way. The shuttle is not necessarily faster because there can be a line of people waiting for a ride.

### ***Race Course and Viewing Area***

- The race course is on the Occoquan Reservoir.
- There is only one official unobstructed viewing area. It is open with a clear shot of the water and finish line. You can also watch from the wooded path, although you are peeking through the trees.
- There is a permanent grandstand with shade cover. People also set up chairs and stand in front right next to the water.
- If you want to watch your rower launch their boat at one end, if you *really hustle* along the path, you can make it to the viewing area in time to see them race and come across the finish line.
- If you allow yourself enough time before your rower's race, you can park, stop by the W-L tent to say hi to your rower, then take the path to the viewing area (it is well marked). Or, you can go visit your rower after they race. I'd recommend checking out both ends of the event space (the viewing area and the area where the rowers hang out) sometime during the day.

### ***Food***

- Rowers are responsible for their own food for all races at the Occoquan. We suggest rowers pack a lunch, snacks and their own drinks....it is a long day.
- In the area where the rowers hang out for the day, there is a concession stand with grilled food, snacks and drinks, so send your rower with money if you' like. Concessions are for families also. There is also a concession stand at the grandstand end of the park.
- The boosters will provide waters and granola bars at the W-L tent for the rowers.

### ***Important Items to Remember***

- No dogs, bikes or alcohol permitted in the park.
- Bring \$15 cash for parking. They collect it before you enter the park.
- Wear good walking shoes...flip flops would make it difficult to walk along the wooded dirt path. Also, the path is not stroller friendly and may be difficult for very young ones to walk.
- Bring binoculars

- Bring a folding chair
- The viewing area is mostly out in the sun, unless you get a seat in the grandstand.
- There are porta-johns in several locations.
- If you volunteered for a VASRA job, remember you must sign in for us to get credit for being there. Once you park your car, walk down the road towards the river. There is a small building on your right just before you reach the water that will have a large "VOLUNTEER SIGN IN" sign. If you are doing a job at the finish portion of the course, plan to sign in at least ½ hour before your shift so that you have enough time to walk down there.