

2019 Regatta Packet

River City Rowing Club welcomes you to the thirteenth annual Head of the Port regatta, at the Port of West Sacramento



Please carefully review this regatta packet; it contains parking & shuttle directions for everyone plus sections specific to competitors, coaches and spectators.

Changes for 2019 are highlighted. Be sure you understand the **PARKING & SHUTTLE LOOP** changes for 2019

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Questions may be emailed to headoftheport@gmail.com

I. EVENT PARKING, SHUTTLE LOOP and ATHLETE DROP - OFF

There are two key changes to parking & shuttle routes for HOP 2019, as highlighted below.

Coaches - share this packet with EVERYONE associated with your team (athletes, parents, spectators, etc). We recommend telling them to PRINT THIS PAGE AND THE MAP ON PAGE 9 and to review both pages BEFORE race day.

- A. NEW PARKING LOCATION and SHUTTLE LOOP** All event parking will be street parking on roads near River City Rowing Club. Shuttles will circle this parking loop and pick up attendees at four marked shuttle stops. All shuttles will take all passengers to the RCRC Boathouse. Review the parking map and shuttle loop directions BEFORE arriving in West Sacramento on race day morning. **Note that there is NO shuttle to the levee.** Spectators who wish for a closer look at the racing should see the Spectator section below. A map of the Parking Loop & Shuttle Stops is at the end of this packet, for you to print as needed.
- B. ATHLETE DROP OFF** is at the River City Rowing Club Boathouse, in the upper lot (same location as 2018). Remember that as of 2018, the road into RCRC is now accessed via the Port of West Sacramento (NOT the yellow gate off of Industrial Blvd). **Google maps and other mapping apps are NOT current and will misdirect you.** Instead, enter 'Port of West Sacramento' in the mapping app of your choice and at the intersection of Harbor Blvd and Industrial Blvd follow the instructions below. Please note that the boathouse road is not striped and the speed limit is **5 MPH**.
- 1. If heading south on Harbor Blvd:** before the intersection of Harbor & Industrial Blvd get in the far right lane to continue straight through the light and enter the Port of West Sacramento. Cross the railroad tracks and cautiously proceed forward to the first traffic flow attendant.
 - 2. If heading east on Industrial Blvd:** before the intersection of Harbor & Industrial Blvd get in the far right lane to turn right and enter the Port of West Sacramento. Cross the railroad tracks and cautiously proceed forward to the first traffic flow attendant.
- C. HANDICAP PARKING** Some handicap parking will be available at the RCRC Boathouse for vehicles displaying a decal, who need to avoid the shuttle option. The traffic attendants will direct you. Follow the directions to RCRC that are listed above. Do NOT use mapping apps!

ALL COMPETITORS and SPECTATORS: please do not risk missing your athlete's race, or being late for your own race, by trying to park at the Port or not leaving enough time for the shuttle loop. Due to the improvements to the Port access road, there will NOT be space to park at the RCRC Boathouse.

II. PRE-REGATTA REQUIREMENTS

- A. **TRAILERS and CARTOPPERS:** If your Club is bringing a trailer, you **MUST** contact RCRC at **HeadofthePort@gmail.com** by the Thursday before race day (10/10/19), so we can reserve a space for you. **If you are cartopping your own boat you also MUST notify RCRC by 10/10/19** so we can mark out enough spots for cartoppers. If you do not notify RCRC that you are bringing a trailer or cartopper we will assume your boat/s are on another club's trailer and will not mark out a space for you. Trailer parking will be in the same location as past years, adjacent to the RCRC boathouse and in the upper parking lot. Trailers may arrive anytime after 2PM on Sat 10/12/18 and **before 6:30AM on race day.**

1. **Saturday arrival** - follow the directions above to RCRC venue via the NEW access road. If there is space in the center of the lower parking lot you may choose one of those spaces. In the upper parking lot, do not park in or move the Circle of Traffic Cones (this is the shuttle route).
2. **Sunday arrival - use the OLD ACCESS ROAD.** This will bypass the drop off areas/shuttle route/car topper traffic. If you are not familiar with the OLD ACCESS ROAD (the road used until 2018) email RCRC for directions.

B. **REGISTRATION and ENTRY FEES:**

Registration dates and details are online at RegattaCentral: registration closes Sunday 10/6/19. Late registration will be possible through 10/9/19. There will be NO refund of fees due to scratching or weather. Regatta updates are available by adding Head of the Port to your RegattaCentral calendar. No fees or entries will be accepted on Race Day; ALL ENTRIES MUST BE COMPLETED VIA RegattaCentral.

1. **Payment Methods:**

- a) Credit card or PayPal: follow instructions in RegattaCentral to finalize payment.
- b) Check: use the mailing address below. Print the invoice at RegattaCentral and include it with your check. Checks must be received by the Tuesday before Race Day (10/8/19). Entries are still due through RegattaCentral by 10/6/19. Make checks payable to: RCRC

Mail check AND invoice to:

Head of the Port
River City Rowing Club
P.O. Box 980401
West Sacramento, CA 95798

2. **Entry Definitions:**

- a) Junior: A competitor who in the current calendar year does not attain age 19.

- b) Master: Average age 27+ and no minimum age. Races will be handicapped by age using the USRowing Handicapping formula multiplied by five (5).
- c) Women's Open/Collegiate: NCAA rules apply. Collegiate women's entries are only accepted for events listed "collegiate." High school competitors may not enter collegiate events.
- d) Mixed: At least half of the rowers in the crew must be women.
- e) Men's Open: All male rowers.
- f) Novice: **Masters - less than 2 years since you *began rowing***
Juniors - in your first year of competitive rowing.

- C. WAIVERS:** All participants must have a signed USRowing waiver on file on Race Day. USRowing waivers can be signed online (preferred) or given in hard copy during check-in on race day. Check waiver compliance for all of your athletes during the registration process at RegattaCentral.
- D. LINEUP CHANGES:** To make lineup changes after the entry deadline, please e-mail new lineups (with average age for masters) to HeadofthePort@gmail.com by the Tuesday before Race Day (10/8/19). After Tuesday fill out a "Crew Change" form during check-in.
- E. SCHEDULE:** The race schedule can be viewed [online at RegattaCentral](#).

III. RACE DAY REQUIREMENTS & DETAILS

A. PARKING: Review parking note above and follow information provided here. No spectator/athlete/coach parking will be allowed at the Port/RCRC Boathouse. Go straight to the Event Parking Loop of Del Monte St, Shore St, Terminal St, & Boatman Ave in West Sacramento then take the shuttle to the RCRC Boathouse. The following are the only vehicles that will be permitted temporary access the Boathouse area:

1. **Car-toppers:** use NEW access road to RCRC venue. Traffic flow directors will decide if there is space for you to unload near the boathouse or if you will need to unload in the upper lot and carry equipment down to the boathouse. They will help you unload in either location. If you notified RCRC that you are bringing a cartopper there will be space to park at the boathouse upper parking lot. *If you did NOT notify RCRC you may be required to drive your vehicle to the Event Parking Loop after unloading to then take the shuttle back to RCRC.*
2. **Hospitality cars:** use NEW access road to RCRC venue. Follow traffic flow directors to unload food and items at team's trailer, then head to the Event Parking Loop. If possible please bring someone to help you unload. Traffic flow directors will be happy to help you if they are able but may be otherwise occupied. *Do NOT plan to park at the RCRC Boathouse OR next to your Club trailer.*
3. **Athlete Drop-off:** use NEW access road to RCRC venue (see directions in EVENT PARKING, SHUTTLE LOOP and ATHLETE DROP - OFF section) Athlete drop off area is on the new road. Traffic flow directors will guide you. After quickly dropping off athletes, drivers may either head to the Event Parking Loop and take the shuttle to the RCRC Boathouse or drive themselves to the Finish Line viewing area at the Barge Canal Access (see spectator section).
4. **Handicap Parking:** See parking section above.

Shuttles will run approx. every 20 minutes, 5:30AM to 2:00PM, between the Event Parking Loop and the RCRC Boathouse.

B. CHECK-IN: All clubs must have a team representative check in at the registration table to receive their team's bow numbers. Check-in is located near the RCRC Boathouse. **Check-in will be open from 6:00 AM – 9:00 AM on Race Day.** If a crew is not checked in by 9:30 AM on Race Day, the entry will be scratched.

C. REGATTA MEETING: Coaches/Coxswains/ Scullers meeting will be held at 7:10AM on Race Day at the two-story sailing house near the RCRC Boathouse.

- D. EQUIPMENT:** Every shell must have a protective ball on the bow and heel ties attached to the foot stretchers in a way that allows for quick exit in case of emergency. Boats will not be allowed to launch without proper safety gear.
- Bow number cards will be provided. Please ensure your boat has a clip on the bow to hold the bow number card. The bow number card must be in your bow clip correctly and visible to the officials on both sides of the course. Crews without bow number cards may not have their times recorded. Please return your bow number cards to the dock personnel prior to leaving the dock after your race.
- E. BOAT STORAGE:** Cartopped small shells (1x, 2x, 2-) may be stored in the designated area next to the RCRC boathouse. Large shells may be stored on the gravel parking lot in front of the UCD Crew & RCRC facilities or in the upper parking lot. All shells must be placed outside of the marked emergency lane.
- F. AWARDS:** Head of the Port award cups will be presented to the **top crew in each category with 2 or more boats entered**. Awards may be picked up at the registration table as race results come in.
- G. NOTE:** There are no coxswain weigh-ins or lightweight events.
- H. FOOD AND DRINKS:** Looking for a celebratory meal or drink after racing? Check out one the following River City Rowing Club favorites, all located on or around the Event Parking Loop! The breweries *may* have food trucks on location - check their websites.

Chandos Tacos: 2530 Boatman Ave, West Sacramento, CA 95691

Bike Dog Brewing: 2534 Industrial Blvd #110, West Sacramento, CA 95691

Jackrabbit Brewing: 1323 Terminal St, West Sacramento, CA 95691

Yolo Brewing Company: 1520 Terminal St, West Sacramento, CA 95691

IV. RACE COURSE

Race rules and traffic pattern will be discussed at the coach/coxswain/sculler meeting at 7:10AM. Coxswains & bow seats should review the maps at the end of this packet. Below are several key points:

- A. **TRAFFIC PATTERN:** The Head of the Port traffic pattern is available on-line and at check-in. **PLEASE MAKE SURE ALL CREWS/SCULLERS FOLLOW THE POSTED TRAFFIC PATTERN.** The 5K race course starts 3.5 Kilometers west of the RCRC boathouse and finishes past the turning basin in the "locks" area. The finish line is ~500 meters past the Industrial Blvd/Palamidessi bridge. While racing, pass under the middle span of the Industrial Blvd. bridge.
- B. **TIMELINESS:** Allow at least 40 minutes for rowing to the starting area. Roll call in the start area will happen five minutes prior to the start of each event. All crews will be started in numerical order. Crews arriving late may be disqualified. Allow at least 15 minutes after the completion of the race to return to the dock when evaluating hot-seating options.
- C. **RACE LINES:** Overtaking boats have the right of way. Boats being overtaken must yield the most favorable line of racing to the overtaking boat.
- D. **FINISH LINE:** Row through the finish line. Do not stop until you are at least 100 meters past the finish and your boat is well clear of all other race traffic. Watch for racing crews when turning. Stay to the right-hand/starboard shore when returning to the dock from the finish line to pass under the right-hand/starboard span of the Industrial Blvd. Bridge. ***DO NOT ROW BACK THROUGH THE CENTER SPAN OF THE BRIDGE AFTER YOUR RACE.***

Need more Information?

Email HeadofthePort@gmail.com or visit the RCRC web site at www.rivercityrowing.org

V. SPECTATORS

A. **VIEWING:** There is limited viewing from the RCRC Boathouse. We suggest that spectators view the regatta at one of two locations:

1. Park at the [Barge Canal Access](#) (Port of West Sacramento Barge Canal Access, West Sacramento, CA 95691) - This lot is off of Jefferson Blvd, along the levee ~200m from the finish line. A wide gravel/dirt path runs all the way along the race course up to the start line and can be biked or walked. There is a port-o-potty at the parking lot. **Some parking is available in the public lot here however this is a public lot and RCRC does NOT guarantee that there will be space available** when you arrive, particularly during mid morning races. We strongly encourage spectators heading for this lot to CARPOOL with their fellow club supporters to maximize parking space for all spectators. Spectators are welcome to park at the Parking Loop and carpool with their co-supporters over to the finish line.
2. Park in the shopping areas on Lake Washington Blvd and walk (or bike) ½ mile to the 500m to go mark, at Palamadessi Bridge. Do NOT jaywalk across Lake Washington Blvd at ANY POINT. Use the stop light at Lake Washington Blvd & Southport to cross to the west side of the road.

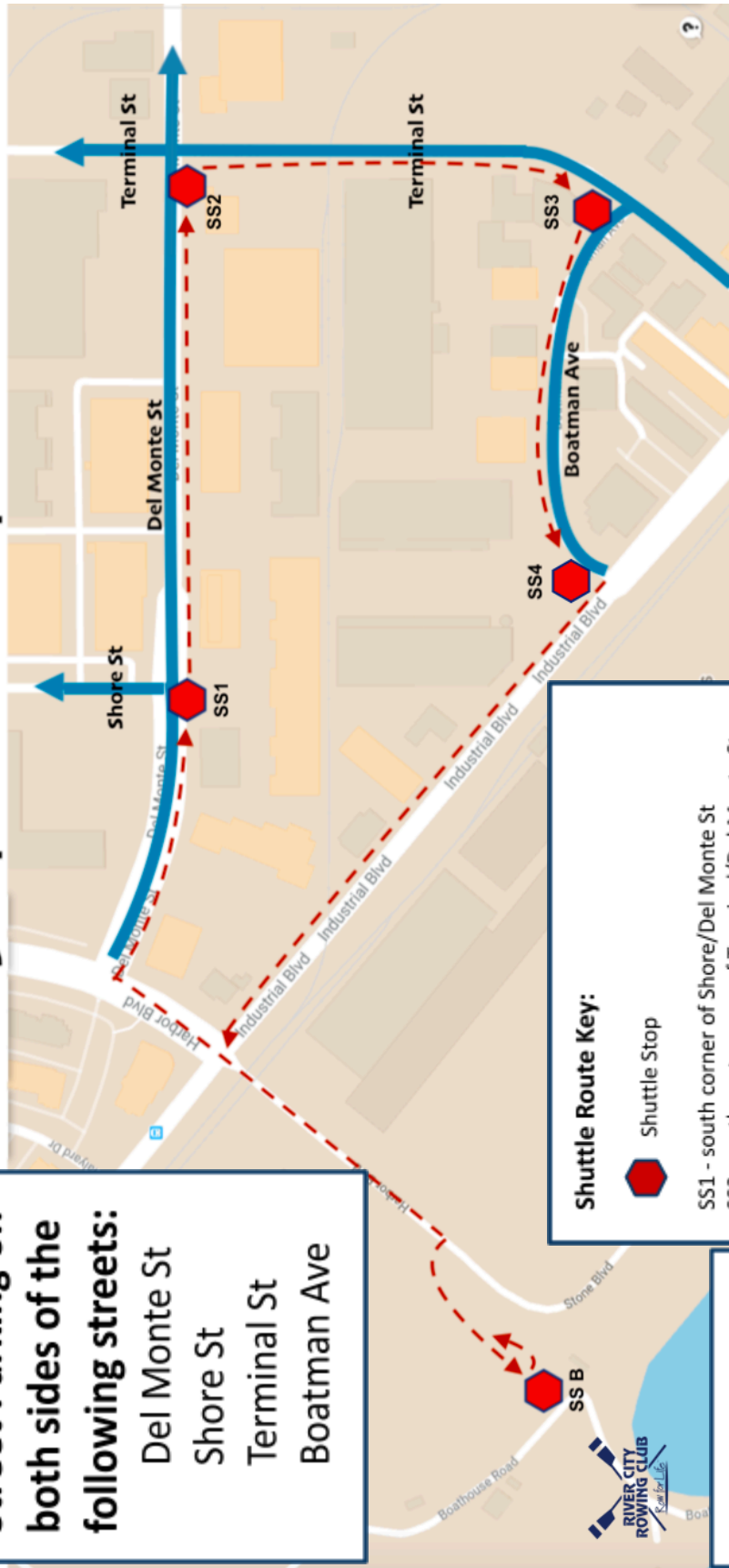
*****IMPORTANT! DO NOT run across the Palamidessi Bridge, as it is very dangerous and the West Sacramento Police Department may issue citations. All Clubs who attend the Head of the Port are responsible for reminding their club members of this policy and ensuring they adhere to it*****

B. **PARKING and SHUTTLE TO BOATHOUSE:** event parking will be street parking on roads near River City Rowing Club. Shuttles will circle this parking loop and pick up attendees at four marked shuttle stops. All shuttles will take all passengers to the RCRC Boathouse where all teams have their boats and team tents. Review the parking map and shuttle loop directions BEFORE arriving in West Sacramento on race day morning. **Note that there is NO shuttle to the levee.** Spectators who wish for a closer look at the racing should see the two options above. A map of the Parking Loop & Shuttle Stops is at the end of this packet, for you to print as needed.

Head of the Port 2019 Parking Map & Shuttle Loop

Street Parking on both sides of the following streets:

Del Monte St
Shore St
Terminal St
Boatman Ave



Shuttle Route Key:



Shuttle Stop

SS1 - south corner of Shore/Del Monte St
SS2 - southwest corner of Terminal/Del Monte St
SS3 - northwest corner of Boatman/Terminal St
SS4 - northwest corner of Boatman/Industrial
SSB - upper lot at RCRC Boathouse



Shuttle Route

Parking on both sides of street. Arrow head indicates parking continues along this road

Hungry or Thirsty?

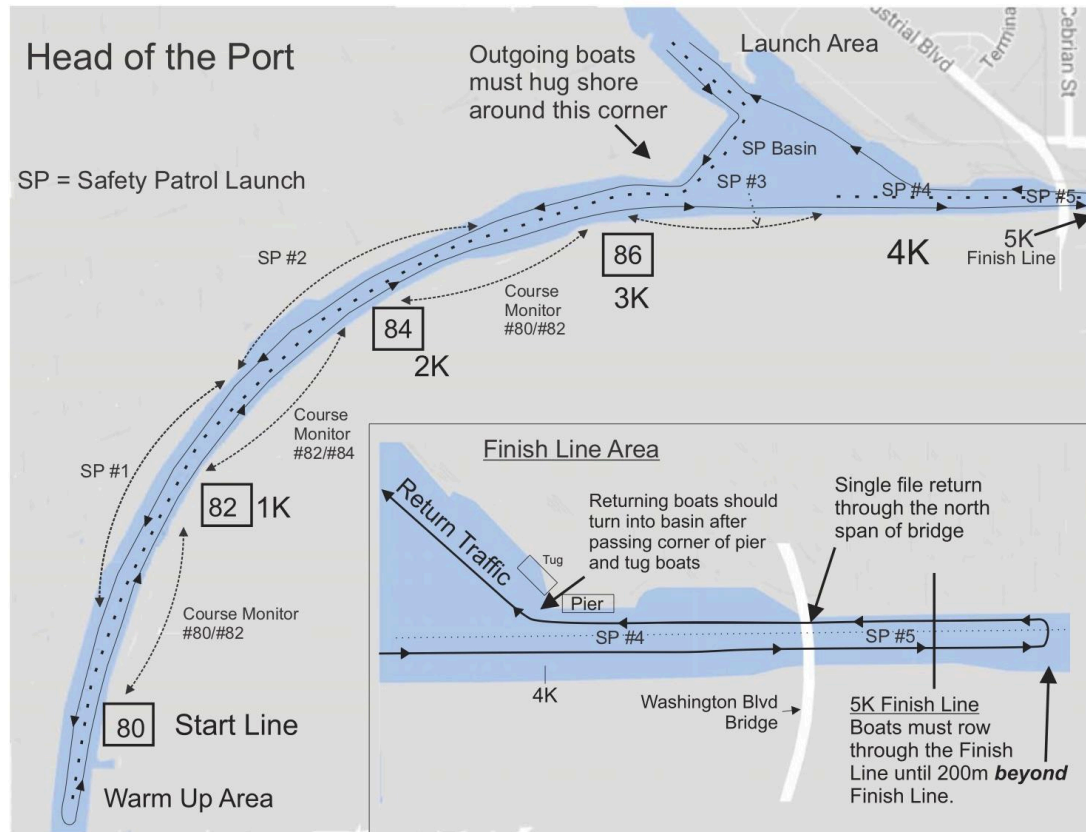
Chandos Tacos
2530 Boatman Ave
Jackrabbit Brewing
1323 Terminal St
Bike Dog Brewing
2534 Industrial Blvd #110
Yolo Brewing Company
1520 Terminal St

Finish Line Viewing & Access to Race Course Path

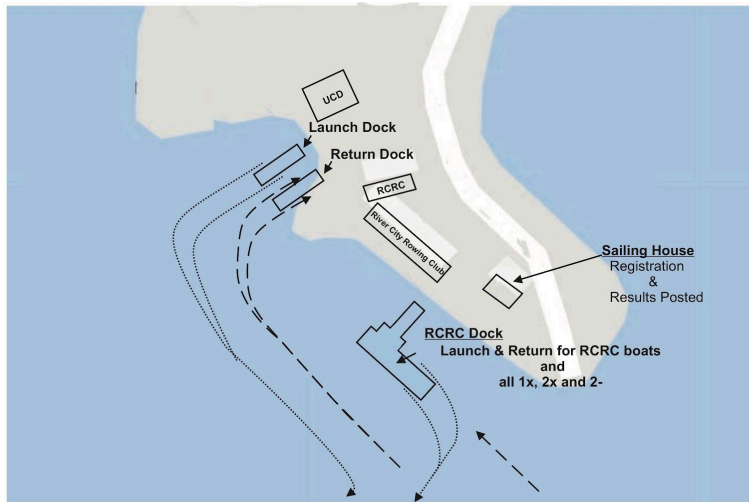
Address: Port of West Sacramento Barge Canal Access, West Sacramento, CA 95691
The public lot is small-medium sized so parking may be limited or full, particularly during mid morning races. Please carpool with your teammates when possible. NO shuttle to levee or finish line.

Course Maps

5K Race Course & Finish Line/Return Traffic Pattern



Dock Launching & Return Traffic Pattern



Start Line Traffic Pattern

