

Regatta Information Sheet

Lake Stevens Spring 2k

March 13th, 2010

General Information:

Lake Stevens is the largest lake in Snohomish County and located at the foot of and to the west of Mt. Pilchuck and the Cascade Mountain range. The community surrounding the lake is friendly and enthusiastically supports rowing on the lake. The regatta's course will be buoyed with 6 lanes for 2000 meters. Directions to the race course are available at the bottom of this information sheet.

- All of our athletes need to be at our trailer in the Lake Stevens parking lot by **6:30am**. Upon arrival, athletes can immediately begin unloading the trailer and rigging boats.
- The Coaches and Coxswain Meeting is at **7:00am**. *All coxswains must attend this meeting.*
- Racing will begin at **8:00am** and finish around **1pm**. All rowers must stay for the regatta in its entirety, unless a special arrangement has been made with Coach Kattie prior to the regatta.
- After the regatta, the team will return to the CBRC Boathouse to unload the trailer. We will rig the boats on Monday.

Lake Stevens Rowing Club will once again offer a basic sprint Race Clinic geared for the inexperienced rower, regatta volunteers and parents. It should last an hour and one quarter. Experienced rowers are also invited to attend and start the season with a review of the rules. The Clinic begins at **7:30am.

- Please make sure your athlete is prepared for any and all weather conditions. They should have several pairs of dry socks, a jacket, sweatshirt, tights, pants, long sleeve, several t-shirts, gloves, a hat, sunscreen, and sunglasses. Some rowers bring a blanket or sleeping bag for additional warmth.
- As always, athletes are not permitted to drive themselves to regattas. No Exceptions. If you need to find your athlete a ride, please contact the coaches, and we can find one for you.

Parking

Spectators arriving in standard passenger vehicles should use street parking, and overflow parking in the middle school or the parking lot and grass area behind the Latte' Stand. Please do not park in the shopping center parking lot, in the Post Office parking lot, in front of the apartment buildings across the street, east of the reserved staging areas or on the grass in North Cove.

Viewing Areas

City parks and public property are all available for viewing. If you wish to watch from the finish parking is available adjacent to the swim area (North Shore Drive) and finish line pier. Please do not interfere with the Finish Line's activities by gathering at the end of the dock in the public swim area.

If you prefer to watch the finish head on, the raised public pier with gazebo at the end of the course will be the spot for you.

Launch docks are reserved for launching and landing shells. The city has limited occupancy to 50 people on the raised main dock in order to lessen the tendency for over loading.

Lawns and docks other than those mentioned are private property- please do not enter these areas.

Directions

- Take I-5 North towards Seattle
- Merge onto North 1-405 via exit 154 toward Renton/Bellvue
- Merge onto WA-522 E via ext 23 toward US-2/Woodinville/Wenatchee
- Take WA-9 exit toward Snohomish/Arlington
- Turn Left on WA-9
- Turn Right onto Lundeen Pkwy
- Enter the next roundabout and take the 2nd Exit onto Lake View Dr.
- Lake View Dr. becomes 20th Street NE
- Turn Right onto 125th Ave NE/Business Loop
- Start looking for parking. The regatta site will be about a block down on your right.