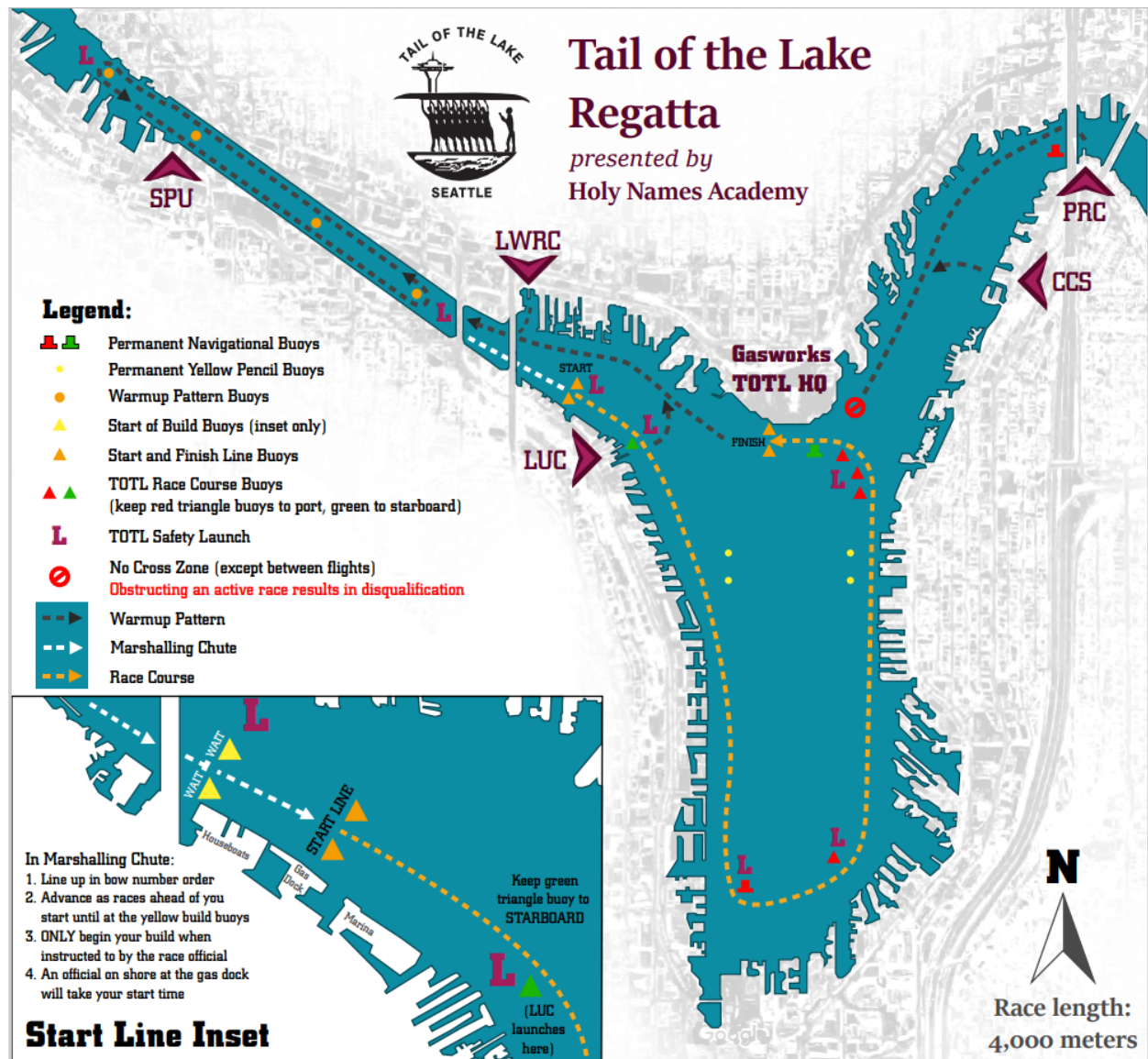


Tail of the Lake

Date: October 1, 2023 **Time:** Racing 7:30 - 12:30 Off-island 4:40 - 16:00

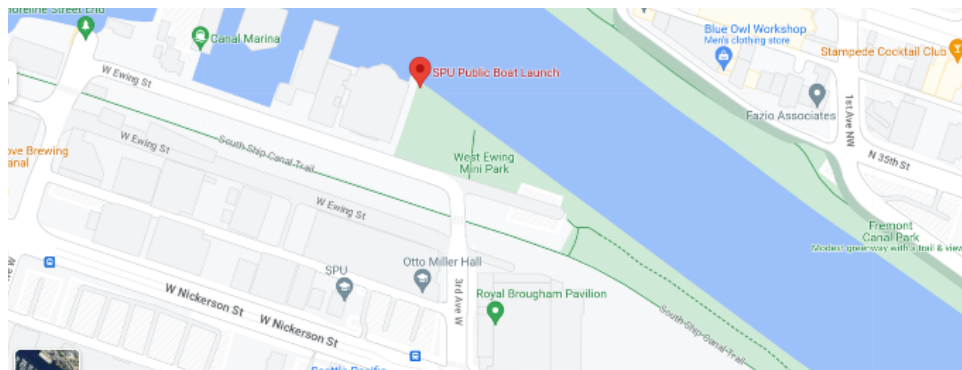
Location: Lake Union, Seattle, WA



Parking: there is parking along Ewing street, but that fills up frequently. There is no parking in the lot where the boat trailers are. Street parking is also available in the area.

Viewing: unfortunately we will not be able to actually watch the racing from our launch site. Supporters who want to watch their athletes race should plan to head to [Gas Works Park](#) (2101 N Northlake Way, Seattle, WA 98103) to watch the finish line. Regatta shirts will be available for purchase at the park.

Launch Site: [SPU Boat Launch](#) - 322 W Ewing St, Seattle, WA 98119



Bathrooms: there will be portable toilets near our launch site. Due to the racing format (3 flights) you should plan to go early prior to launching as the lines will get VERY long immediately before a flight.

Volunteers Needs:

- **Food Tent:** The food tent will provide breakfast and lunch to the athletes. Please keep an eye out for Jeremy's email.
- **Drivers:** please start coordinating rides. All athletes need to be on the 4:40 in order to be able to launch on time.

Important: For the safety of people on our staff and team NO NUT PRODUCTS can be brought on race day. If you have snacks with nuts in them you MUST wash your hands with soap and water prior to touching any team equipment.

Rowers

- All rowers need to arrive at our launch site by 5:45 AM to unload the trailer and rig the boats.
- If you are a coxswain, bowperson or 1x rower you need to be at the Coaches & Coxswains meeting on **Thursday, September 28th, at 7pm**. The meeting will be recorded and posted to YouTube for reference.
- Athletes should plan to start warming up 90 minutes before their scheduled race time (example: race time is 10:30 AM, you need to be ready to go at 9:00 AM), meet with your coach 60 minutes before race time, and launch 45 minutes before.
- Experienced athletes can expect to race twice unless they have been out on illness or injury. Novice athletes will have one race.
- All athletes should plan to support teammates launching and help with equipment throughout the regatta.

Bring:

- | | |
|--|--|
| <input type="checkbox"/> Unisuit | <input type="checkbox"/> Sweats or other warm pants |
| <input type="checkbox"/> Team long sleeved shirt for layering | <input type="checkbox"/> Complete change of clothes for after race |
| <input type="checkbox"/> Legging | <input type="checkbox"/> Bag for wet clothes after racing |
| <input type="checkbox"/> Crocs/footwear for launching | <input type="checkbox"/> Warm hat |
| <input type="checkbox"/> Warm shoes or running shoes for trailer loading | <input type="checkbox"/> Hat with visor |
| <input type="checkbox"/> <u>minimum 4 pairs of dry socks</u> | <input type="checkbox"/> Polarized sunglasses |
| <input type="checkbox"/> Fleece or hooded sweatshirt | <input type="checkbox"/> Blanket |
| <input type="checkbox"/> Raincoat | <input type="checkbox"/> Phone |

Families

- **Go early and plan to stay all day** - Parking is limited. Be prepared to walk longer distances if you arrive later in the day. Rowers will not be able to leave until the trailer is loaded.
- **Dress for everything** - Regardless of time of year, regatta days can encompass all types of weather. The better you prepare, the more you'll enjoy the day. Mornings are almost always cold and sometimes the soggy start of a long day of standing in rain. Bring waterproof layers. Bring a hat and a good pair of sunglasses – if the sun does come out you'll be looking at water and the reflection can be very strong.
- **VIRC T-shirts** for supporters will be available for purchase at the boathouse for our team and families only! Cash or cheque in the amount of \$15.
- **Bring anything you might need** - Bring whatever personal items you might need, including your favorite snacks and a thermos of coffee. Restrooms are port-a-potties so come prepared with toilet paper and hand-sanitizer if you prefer.
- **How to watch the races** - You'll need to go to Gas Works Park or post up at the bottom of Lake Union, the race is about 4,000 meters long and along the shoreline of Lake Union.

Bring:

- | | |
|---|---|
| <input type="checkbox"/> Rain gear (including an umbrella) | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Layers of clothing | <input type="checkbox"/> Chair |
| <input type="checkbox"/> Warm hat | <input type="checkbox"/> Snacks and beverages |
| <input type="checkbox"/> Comfortable walking shoes and/or waterproof shoes or boots | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Binoculars | <input type="checkbox"/> Blankets |
| | <input type="checkbox"/> Sunscreen |
| | <input type="checkbox"/> Sunglasses |

Race Day Things to Know

Boathouse and Ramp

- The boat prep and launch areas can get very congested. These are meant for coaches and rowers who are rigging or derigging boats and getting ready for races. Please use caution if you need to go through this area.

Pre-Race

- Please give your athlete(s) and their coaches space to prep for the upcoming race. Boat meetings, gear check, and race plan reviews are all times when the athletes and coaches need to focus.

Post-Race

- Please allow the athletes to return their boats to the boat area and complete their post race meeting.

Race Day Emotions

- Emotions run high on race day, when athletes have several races in a day they can experience several ups and downs within a short period of time.
- Regardless of how the race went there are times when an athlete will need to vent or express themselves immediately after a race.
- If your athlete is particularly upset after a race this is a good time to take a moment away from the team hustle and bustle. You can revisit with your athlete once they have had a little time to process and then follow up with a coach *after* race day if you need to. Unless it is an immediate health or safety concern it is important to let the coaches continue running the regatta for the other rowers on the team.

Scratches and Schedule Changes

- There are times when injury, absence, weather, and other events occur that make it the safest and best option to scratch a boat. This may mean your rower has fewer races. In some very unfortunate cases it may mean they have no races. This is never a judgment on them and does not affect them outside of that specific race, this is usually a judgment based on the safety of the situation overall. We typically try not to enter lineups that would be unsafe, but there are some less experienced boats that we may decide not to send out in high winds.