



The Row Down – Information Packet

Thank you for considering a trip to The Row Down!

The Row Down, hosted by the Portland Community Rowing Association is a 4500 meter head race rowed on the waters of Back Cove in Portland, Maine. As far as we know, this is the first head race to ever be held in City of Portland.

Portland is not only a great City to live, row and work in, it's also a great place to visit. We've got world renowned restaurants and a well-established music and arts scene. We encourage you to make the most of your trip to The Row Down by staying Friday night before the Race or by extending your stay in to the weekend.

Register for the race at www.regattacentral.com

Getting to the Row Down and What to Expect:

Directions: The launching area for the Row Down is located on the Public Boat Launch side of Portland's East End Beach. If you're using GPS, type in Cutter Street, Portland, Maine 04101.

Boat Storage and Parking: Starting Thursday night (9/22) we'll have all of the trailer parking spaces blocked off just up from the boat launch. This area will remain blocked off through to Saturday for trailer parking only. These spaces will accommodate large boat trailers and there will be ample room next to your trailer to rig your boats. Please send an email to row@rowportland.org if you plan to bring a trailer and we'll have your spot marked off. Also, for folks car topping 1x's and 2x's, there will be a spot where you can drop off and store your boats (please bring slings). There is no overnight parking for cars at the Beach or on Cutter Street. Vehicles connected to trailers may stay.

Security: We will have on-site security for the boat storage area from 8pm Friday, September 23rd – 6am Saturday, September 24th.

Practice Times: Due to the tides, your best opportunities to row over the course (although it won't be marked until Saturday AM) are Friday morning from 7am-10am and Friday evening from 5-7pm. The PCRA will have a launch on the water and representatives there to answer any questions.

The Row Down – 2011

Racing Info:

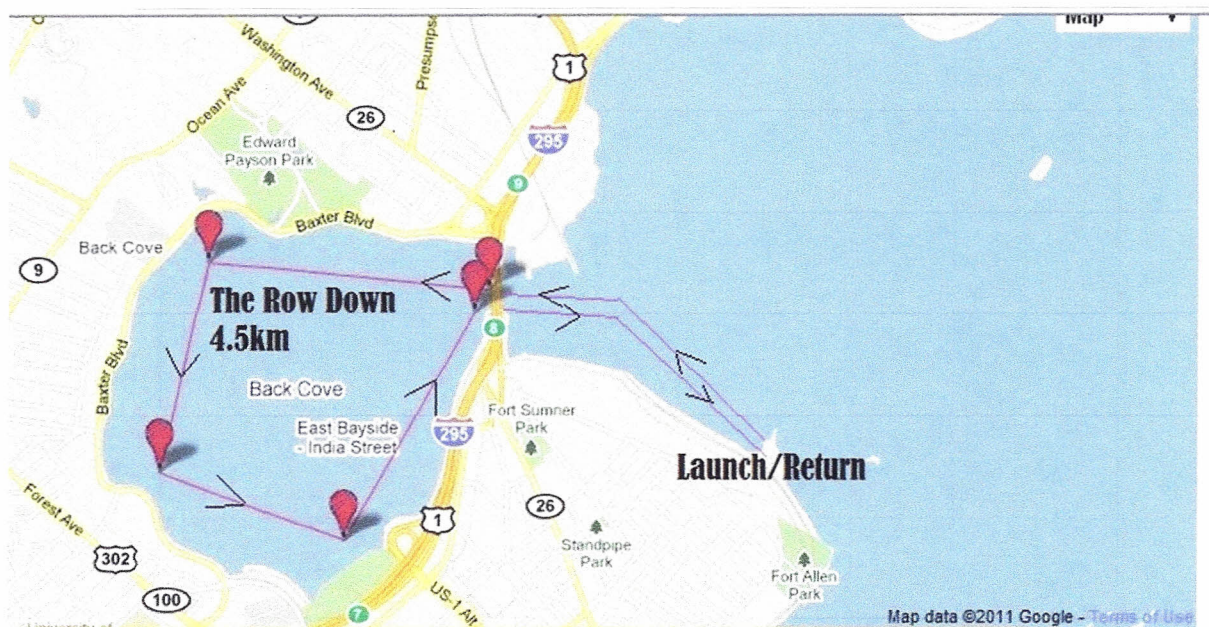
Cell Phone Time is Regatta Time

Coaches/Coxswains and Scullers Meeting: 7:00AM

First Race: 8:00AM

Hot Seating: You can hot seat. There is a small beach near the start area where crews or scullers can swap boats. Please email row@rowportland.org if you plan to hot seat so we can make sure the schedule accommodates it.

The Course:



Boats will launch and return from a small sandy/rocky beach on the Public Boat Launch side of the East End Beach (Shown here by the Launch/Return mark). There is no dock. Please wear shoes you can get wet – Crocs, Boots, Tevas, etc. flip flops don't work...

Once you launch, you'll make your out to red buoy with a launch anchored nearby. Keep them on your starboard side. Once you reach them, you'll turn toward port and make your way through the railroad bridge. The next bridge you see is Tukey's Bridge. You will want to line up on the second arch (your back is the bridge...this would be the second arch from your starboard side. You'll queue up here in order of bow number. When called, you'll go on the paddle toward the middle of the arch, when called you can start to speed up. Roughly 25 meters on the Back Cove side of the bridge is the starting line. There will be a launch there that will tell you that you are on the clock.

You will race around Back Cove in a counterclockwise direction. The course is marked with large red and green inflatable buoys. The red buoys mark the outside of the course and shallow water – these buoys should always be off of your starboard side. Each leg of the course is roughly 1000 meters. The inside of the course is marked with green buoys. There are fewer green buoys. These should always be off of your port side. The green buoys will also mark each of the four turns on the course.

The finish line will be conspicuous and there will be someone there to let you know you have crossed it. The finish line is roughly 100 meters from Tukey's Bridge. Once over the line, you should reduce your speed and start turning to go through the second arch on the bridge (back to bridge it is the second arch off of your starboard side). You should not cross in to the lane with racers coming through the bridge. Once through the bridge, move over towards starboard and get lined up on the opening of the train bridge closest to your starboard side. Once through the bridge, turn again toward starboard so that you are about 50 meters off of the sea wall and continue on toward the beach.

Head Race Protocol: We'll send racers off in 10 second intervals. You should yield to the outside if you are being overtaken. Any buoy violations, on the inside of the course, will result in a 5 – 15 second penalty depending on the severity of the violation.

We'll supply the bow numbers. All boats must have bow number clips and shoes with heel tie downs.

Winners of each category will receive live lobsters! Any questions about any of the above should be directed to row@rowportland.org or Ned Flint at 207.232.8816

Thanks again for considering the Row Down! Hope to see you in Portland on Saturday, September 24th!

The Row Down is Supported by and a Partner of:

The City of Portland Parks and Recreation Department <http://www.ci.portland.me.us/rec/rec.asp>

The Casco Bay Estuary Partnership <http://www.cascobayestuary.org>