



# ROWING CANADA AVIRON'S 2016 CANADIAN MASTERS CHAMPIONSHIPS

WASCANA LAKE | REGINA SK | JULY 23 & 24, 2016



Proudly Presented By:  
Regina Rowing Club and  
Community Partners



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# Welcome To Regina

On behalf of Regina and the community partners, we would like to thank Rowing Canada Aviron (RCA) in advance for considering Regina, SK as a location to host the 2016 Canadian Masters Championships (CMC).

JULY 23 - 24, 2016.

Regina has built a strong reputation as the home of national, international and world-class sporting events. As a community recognized for its dedication to sport and culture, we have welcomed an impressive variety of successful, exciting sporting events throughout the years. Our community wholeheartedly welcome's RCA to experience all our vibrant city has to offer.

REGINA WELCOMES YOU. WE ALWAYS DO.



# LETTER FROM THE CHAIR

I am very excited to bring greetings from the Local Organizing Committee for the Rowing Canada Aviron 2016 Canadian Masters Championships. Our team is looking forward to putting our spectacular rowing venue on display for Master rowers from across Canada and elsewhere. Wascana Lake is located in the largest urban park in North America in the heart of the Queen City of the Plains.

Our club dates back to 1907 and has great respect and admiration for the history and traditions of rowing in Regina, Saskatchewan and Canada. The Western Canada Sprints Regatta was initiated by former RCA President and RRC life member R.G. (Bob) Ellard and has continued annually for 38 years. The 2015 Western Canada Sprints Regatta hosted more than 200 athletes with 68 races, comprised of 25 Heats and 43 Finals over less than 12 hours.

The Regina Rowing Club, and specifically many of the members of the Local Organizing Committee (LOC), has consistently demonstrated the ability and talents to organize and run outstanding regattas on many occasions. Many members of the LOC have helped bring to Regina larger regattas such as the North West International Rowing Association Regatta (1980, 2007 & upcoming 2015), the Western Canada Summer Games (1987), the 1992 Canadian Masters Summer Sport Festival Regatta, and the 2005 Jeux du Canada Games Regatta. Several members of the LOC and many members of the Regina Rowing Club have competed in the Canadian Masters Championships, the World Masters Games, and the FISA Veterans Regatta.

We look forward to showing the rest of the country the legendary hospitality for which Regina has become famous! The RCMP Training Academy at Depot Division is unique in Canada. The Royal Saskatchewan Museum is located within the park and is a short walk from the Rowing Club. The Saskatchewan Legislative Building, sitting on the shore of Wascana Lake, provides a spectacular backdrop to the rowing course and venue. The Regina Hotels Association and Tourism Regina are assisting the LOC to make the 2016 Masters Championships in Regina the model for this annual RCA event.

Come and enjoy two days of rowing and create a lifetime of memories!

David Millar  
Chair

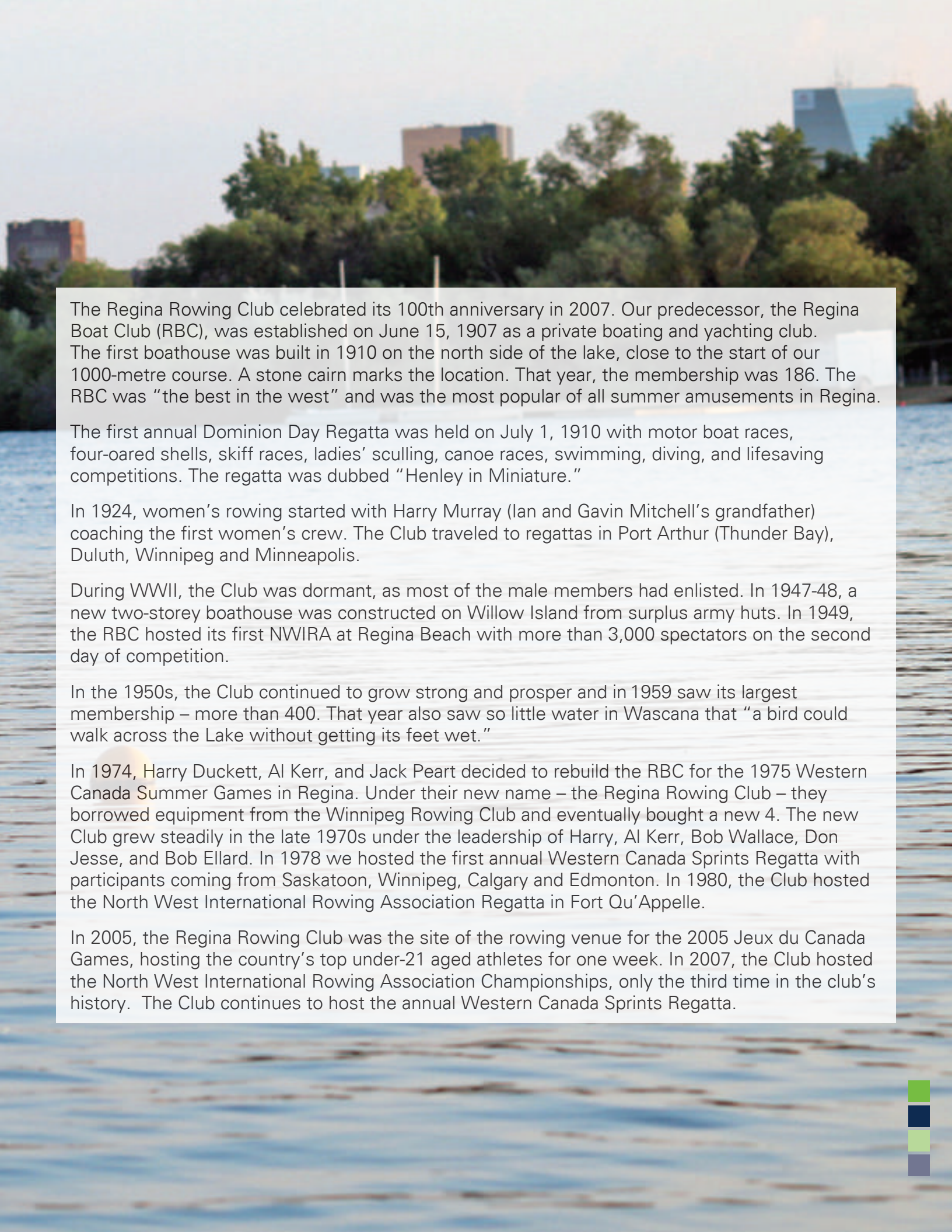




# CLUB HISTORY







The Regina Rowing Club celebrated its 100th anniversary in 2007. Our predecessor, the Regina Boat Club (RBC), was established on June 15, 1907 as a private boating and yachting club. The first boathouse was built in 1910 on the north side of the lake, close to the start of our 1000-metre course. A stone cairn marks the location. That year, the membership was 186. The RBC was “the best in the west” and was the most popular of all summer amusements in Regina.

The first annual Dominion Day Regatta was held on July 1, 1910 with motor boat races, four-oared shells, skiff races, ladies’ sculling, canoe races, swimming, diving, and lifesaving competitions. The regatta was dubbed “Henley in Miniature.”

In 1924, women’s rowing started with Harry Murray (Ian and Gavin Mitchell’s grandfather) coaching the first women’s crew. The Club traveled to regattas in Port Arthur (Thunder Bay), Duluth, Winnipeg and Minneapolis.

During WWII, the Club was dormant, as most of the male members had enlisted. In 1947-48, a new two-storey boathouse was constructed on Willow Island from surplus army huts. In 1949, the RBC hosted its first NWIRA at Regina Beach with more than 3,000 spectators on the second day of competition.

In the 1950s, the Club continued to grow strong and prosper and in 1959 saw its largest membership – more than 400. That year also saw so little water in Wascana that “a bird could walk across the Lake without getting its feet wet.”

In 1974, Harry Duckett, Al Kerr, and Jack Peart decided to rebuild the RBC for the 1975 Western Canada Summer Games in Regina. Under their new name – the Regina Rowing Club – they borrowed equipment from the Winnipeg Rowing Club and eventually bought a new 4. The new Club grew steadily in the late 1970s under the leadership of Harry, Al Kerr, Bob Wallace, Don Jesse, and Bob Ellard. In 1978 we hosted the first annual Western Canada Sprints Regatta with participants coming from Saskatoon, Winnipeg, Calgary and Edmonton. In 1980, the Club hosted the North West International Rowing Association Regatta in Fort Qu’Appelle.

In 2005, the Regina Rowing Club was the site of the rowing venue for the 2005 Jeux du Canada Games, hosting the country’s top under-21 aged athletes for one week. In 2007, the Club hosted the North West International Rowing Association Championships, only the third time in the club’s history. The Club continues to host the annual Western Canada Sprints Regatta.





# VENUE DETAILS – WASCANA LAKE

Wascana Lake is situated in Wascana Park, which is a beautiful 2300 acre urban greenspace and waterway park located in the heart of our city. The park is within walking distance to both downtown Regina and is only a 5 minute drive from the airport and other amenities. Wascana Lake provides the advantage of being a still water lake which is well sheltered from winds. The venue provides access to an outstanding race course which is seven lanes wide and 1000 meters in length. The 1000 meter starting line is close to the north shore of the lake and the finish line for all distances is at Pine Island on the south shore of the lake.

The “Big Dig” undertaken in 2004 engineered Wascana Lake to allow for better water flow and less weed growth. Weeds have not been an issue since the completion of the project. The course was initially designed for the 2005 Canada Games and has been used since for events like the 2015 Western Canada Sprints Regatta and 2015 North West International Rowing Association Regatta. The course is well maintained and continually upgraded. The design of the race course allows for several options regarding lane spacing and markings. Design and quality of the race course were significant factors in the planning of the lake reconstruction in 2005.

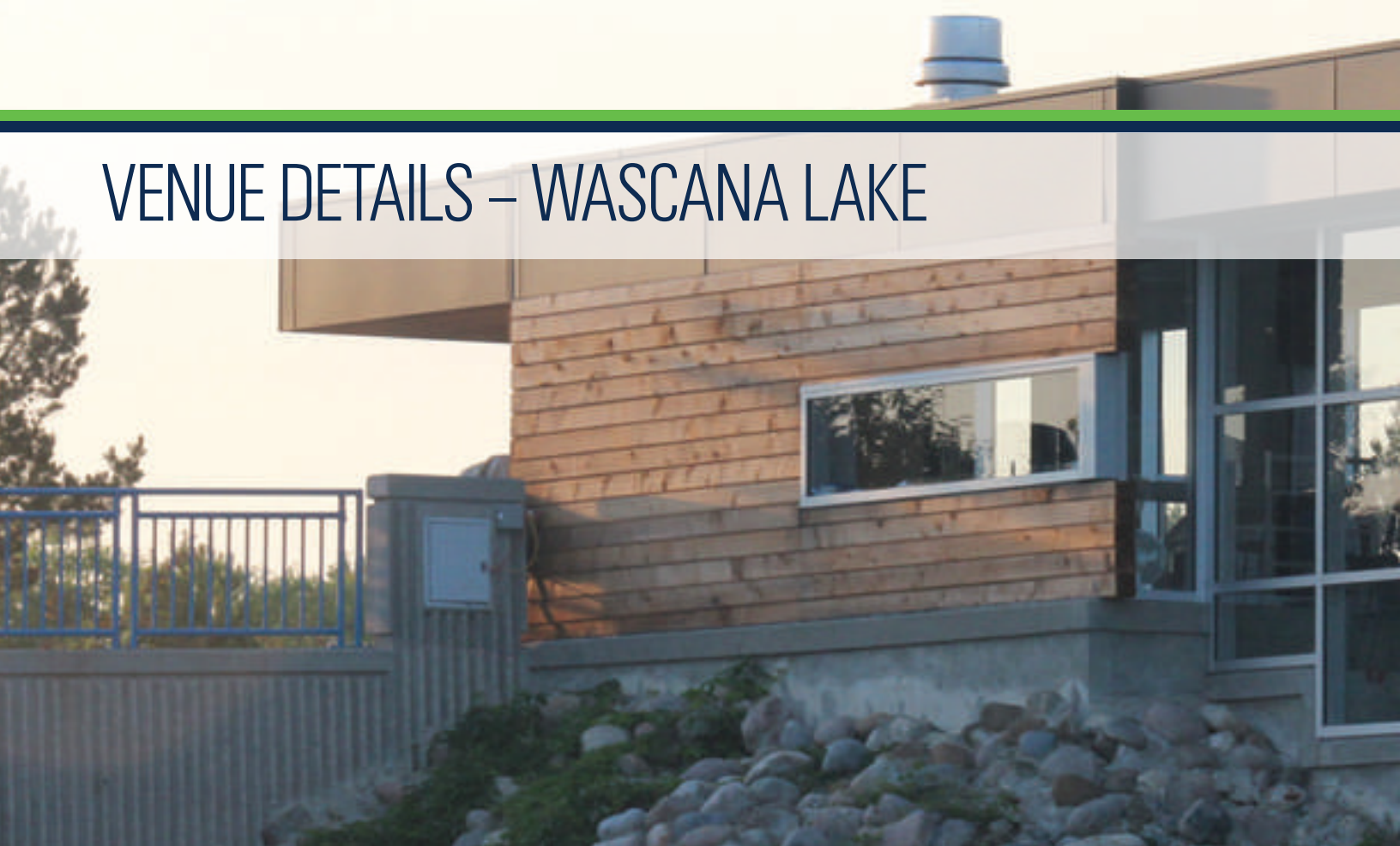
Athletes and coaches from across Canada consistently express their appreciation of Wascana Lake and consider it to be one of the best racing venues in the country. The number of records which have been broken at various regattas held on Wascana Lake is a good indicator that this is a fast course which makes it a great location for training. Regina Rowing Club and Wascana Racing Canoe Club have control over the installation and removal of the lanes throughout the year.







# VENUE DETAILS – WASCANA LAKE



## NEW FINISHING LINE FACILITY IN REGINA

The Regina Hotel Association and the Wascana Centre Authority in collaboration with the Wascana Racing Canoe Club, the Regina Rowing Club, and the Wind on my Wings Sailing Club recently constructed a new finishing line facility on Wascana Lake, which provides a perfect venue for the judges tower during all levels of competition. Located in the heart of our city, this facility opened in 2014 and proudly hosted the Canadian Sprint CanoeKayak Championships and the North American Indigenous Games. The new facility is establishing Wascana Centre as one of the top venues in Canada for rowing, canoe, kayak and sailing.

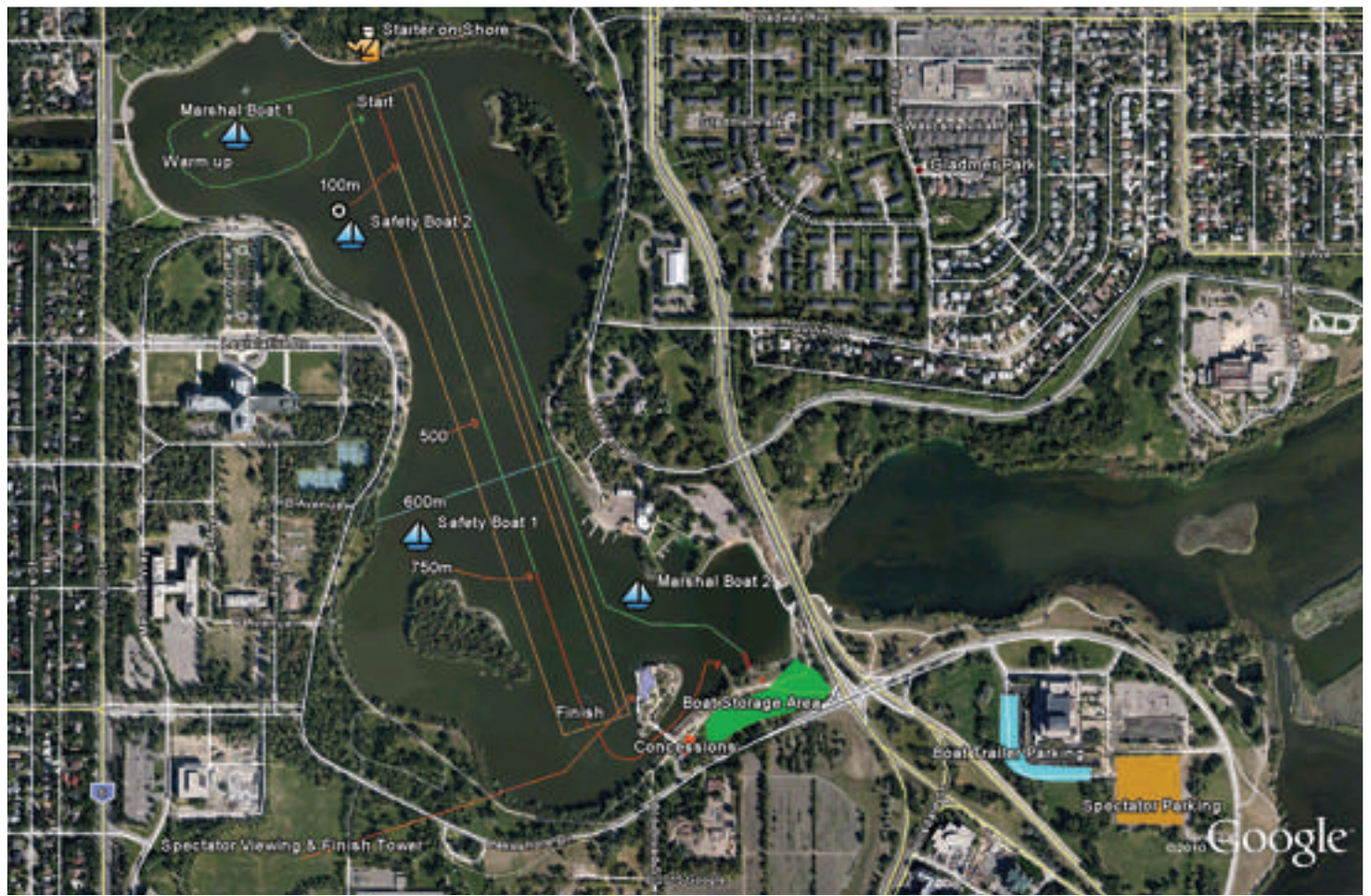
## REGATTA COURSE

The Regatta will be run from the south shore of Wascana Lake with a minimum of two and possibly three long docks. There is a buoyed travel lane.

- Course is a 6 lane 1000 meter Albano Course running north to south (there is a seventh lane which serves as a travel lane)
- Finish Line – permanent indoor structure with ability to do all results within the facility
- FinishLynx System to be employed – being trialed at the 2015 North West International Rowing Association (NWIRA) Regatta
- Medal presentations will take place on a dock attached to Pine Island located in front of the spectator viewing area located near the finish line.









# VENUE DETAILS – WASCANA LAKE



## HISTORICAL LOCAL WEATHER

Regina offers the perfect rowing weather - sunshine. Regina is known for its clear and sunny days and is recognized as the sunniest capital in Canada. Regina records an average of 2,338 sunshine hours each year. Summer is typically warm and dry, with long sunny days while summer nights are usually cool and comfortable.

- Average Daily High: 25 degrees C
- Average Daily Low: 12 degrees C
- Average daily high exceeds 31 degrees C and goes below 17 degrees C one day in ten
- Average daylight hours in the summer: 15 hours and 38 minutes
- Prevailing winds are either NW (tail wind) or SE (head wind)
- Altitude: situated 577 meters (1,894 feet) above sea level
- Time Zone: Central Standard Time Zone (year round)





## FACILITIES FOR MANAGEMENT OF EVENT

There is room for several hundred spectators on Pine Island, the site of the Finish Line Tower. This facility and Island have hosted the National Canoe-Kayak Championships on more than one occasion.

Portable toilets and hand washing facilities will be on Regatta site with close access for competitors.

The Canada Games Room will serve as the Regatta Office with room for officials to meet and have lunch and breaks. Results will be done at the Finish Line Tower.

A large tent will be set up immediately adjacent to the Boat storage compound with access to a canteen, 12-15 warm-up ergometers and suppliers. Wascana Lake provides a walking path that surrounds the Lake with ample viewing area for all spectators.

## EQUIPMENT

Rental arrangements will be made by individual clubs with other clubs as occurred in Burnaby at the 2014 CMCs. Several clubs from neighboring provinces will be asked to assist with bringing more equipment than is needed by the LOC for the regatta to facilitate rental.







# SOCIAL EVENTS

## OPENING CEREMONIES & WELCOME RECEPTION AT THE WILLOW ON WASCANA (FRIDAY)

- Tapas & Cash Bar \$20/person - Limit - 80 Tickets - Opening Ceremonies Open to All!

"The Willow on Wascana has been a part of Regina life since 2004. We pride ourselves on the amazing and quite surprising bounty this great province has to offer. From every grain under the sun to the most flavorful vegetables you have ever tasted. We even have fresh fruit growing in the valley. The Willow has worked very hard with countless families and individuals skilled in the art form known as farming.

From our major meat supplier, Pine View Farms in Osler supplying us with an array of all farm animals. Our wild boar family Schneider Farm just 15 minutes outside of Regina. Local eggs, local flour and now even a local cheese artist. Our amazing produce from Heliotrope Farm in Craven, you name it chances are they grow it.

All these great things we enjoy so much and transform into our own culinary masterpieces, and just picked fresh right out of the backyard. From Farm to Table, let's face it, that's the way it should be".

- Chef Tim Davies





## Saturday Prairie Feast at the RCMP Heritage Centre

- \$35/person

RCA and participants of the 2016 Canadian Masters Championships are invited to try Saskatchewan cuisine at our historical attraction, the Royal Canadian Mounted Police Heritage Centre at the RCMP Canadian Training Academy. The Museum will be open for self-guided touring.





# ACCOMMODATIONS, TRANSIT & PARKING

Arrive at the airport & relax in  
your hotel room minutes later



A photograph of a modern building with a multi-level glass facade and a stone-clad lower section. A man in a white shirt and dark trousers is standing on a blue platform, possibly a loading dock or maintenance area, near the entrance. A white car is partially visible in the bottom right corner. The sky is blue with some clouds.

Easy to get here,  
easy to get around



# ACCOMMODATIONS, TRANSIT & PARKING

## TRANSIT

The Regina International Airport (YQR) is proud to serve southern Saskatchewan as your gateway to the world. YQR is serviced by partners such as Air Canada, WestJet, United, SkyService, Air Transat,

ExpressAir and Purolator. YQR is only 3.8 km to Wascana Lake and five minute drive.

Regina has a complete range of transportation options including: motor coaches, city buses, passenger vans, taxi cabs, limousines and car rental agencies. Our state-of-the-art bus depot in downtown Regina offers daily Greyhound and provincial bus line service. Buses can play a significant role in transporting participants, officials, media and visitors to any venue, hotel, or attraction or nearby communities as necessary.

YQR is a five minute drive to accommodations, Wascana Lake, major attractions and dining allowing for easy navigation of the city.

## PARKING

Wascana Centre has 120 stalls within close proximity of the south shore of Wascana Lake. Conexus Arts Centre, across the street from the finish area of Wascana Lake, is available for athletes and spectators to park. Conexus Arts Centre offers 1,000 stalls and is a community partner of Regina Rowing Club.



## ACCOMMODATIONS

Regina's hotels are well known for their warm and welcoming atmospheres and top-notch services. We are confident that our first-rate accommodations, state-of-the-art facilities, and many attractions will make Rowing Canada's Canadian Masters Championship a successful and memorable experience for athletes and staff. Regina's hotels are all within a short 5 – 10 minute drive to Wascana Lake as well as the Regina International Airport.

| Hotel                             | Price Range         |
|-----------------------------------|---------------------|
| Best Western Seven Oaks           | \$132.99            |
| Chateau Regina Hotel & Suites     | \$124.00 - \$154.00 |
| Comfort Inn                       | \$124.99            |
| Country Inn & Suites by Carlson   | \$115.00 - \$125.00 |
| Days Inn (East)                   | \$130.00            |
| Delta Regina Hotel                | \$135.00            |
| Executive Royal Hotel             | \$122.00            |
| Radisson Plaza Hotel Saskatchewan | \$164.00            |
| Ramada Plaza Regina               | \$122.00 - \$127.00 |
| Sandman Hotel, Suites & Spa       | \$129.00 - \$139.00 |
| Super 8                           | \$105.00 - \$115.00 |
| Travelodge                        | \$144.95            |
| Wingate by Wyndham                | \$139.00            |





# HOST CITY ATTRACTIONS



## March along Canada's most iconic international symbol

### Welcome to Regina

Regina is a unique blend – home to a 100-year-old symphony orchestra and the nation's most passionate sporting enthusiasts.

It's a shining city rising from a flat prairie landscape, less than an hour from a stunning valley studded with sparkling lakes.

All year long, you will find a festival or celebration happening to get you excited and energized about experiencing something new.

From the inspirational and the historic to the little quirks that give it its charm, Regina will capture your heart and provide every reason to return again and again.

### Home of the RCMP

RCMP officers are born all over, but they are made here. The RCMP Training Academy "Depot Division" has been training the brightest and best in Regina since 1885.

Take a driving tour of Depot and observe cadets undergoing their intense education. Catch the Sergeant Major's Parade happening Monday through Friday at 12:45 p.m. on the historical parade square.

Visit the RCMP Heritage Centre and learn the history of the Force with a guided tour of the Heritage Centre's six galleries featuring the history of the Mounted Police and its evolution from a frontier police to a modern police force known the world over.





# Explore our marble palace & Edwardian gardens

## Wascana Centre

Lose yourself in Regina's Wascana Centre. Located in the heart of the city, this elaborate park ecosystem has 2,300 acres of green space, making it one of North America's largest urban parks.

Visit the renowned attractions in the park such as the Saskatchewan Legislative Building, Royal Saskatchewan Museum, Saskatchewan Science Centre and Kramer IMAX Theatre, MacKenzie Art Gallery, and the Conexus Arts Centre.

## Government House

Venture through this national historic site and provincial heritage property, built in 1891. Set your own pace with a self-guided tour, try geo-caching, have a picnic, search for Jocko the mischievous monkey, or explore the new Edwardian Gardens.

## Saskatchewan Legislative Building

Known as the marble palace, the Saskatchewan Legislative Building is the largest legislative building in Canada and features 34 different types of marble from around the world.

## MacKenzie Art Gallery

Be inspired by the thought provoking art showcased at the MacKenzie Art Gallery. The gift shop features artists from all over Saskatchewan and Canada and is a great place to shop for handmade and high-quality gifts.

## Royal Saskatchewan Museum

Journey through two billion years of Saskatchewan's geological and early natural history. No visit is complete until you meet Megamunch the robotic T. Rex, and Tickles the Triceratops.







# HOST CITY ATTRACTIONS

Leap to your feet beside the  
greatest fans in Canada

## Saskatchewan Roughriders

Welcome to the city that cheers the loudest. A Rider home game is an experience like no other as you find yourself getting caught up in the energy and excitement of the CFL Saskatchewan Roughrider superfans. Be sure to wear green and instantly become part of a community whose roar can be heard across the country.

## Saskatchewan Science Centre

Learn and play together at the Saskatchewan Science Centre. The interactive exhibits encourage experiments, the stage shows will wow you, and the life-like action of the Kramer IMAX Theatre will thrill you.

## Saskatchewan Sports Hall of Fame

The Saskatchewan Sports Hall of Fame recognizes sport excellence, preserves sport history and educates the public on the contribution of sport to Saskatchewan's cultural fabric. Explore the stories and artifacts of the more than 480 Hall of Fame inductees from 1966 to present.

## Casino Regina

Casino Regina is housed in Regina's historic Union Train Station, a National heritage site. The Casino boasts over 800 slot machines, more than 35 table games, and a Vegas-style show lounge.





Taste our locally grown, raised,  
distilled & brewed flavours.

## Dining Highlights

There are over 200 restaurants and 30 coffee shops in Regina. Innovative chefs have created astounding new tastes by pairing prairie sensibilities with world-infused flavour. Below are some of Regina's hottest culinary artists:

### Geoffrey Caswell-Murphy – Wild Sage Kitchen & Bar

Chef Geoffrey brings a diverse culinary style that celebrates the farmer-chef relationship – a philosophy that Wild Sage Kitchen & Bar integrates into every dish. His Saskatchewan-inspired food creations incorporate provincial favourites including Lake Diefenbaker trout, Pine View organic chicken, and Cactus Lake beef.

### Martin Snow - The Creek in Cathedral

With a passion for locally grown produce, cheeses and unique ports to add one-of-a-kind flavours, Chef Martin will introduce you to his take on comfort foods. Some signature dishes at The Creek in Cathedral include halibut cheeks, and pistachio crusted lamb chops with a port reduction.

### Tim Davies – Willow on Wascana

At 30 years old, Chef Tim heads a fine-dining kitchen that presents Saskatchewan ingredients in creative and delicious ways with flavours that quite often sing off the plate.

### Jonathan Thauberger - Crave Kitchen + Wine Bar

Jonathan was born in Regina and his team was recently awarded the Gold Medal Plate at the Canadian Culinary Championships. His winning dish was built around Fenek Farm rabbit, seasonal cattails, and nasturtiums grown in his own garden.

### Dave Straub - Flip Eatery and Drink

Chef Dave created a culinary destination catering to its patrons with excellent service and a full menu late into the evening. Each dish is unique and dynamic with adventurous flavours. Be sure to visit Flip's shop SALT Food Boutique for homemade charcuterie.





# HOST CITY ATTRACTIONS



Quench your thirst  
on our patios

## Nightlife Highlights

From celtic pubs, sports bars, local brews, boot beers, and the revolutionary concept of beer cuisine, Regina can quench your thirst for celebration. Here are some great places in Regina to raise a glass:

### O'Hanlon's Irish Pub

This is the only patio in the city with a view of Victoria Park. The drink recommended by staff? Guinness. Try any one of the craft beers from O'Hanlon's own B-Sides Brewery. For food, look no further than a freshly baked Copper Kettle pizza. Live bands perform Tuesdays and Fridays, and there's a dance party every Saturday night.

### Bushwakker Brew Pub

Voted as one of Canada's best brew pubs by the Globe and Mail, Bushwakker's is located in the historic Strathdee Building in the Warehouse District.

### Beer Bros. Gastropub and Deli

Beer Bros. is home to the concept of 'beer cuisine.' It uses beers imported from around the world to enhance the flavour of its menu choices, as well as suggesting the best beer to complement every meal. Picture wine pairing - but with beer.

### McNally's Tavern

McNally's Tavern is an old style bar with an Irish flair featuring over 24 taps of premium style draft beer including an amazing and extensive selection of Scotch varieties. Live entertainment makes McNally's the place to be on weekends. McNally's is centrally located in the Warehouse District.

### Birmingham's Vodka and Ale House

This Regina Vodka and Ale House gives you the opportunity to pour your own draught without leaving the table! These tables are one-of-a-kind in Western Canada and feature taps that swivel 360 degrees for a flawless personal pour.



## Local favourites

### Local Favourites

#### Gravelbourg Gourmet Mustard

Gravelbourg Mustard was established in 2008 as a locally operated business in Gravelbourg, Saskatchewan to produce the finest gourmet mustard products in Saskatchewan. Gravelbourg Mustard specializes in European style mustards and utilizes locally grown mustard seeds. Try some of their popular flavours including: german, french, Saskatoon berry, cranberry, garlic, and jalapeno.

#### Hillberg & Berk

Saskatchewan designer and entrepreneur Rachel Mielke founded Hillberg & Berk in 2007. Using only the finest semi-precious stones and metals, freshwater pearls and Swarovski crystals sourced from around the world, her handcrafted, artisan jewellery line is designed to last throughout time.

#### Last Mountain Distillery

Last Mountain Distillery Ltd. is proud to be Saskatchewan's first micro distillery. Located in Lumsden, SK, the heart of grain country, it is a family owned operation with a commitment to producing high quality, handcrafted spirits. Their vodka is handcrafted in small batches using their own mash recipes. Their whiskey is proudly made with prairie wheat and subjected to a unique aging process that brings out the full flavours in the grain.

#### Over the Hill Orchards

Over the Hill Orchards is known throughout Canada for its high quality, ethically priced organic fruits and products. Over the Hill Orchards is located at the top of the Qu'Appelle Valley and offers a stunning view, tours and a delightful selection of products, including prairie cherry toppings, spreads and beverages.







PROUDLY PRESENTED BY COMMUNITY PARTNERS:

