

# NORTH BAY ROWING CLUB



 WCRG Hosting  
**Freedom Rows Veterans**

Sunday, October 2, 2016

Welcome to the Wine Country Rowing Classic, a USRowing Registered Regatta. This is a 5,000-meter head race on the Petaluma River, one of the most enjoyable and beautiful lengths of protected water in California.

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## CONTENTS

<a href="#"><u>General Info, Medals, &amp; Schedule</u></a> .....	3
<a href="#"><u>Venue &amp; Registration</u></a> .....	4
<a href="#"><u>Entry Fees, Coaches Coxswains &amp; Scullers Meeting, &amp; Waivers</u></a> .....	5
<a href="#"><u>Bow Numbers. &amp; Competitor Categories/Definitions</u></a> .....	6
<a href="#"><u>Rules, Launch Protocol, Tides &amp; Launch Times, &amp; Comfort</u></a> .....	7
<a href="#"><u>Parking Map: Trailers, Car-toppers, Spectators</u></a> .....	8
<a href="#"><u>Watching the Regatta</u></a> .....	9
<a href="#"><u>Vendors, Sponsors and Accommodations</u></a> .....	10

## GENERAL INFORMATION

The regatta will take place at the Petaluma Marina at 765 Baywood Drive, Petaluma, CA 94954.

Entries are due at Regatta Central ([www.regattacentral.com](http://www.regattacentral.com)) by midnight Friday, September 23rd. However, with an additional fee, late entries will be accepted through midnight Monday, September 26th.

*For all Participants:*

- 0600: Registration opens
- 0700: Coaches, Coxswains, and Scullers meeting
- 0730: Boat launching commences
- 0830: First race
- 1530: Approximate conclusion of races

## MEDALS

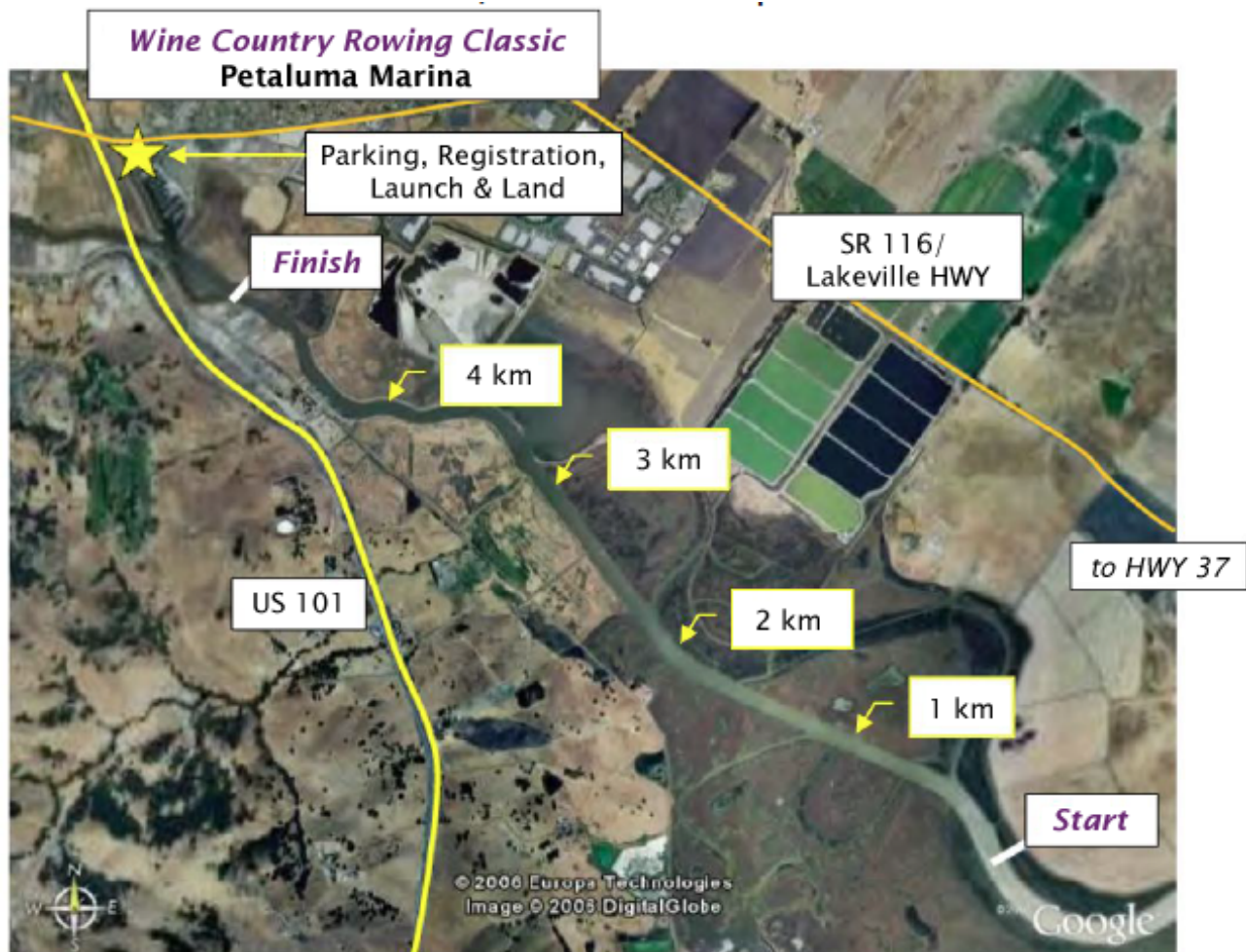
First, second and third place medals will be awarded throughout the day. Crews must finish ahead of at least one boat to earn medals. Champion Team Award will be presented at the conclusion of the regatta.

## SCHEDULE

The final race schedule will be posted by Saturday, October 1, 2016 on [www.regattacentral.com](http://www.regattacentral.com).

## VENUE

The 5,000-meter course will be on the reach of the Petaluma River depicted below. The 2,000-meter Adaptive Rower's course will begin at the 3,000-meter mark. Outstanding riverside viewing opportunities are available along the bike/pedestrian path in Shollenberger Park. This may be reached via an easy 10-minute bike ride or 30-minute walk along a path from Regatta HQ. Shollenberger Park docents will be on hand to direct viewers to pathways, helping us protect the entire area, a fabulous nature preserve.



## REGISTRATION

Registration is online at: [www.regattacentral.com](http://www.regattacentral.com) Please contact support at Regatta Central at 614.360.2922 or [support@regattacentral.com](mailto:support@regattacentral.com), or Brendan Galten at [galtenb@gmail.com](mailto:galtenb@gmail.com) if unable to register electronically.

As a USRowing Registered Regatta, the WCRC requires all participating organizations to be active member organizations of USRowing. The only exceptions to this rule are single scullers who are either affiliated with an organization that is not an active member of USRowing, or are unaffiliated with any rowing organization. Such single scullers must be individual members of USRowing to race, but only as “unaffiliated.”

## ENTRY FEES

Registration	Received By	Boat Class			
		1X	2- / 2X	4+ /4X	8+
Regular	Midnight Friday Sept. 23rd	\$25	\$40	\$70	\$100
Late	Midnight Monday Sept. 26th	\$40	\$65	\$100	\$150

\*\*\*There will be NO race day registration.\*\*\*

**LINEUP CHANGES & SCRATCHES (Prior to Race Day):** Lineup changes after the deadline can be made directly by coaches at [www.regattacentral.com](http://www.regattacentral.com) before midnight on Friday, September 30th. To scratch an entry, contact Brendan Galten at [galtenb@gmail.com](mailto:galtenb@gmail.com)

**EQUIPMENT RENTAL:** Brendan Galten @ [galtenb@gmail.com](mailto:galtenb@gmail.com)

**RENTAL CHARGE:** Same as the regular race fee for that boat class for use at a race; additionally, ½ of that for associated preparatory training outings.

**RACE DAY LINEUP CHANGES:** Indicate any changes on the “Crew Change Form” (which must be fully completed) at WCRC Registration as soon as possible on race day.

## COACHES, COXSWAINS, and SCULLERS MEETING

Coaches, coxswains, and scullers will attend a mandatory meeting in the registration area on race day at 7:00 a.m. You will be advised about the traffic pattern, dangers along the river, County Sheriff’s patrol boats, and other items vital to safety. A chart of the course will be on display at Regatta HQ, in the parking lot of the Sheraton near Registration.

There are two single file race courses: A 5,000–meter course and a 2,000–meter course for Adaptive Rowers. This is a relatively easy course with a few gentle turns. Please ensure that all coxswains on your team understand the Rules of Rowing.

Warm–up: Your warm–up will consist of a 5,300–meter or a 2,200–meter row to the starting line plus the holding area immediately downstream of the start.

## WAIVERS

All participants **must** have a signed waiver on file on race day. See [www.regattacentral.com](http://www.regattacentral.com) for instructions on submitting a USRowing waiver.

***Missing waivers hold up registration on race day. Coaches, PLEASE be sure your athletes have signed their waivers. If there are missing waivers for any entry the bow number will be withheld at registration until the waivers are signed.***

## BOW NUMBERS

Bow number placards, specially made by NBRC with every number used in the regatta, will be loaned to participants when they check in at Registration. Crews are encouraged to apply vinyl tape to help secure the card to their bow clip.

Bow numbers will be collected by a volunteer upon your return to the dock following your race.

## COMPETITOR CATEGORIES/DEFINITIONS

**MASTERS:** The event will use USRA age groups (AA:21–26, A:27–35, B:36–42, C:43–49, D:50–54, E:55–59, F:60–64, G:65–69, H:70–74, I:74–79, J:80+). Ages are as of December 31. Age groups may be combined based on the entries received. All Masters races in combined age groups will be handicapped. In team boats, the average age of the rowers (excluding cox), rounded down, will determine the age group and handicap.

**YOUTH:** A Youth is a Competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma. A Competitor thus ceases to be a Youth after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full-time student, whichever is later.

**COLLEGIATE:** Exclusively for collegiate athletes.

**OPEN:** For elite Junior and Master rowers. No age restriction; no handicaps applied. *Women's Open/Collegiate: NCAA rules apply. Collegiate women's entries will not be accepted for events not listed as "collegiate". (Excerpted from NCAA Bylaw 13.11.1.2.)*

**MIXED:** One half (or more) women rowers.

**NOVICE:** Any rower (sweep or scull) whose first race was no earlier than two years prior to October 2, 2016.

**ADAPTIVE:** Exclusively for Adaptive Rowers.

## FREEDOM ROWS FOR VETERANS

### LIGHTWEIGHTS:

Women	135 lb Maximum
Men	165 lb Maximum
HS Men	155 lb Maximum

**COXSWAINS:** May be any gender, age, or weight

## RULES

This is a USRowing Registered Regatta. All USRowing safety protocols will be observed. Bow balls and heel tie-downs or quick-release shoes are required and will be checked by the dock volunteers.

All craft shall remain on the westerly side of the river while traveling to the start, and easterly side while racing. **THIS IS AN ABSOLUTE REQUIREMENT FOR YOUR SAFETY. PAY PARTICULAR ATTENTION TO STAYING ON YOUR SIDE THROUGH TURNS IN THE RIVER.**

Racing crews have the right of way over all other boats. Boats warming up or returning from the finish must yield to oncoming crews and remain clear of the race course.

Overtaking crews have the right of way over slower boats. Boats being overtaken must yield to the outside of a turn or otherwise follow the instructions of the overtaking boat.

Leave all buoys marking the center of the waterway to port. No cutting corners.

Crews must use sportsman-like conduct and language.

The rules are meant for safety. Violations will result in a 30-second time penalty or disqualification at race official's discretion.

In case of any dispute, finishes will be determined by the Rules of Rowing.

## LAUNCH PROTOCOL

Please listen carefully and follow the instructions of the Dock Master to ensure efficient use of the docks (one long, one short). Unless instructed otherwise by the Dock Master, each crew shall land on the same dock from which it launched.

## TIDES and LAUNCH TIMES:

The Petaluma River is a tidal estuary. Tides at the Finish Line on October 2nd:  
Low: 9:48 am (1.2')    High: 3:13 pm (6.5')

*Competitors will be rowing with a brisk incoming tide beginning at 10:00 am!  
We recommend departing the launch dock approximately 45 minutes  
in advance of your start.*

## FOR YOUR COMFORT:

There is very little shade in the Petaluma Marina Parking Lot. Please bring Pop-Up Tents for protection from the sun and weather.

It is helpful to speed the launching process to bring containers for shoes so that they can be removed quickly from the dock. We will provide a number of containers for your convenience if you should forget them.



## PETALUMA MARINA PARKING LOT/BOAT RAMP

Saturday, Oct. 1st Arrivals: Those planning on arriving the evening before the race, please contact **Steve Takemoto at 707-328-8132**, [stevenetsuo@sbcglobal.net](mailto:stevenetsuo@sbcglobal.net) to arrange your arrival at the Petaluma Marina Parking Lot and be directed to your spot.

Race Day Trailer Drivers: Trailers will park in the main lot and on the west side of the triangular parking lot.

Car Toppers will park on the east side of the triangular parking lot.

Spectator Parking: Spectators will be directed to the left, (farthest east side) parking area with their vehicles. The remainder of the east side parking area is allocated for patrons of the Sheraton Hotel. There is an additional off-site parking lot at 2080 Lakeville Street where overflow parking is allowed.

A public boat ramp and a gas dock are located adjacent to the temporary launch and recovery docks we'll be using. We must ensure clear access to the boat ramp and gas dock at all times.





## WATCHING THE REGATTA

Outstanding riverside viewing opportunities are available along the bike/pedestrian path in Shollenberger Park. This may be reached via an easy 10-minute bike ride or 30-minute walk along a path from Regatta HQ. *To protect the marsh, please remain on paths at all times! (Path from Regatta HQ to Shollenberger Park path highlighted in yellow.)*

You may also drive the 1.2 miles from the marina parking lot to the entrance of Shollenberger Park and walk from there. From the marina parking lot turn right onto Lakeville Highway, and then turn right at S. McDowell Blvd. At the intersection of Cader Lane, turn right through the park gates to the parking lot. The sign for the park is very small; be alert. *(Shollenberger Park path highlighted in orange.)*



Shollenberger Park (and its neighboring preserved areas along the river) is visited by hundreds of pedestrians daily who are attracted by the views and abundant bird life. This marks the upstream end of the largest relatively intact ancient salt marsh in California. Information about flora, fauna, and directions is available at: <http://www.petalumawetlands.org/HTML/directions.html>

## VENDORS, SPONSORS, AND ACCOMMODATIONS

- **The CamelBak Water Monster** will be available to refill water bottles at Registration area.
- **Marina Bean:** Coffee, tea, bagels and assorted breakfast items in cafe starting at 5:30 a.m. Barbequed food will be available beginning at 11 a.m.
- **El Tonayense, Inc.:** Mexican food taco truck serving from 8:30am–4:30pm
- **Clif Bar:** Complimentary samples of your favorite Clif Bar products.
- **JL Racing:** Large selection of rowing apparel and accessories.
- **Fine Designs, Inc.:** T-shirts imprinted with their full line of logos, commemorating the 2015 Wine Country Rowing Classic.
- **Timeless Jewelry Creations:** Antique rowing jewelry by Janet B. Sedacca.
- A few loaner bikes will be available to ride out to the Shollenberger Park viewing area close to the finish line.
- **Sheraton Sonoma County–Petaluma:** Step a few feet away from your luxurious accommodations at the hotel to the race course. Contact reservations, provide the dates required, (two night minimum stay) and ask for the "Best rates available". 707.283.2888