



BROAD RUN CREW

BRC PARENT REGATTA SURVIVAL GUIDE

REGATTA SITE

Sandy Run Regional Park
10450 Van Thompson Road
Fairfax Station, VA 22039

[Sandy Run Regional Park \(Map & Directions\)](https://www.vasra.org/regattas/sandy-run-map)
<https://www.vasra.org/regattas/sandy-run-map>

ATHLETE DROP OFF/PICK UP

The team will travel by team bus to and from the Regattas, leaving from Broad Run HS in the morning and arriving back to Broad Run HS after stopping at Reservoir Park to unload the trailer and rig the boats for Monday's practice. Drop-off time and pick-up time may vary and will be advised by Coach Love via TeamSnap prior to each regatta. All Athletes are expected to remain at the regatta and travel back with the team bus.

In the rare event your Athlete misses the team bus (or has a prior approval by Coach Love) Athletes can:

- Be dropped off in the coned-off area of Lot D
- Park in Loisvale Lot (ATHLETES ONLY)
- Ride the shuttle at no cost when in their uniform from South County HS and/or the Commuter Lot

REGATTA FOOD & DRINK

Team members are responsible for their own nourishment and should stay hydrated throughout the day. Bring your filled reusable water bottle!

Drinks and light snacks will be provided for rowers. It is highly recommended that your rower packs a variety of small snacks and lunch or purchase them from the VASRA-managed concession stands.

SPECTATOR PARKING

There is no on-site visitor parking at Sandy Run. Spectator parking is located at South County High School for specific regattas, and the Commuter Parking Lot on Old Bridge Rd. & Rt. 123 for specific regattas (see regatta schedule).

South County HS School
8501 Silverbrook Rd.
Lorton, VA 22079

Commuter Parking Lot
1325 Old Bridge Rd. & Rt. 123
Woodbridge, VA 22192

The shuttles will begin at 7:30 AM and conclude running from Sandy Run one hour after the last race. The cost is \$10 each way per person. Cash only. The shuttle will drop you off & pick you up in Lot C at Sandy Run. You may also drop your party off at Sandy Run and have the driver shuttle back and forth.

[Sandy Run Regional Park \(Parking\)](#)

VOLUNTEER PARKING

- Volunteer Parking: Lot D
- LOC Parking: Lot B, 2nd row from the back
- *Accessible Parking: Lot C as designated

There is no fee for onsite parking for Volunteers. As a Volunteer, for most positions, you are expected to check-in at headquarters 1 hour before your shift starts. Plan for additional travel time to get in the park, as well as walking time within the park.

GETTING TO THE GRANDSTANDS

From Parking Lot C at Sandy Run, it is a ½-mile (15- to 20-minute) hike on a hilly trail to reach the grandstands. A shuttle bus is available from Parking Lot C for \$5 each way that will take you to a drop-off point near the finish line. It will be a short walk to the grandstands. Cash only.

The grandstands are concrete so you may want to bring a cushion.



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SPECTATORS - WHEN TO ARRIVE

Parents, give yourself plenty of time to arrive. Sandy Run is approximately 45 minutes from Ashburn without traffic/weather issues. Parking and waiting for shuttles from the far parking lots takes extra time as well. It is recommended to give yourself at least an hour before your Athlete's event from the time of your arrival in the parking lot to account for the shuttles and walking to the grandstands.

WHAT TO BRING

- BRC Uniform
- Dress in layers (be prepared for the weather)
- Athletic or hiking shoes
- Trash bags (to keep items dry if it rains)
- Zip lock bags or waterproof cases for phones
- Blanket, towel, folding chair, or hammock
- Extra toilet paper/wipes/hand sanitizer
- Umbrella/rain poncho/jacket
- Sunscreen/sunglasses/hat
- Insect repellent
- Binoculars
- Drinks, water & snacks to nourish yourself throughout the day
- Personal items
- **Cash** for concessions or regatta t-shirts (most venues are cash-based only and cell reception is spotty for electronic payments)
- Parents may want to bring a seat cushion for the grandstands or small folding chair (keep in mind the long walk if not taking the mini bus to the grandstands and pack lightly)

RACE RESULTS & OTHER INFORMATION

Regatta Heat Sheets

VASRA posts heat sheets on the VASRA home page (www.vasra.org) on the Thursday evening or Friday morning prior to Regattas. You can always find the latest "Regatta Heat Sheet" at www.vasra.org.

Race Results

On the VASRA homepage, click on the "Regatta Live Results" link. The results are published in a live Excel Worksheet and will change (even during the regatta). Close races could take up to 10m before being posted.

VASRA Information

<https://www.vasra.org/>

Regatta Information

<https://www.regattacentral.com/regattas>