



# BROAD RUN CREW

## Parents' Regatta Survival Guide - 2019

---

### LOCATION

Most of our standard spring season regattas take place at: SANDY RUN REGIONAL PARK at 10450 Van Thompson Road, Fairfax Station, VA 22039.

One exception: the April 27 Regatta will be held at the Thompson Boat House in DC (information will be provided).

This guide will give details about the Sandy Run location.

### ROWER DROP-OFF SHUTTLE

You may drop your rower at the Van Thompson shuttle location, near the entrance to the park, without paying for parking.

Rowers will be given a free shuttle ride from the lot to the shuttle stop at Lot C. The Van Thompson shuttle starts at 6:00 a.m. If you plan to proceed beyond the Van Thompson lot, even to just drop off your rower, you will pay the \$20 (cash) parking fee as if you are parking. There will be no "temporary" tickets and no refunds of parking fees.

\* Important note: THE SPEED LIMIT IN THE PARK IS 15 MPH. This is strictly enforced by the park management. Also, pets are not allowed in the park on regatta days.

### PARKING

Parking Fee is \$20 per car. During large regattas, lots at Sandy Run fill up rapidly. Please watch the Twitter account #VASRAParking for updates on the status of the parking lots.

There is a shuttle bus from the "C" lot (1st Gravel Lot on the left after you pass the park gates) to the Finish Line (it is a short walk from there to the Grandstands). The C lot shuttle costs \$3.00 each way.

Previous State Championship Regattas have filled all onsite parking between 10 and 11 AM. The off site parking location is in the Commuter Lot at Old Bridge and Route 123, the address is: 1325 Old Bridge Rd, Woodbridge, VA 22192.

Directions: Turn south on Rt. 123. Proceed 4.8 miles, crossing the Occoquan River. The parking lot is on the right, at the intersection of Rt. 123 and Old Bridge Rd.

Shuttles will be diverted when Sandy Run lots fill. Shuttles are scheduled to leave the off site parking every 30 minutes. The shuttle fee is \$5 per person.

Plan for additional travel time, both from the offsite parking and within the park. The venue is a superb rowing location, but not user friendly for large crowds.

Please, show courtesy to each other and especially to the volunteer parkers. It is not their fault that the parking lots are full.

The VASRA Shuttle buses for the Offsite parking will be labeled in the side windows next to the door.

There are shuttles connecting the remote parking lots to the "C" lot. Some of the vans and mini buses will have signs describing the on-site lots of Van Thompson and Loisvale.

All shuttles stop and load with the passenger door adjacent to the woods in the "C" lot. There are signs indicating where the buses stop. Please do not wait in the road. It will prevent all the shuttles from being able to move forward.

### WHEN TO ARRIVE

The coaches will give the athletes their reporting time for each regatta, but they are usually around 7:00 a.m., possibly earlier for coxswains. They will also have a schedule of events for that day which they will furnish to parents in advance.

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. At large regattas like the state championship at the end of the season, parking at the park can fill up by mid-morning, and off-site parking, as mentioned above, will be utilized.

At times, parents have other obligations, however, **ATHLETES ARE EXPECTED TO PLAN ON REMAINING AT THE REGATTA UNTIL ALL BROAD RUN CREW BOATS HAVE COMPETED**, all equipment is properly loaded, and coaches give the 'all clear' for departure. Please make carpool arrangements for your athlete if you have to leave early.

## UPON ARRIVAL

Upon arrival, the team and parents congregate at the Broad Run Crew “camp” area. Once you arrive at the drop-off from the parking lot shuttle, walk straight down the main road and take a left toward the woods when you see the boats/skulls on stands in the open area to the left of the road. We will most likely have our team tent set up not far from the edge of the woods in that area. We will give crew and family more specifics on regatta days. Bring your chairs, coolers, etc. to the camp area. This is where the parents and family of the rowers will be spending most of their time between events, when they are not at the grandstand watching the regattas.

## RACE RESULTS

Results will be posted on Twitter, @VASRAResults

## GETTING TO THE GRANDSTANDS

From Parking Lot C at Sandy Run Park, it is a ½ mile walk on a hilly trail to reach the grandstands – about a 20 minute walk. A shuttle bus is available from Parking Lot C for \$3 that will take you to a drop-off point near the finish line for a shorter walk to the grandstands.

## WEATHER

The weather link for the park: [Sandy Run Park Weather](#). Or you can use your favorite Weather App and search for Sandy Run Regional Park. Regattas will go on through rain, so dress accordingly. Coaches will know immediately if any changes are made to the schedule, so plan on arriving as scheduled until you hear otherwise. See the What to Bring list below for gear recommendations.

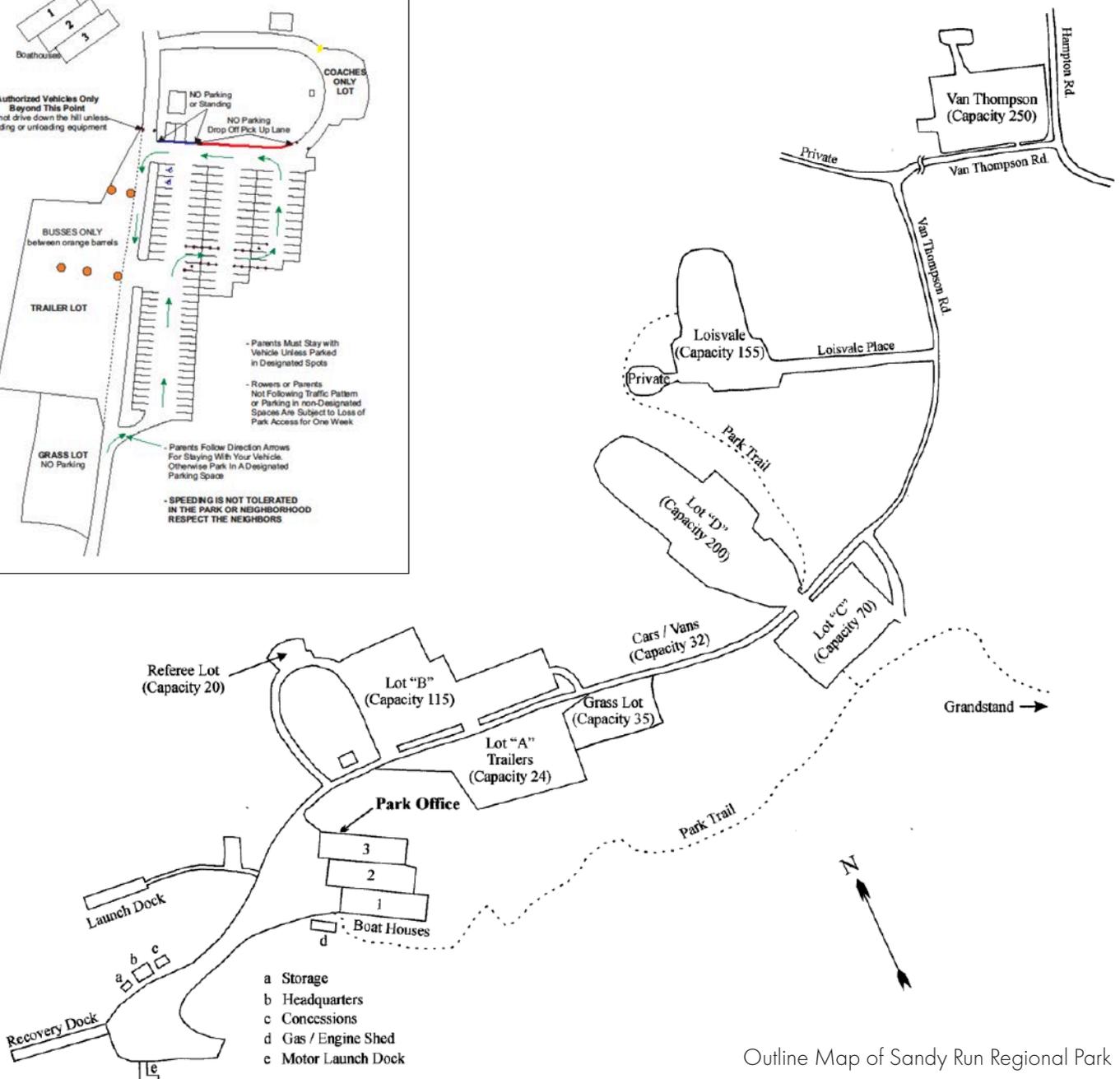
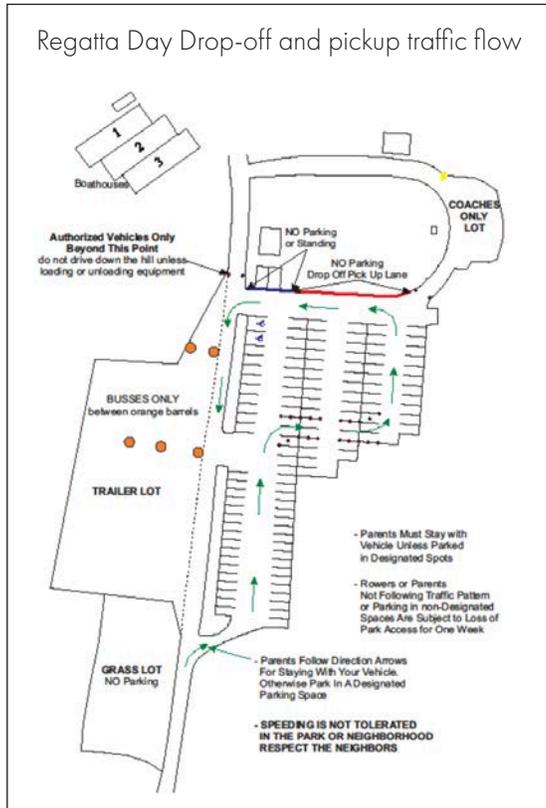
## WHAT TO BRING/WEAR/EXPECT

*The path from the main arrival area to the grandstand is unpaved, steep in sections, and winding. It is a 20 minute hike. Wear shoes and clothes that can get dirty/wet/muddy. The grandstand is shaded for the most part, but big regattas will fill the stands, so folding chairs or umbrellas may be helpful. Some other items that may come in handy:*

- Cash for parking (\$20), the paid shuttle to the grandstand (optional) (\$3), concessions, and souvenirs. Most souvenir tents do take credit cards.
- Layers – it’s a good idea to have layers available and ready on cooler days, and gloves, warm socks, hats, etc.
- Rain boots - both for crew and family. Things get pretty muddy and wet when it has been raining all day – and barring lightning or excessive wind, the regatta will go on.
- Athletic or hiking shoes – for non-rainy days. They will get dusty/dirty.
- Trash bags – for muddy boots, to protect rower’s bags/backpacks in rain, to sit on in the grandstand, to stash muddy, wet race clothes once the athletes have changed for the ride home, and in a pinch, to wear.
- Zip lock bags or waterproof cases for phones
- Binoculars – helpful to have if you want to actually be able to see your child’s face during a race
- Sunglasses
- Lawn chairs
- Camera with zoom lens
- Portable charger for phones/devices
- Extra toilet paper/wipes/tissues/hand sanitizer
- Blanket
- Umbrella/rain poncho/jacket
- Change of clothes for your athlete
- A backpack/cross body bag – easier than carrying a purse or cooler when hiking the trail to the grandstand
- Sunscreen/bug spray
- Drinks/snacks – feel free to bring your own water and snacks, BRC will be organizing pot luck snacks, requests will be sent via Team Snap. No alcohol is allowed on park grounds. There are two concession stands on site, and they offer a good variety of food and snacks. Do not plan on bringing a cooler to the grandstand – it’s a long and winding trail, as mentioned, and is not paved.
- Folding chair/Seat Pad/Stadium Seat – the grandstand is large concrete rows of seating, and most of it is under cover. You may want to bring chairs, cushions or stadium seats from your car to the team tent in case you need them. It is a long haul back to the cars/parking lot once you have reached the site, so plan on bringing what you think you may need with you.
- Do NOT bring your pets – no dogs are allowed on regatta days.

## MISCELLANEOUS INFO

- **THE STAGING AREA** (where athletes unload trailers /rig boats) **IS FOR ATHLETES AND COACHES ONLY.**
- Coaches are VERY busy on race days, please save questions for another time (or try asking other parents/board members).
- Regattas are busy with many rowers, coaches, spectators, and boats, all in a confined area. Please be aware of your surroundings while walking around, as oars and boats are being transported at head-level.  
RIGHT-OF-WAY NEEDS TO BE GIVEN TO ATHLETES CARRYING BOATS AND EQUIPMENT.
- Race results will be posted on Twitter, @VASRAResults



Outline Map of Sandy Run Regional Park