



BROAD RUN CREW

BRC PARENT REGATTA SURVIVAL GUIDE

REGATTA FOOD & DRINK

Team members are responsible for their own nourishment and should stay hydrated throughout the day.

Drinks and light snacks will be provided for rowers. If you would like to donate additional items, please drop them off at Algonkian on Friday evenings prior to regatta Saturdays during de-rigging and loading (preferred) OR send with your rower to the regatta. It is highly recommended that your rower packs a variety of small snacks and lunch or purchase them from the VASRA-managed concession stands.

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>

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 \$15 per person (round trip). Cash only. You may also drop your party off at Sandy Run and have the driver shuttle back and forth. Athletes in uniforms may ride the shuttle at no cost.

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

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

DROP OFF/PICK UP

There will be a coned-off area in D Lot for athlete

and spectator drop off and pick up. Please carpool.

ATHLETE, COACH & VOLUNTEER PARKING

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

There is no fee for onsite parking. Plan for additional travel time, both from the off-site parking and within the park. The venue is a superb rowing location, but not user friendly for large crowds.

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.

WHEN TO ARRIVE

The coaches will give the athletes their reporting time for each regatta as well as a schedule of race events.

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.

Athletes are expected to remain at the regatta for the duration of time indicated by the coach. Please make carpool arrangements for your athlete if you must leave early.

VASRA operates most regattas on block schedules (i.e., all the 8s may row in the AM or PM and all other events are in the opposite time block). Please follow instructions provided by the coaches.



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BACK AT ALGONKIAN

All rowers are expected to return to Algonkian Park after the regatta to assist in unloading the trailer and rigging the boats to prep for Monday's practice. Coaches will advise of times via TeamSnap Chat.

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/handsanitizer
- Umbrella/rain poncho/jacket
- Sunscreen/sunglasses/hat
- Insect repellent
- Binoculars
- Drinks, water & snacks to nourish you throughout the day
- Personal items
- **Cash** for concessions or regatta t-shirts (most venues are cash-based only)

Race Results

Race results will be posted to <https://vasra.masto.host/public/local> or can be accessed by downloading a Mastodon client. If you are using a client, you will need to connect to the **vasra.masto.host** server. Depending on the client, you may have to select "local" to see all the content on the server.

Mastodon Help

<https://mastodon.help/>

VASRA Information

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

Regatta Information

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

RACE RESULTS & OTHER INFORMATION

Regatta Heatsheets

VASRA posts heatsheets on their [Home page](http://www.vasra.org/) (<http://www.vasra.org/>) on the Thursday evening or Friday morning prior to regattas. The release and changes are announced on the VASRA Mastodon site or the feed on the VASRA [Home page](http://www.vasra.org/). You can always find the latest events schedule on the VASRA [Home page](http://www.vasra.org/) under the heading "Regatta Heatsheet".

Race Starts

Once boats are on the water, lane assignments, lane changes, starts, re-starts and progressions will be posted to <https://vasra.masto.host/@start>.