

Bainbridge Island Rowing – Fall Season

Head of the Lake Regatta Guide

NOTE: DAYLIGHT SAVINGS BEGINS TODAY– Remember to change your clocks. "FALL BACK"... turn your clock back one hour when you go to bed Saturday night (i.e., if it's 11:00 p.m., reset your clock to 10:00 p.m.). We get an additional hour of sleep!

Date: Sunday, November 5, 2018

Location: *University of Washington Conibear Shellhouse*

We will all need to be on the 5:20 am ferry to get to UW on time.

Please allow a little extra time. There is only 1 toll booth open at that time.

Parking: *Drive to University of WA parking lot E-1 and look for the BIR trailer.*

From I-5, take the N. E. 45th Street exit (exit 169) from I-5 and continue east on N. E. 45th Street approximately 1.4 miles to Mary Gates Memorial Drive. Turn right onto Mary Gates Memorial Drive. Go one block and turn right onto Clark Road. At the end of Clark Road you will find the entrance to the E1 lot.

Carpool Website - <https://www.groupcarpool.com/t/zb6w8y>

Upon arrival, rowers will immediately unload the trailer and begin rigging boats.

The BIR Regatta Kitchen will be available. All rowers and coaches eat for free.

If you would like to partake in the fabulous food provided at the food tent, it is \$5.00 per person. Please watch for signup genius notice to volunteer in the kitchen!

Racing begins at 8:00 a.m. and should be finished up by around noon.

What should a Spectator/Rower bring?

*Umbrella

*Chair

*Layered clothing - The regattas tend to be either rainy and very cold, or sunny and warm. Sometimes they can be both within hours.

*Snacks – If your child is picky, or just wants their own snacks. We are not sure what is available to purchase around the regatta, so pack what you need.

*Water Bottle – There will be water available at the food tent, but a water bottle to fill is preferred rather than plastic cups being used.

*Binoculars

*Money for parking and Head of the Lake gear being sold there.