



The Third Annual Row the Rockies Regatta

Bowles Reservoir at Grant Ranch, Littleton, Colorado

June 20, 2009

Regatta Information and Registration Packet

The Rocky Mountain Rowing Club invites you to join us for the Third Annual Row the Rockies Regatta! The 1000-meter sprint races will be held on sheltered, wakeless Bowles Reservoir at Grant Ranch in Littleton, Colorado. A barbeque-style lunch will also be offered after racing.

New This Year:

Referee Clinic

Row the Rockies referees and former Olympians Don Craig and Hank Miller will present a refereeing clinic on Thursday, June 18, 6:30-9:15 p.m. (Location TBA, Denver metro area.) Attendance is open to anyone interested in learning how to make a rowing regatta "safe, fair, and fun." If interested, email rowtherockies@rockymountainrowing.org.

Docks!

Todd Stone of Mountain States EZDock will be providing a rowing dock for launch and recovery of large boats (eights, quads, and fours).

Entries & Registration:

The entry fee is \$31 per competitor. The fee includes a \$1 use fee for the Grant Ranch facility plus a regatta t-shirt. Competitors may register to participate in up to three events (see rules for details). All competitors must sign waivers at the registration table. Lunch will be available for \$5 per person. This can also be paid in advance (see entry form). Please make all checks payable to Rocky Mountain Rowing Club.

Pre-registration is encouraged! Race-day registration will be allowed only if space remains in existing heats.

You can register for the regatta one of three ways:

Note: A separate entry form is required for **each** race you are entering.

1. **Online** at <http://rockymountainrowing.org/node/495>. Entry fees can be paid online using PayPal (see online registration), mailed to the address below, or submitted to the registration table on race day prior to the start of your first race.

2. **By mail to:**

Row the Rockies
PO Box 370181
Denver, CO 80237

Mailed entries must be postmarked no later than June 10, 2009. A \$5 late registration fee will apply to entries postmarked after June 10, 2009.

3. **Day of the race.** Entries will be accepted between 6:00 and 7:00 a.m. at the race venue if space is available in existing heats. All entries must be accompanied by the entry fees and waivers. Please note that a \$5 late registration fee will apply. Additional entries will not be accepted if the entry causes a need for additional heats.

There is a \$1/person use fee for Grant Ranch, which applies to spectators as well as competitors. This is included in the entry fee for participants, but will need to be paid on race day by spectators. All participants will receive a hand stamp at the registration desk to show that they have paid the fee.

Medals/Awards:

Medals will be awarded to the first and second place finishers in each heat. Medals will be awarded as soon as results are posted.

Vendors:

Additional t-shirts, as well as other apparel, will be available at the registration tent.

Site:

The Grant Ranch clubhouse is located at 7255 W. Grant Ranch Blvd. in Littleton, CO. It is located east of Wadsworth Blvd. and north of Bowles Ave. If you search that address in www.GoogleMaps.com, the map is correct. If you use MapQuest, the marked location is wrong by .2 miles: the clubhouse is located in the blank map space just to the east of the star. In either case, look for a big flag pole (use the venue maps).

Directions:

From Boulder: Take CO-93 South toward Denver. CO-93 S becomes US-6 E / W 6TH AVE. Merge onto CO-470 E toward COLORADO SPRINGS. Merge onto US- 285 N toward DENVER. Merge onto S WADSWORTH BLVD / CO-121 S. Turn LEFT onto W CRESTLINE AVE. Turn RIGHT onto W GRANT RANCH BLVD. End at **7255 W Grant Ranch Blvd.** From Colorado Springs: Take I-25 North toward Denver. Merge onto CO-470 W via EXIT 194 toward GRAND JCT. Merge onto S WADSWORTH BLVD / CO-121 N. Turn RIGHT onto W CRESTLINE AVE. Turn RIGHT onto W GRANT RANCH BLVD. End at **7255 W Grant Ranch Blvd.**

From Fort Collins: Take I-25 South toward Denver. Take the 6TH AVE WEST / US-6 W exit- EXIT 209B- toward LAKEWOOD. Take the CO-88 / FEDERAL BLVD exit on the LEFT toward US-287 N. Merge onto US-6 W / W 6TH AVE via the exit on the LEFT toward IDAHO SPRINGS. Merge onto CO-121 S / WADSWORTH BLVD. Turn LEFT onto W CRESTLINE AVE. Turn RIGHT onto W GRANT RANCH BLVD. End at **7255 W Grant Ranch Blvd.**

From the mountains/west: Take I-70 East toward Denver. Take the C-470 E exit- EXIT 260- toward COLO SPGS. Merge onto CO-470 E. Merge onto US-285 N toward DENVER. Merge onto S WADSWORTH BLVD / CO-121 S. Turn LEFT onto W CRESTLINE AVE. Turn RIGHT onto W GRANT RANCH BLVD. End at **7255 W Grant Ranch Blvd**

Hotels:

Participants and spectators from outside the Denver area may want to stay near the race site. Here are a few of the closest hotels:

1. **Holiday Inn Express Littleton**, 720-981-1000, 12683 W Indore Pl, Littleton, CO 80127

2. **TownePlace Suites Denver Southwest/Littleton Hotel**, 303-972-0555, 10902 W Toller Dr, Littleton, CO 80127

Important Information:

1. All participants must check in one hour prior to their first race. You will receive your race packet and hand stamp at check-in. All volunteers and spectators must also check in at registration to pay the \$1 use fee and get their hand stamp.
2. Crews must follow the directions of the dockmaster and other race officials.
3. Doubles and singles will wet launch.
4. There will be 5 lanes of racing with a stakeboat start. Bring bow numbers if you have them. (Some extra bow numbers will be available.)
5. Events must have at least two entries to be held (i.e., you must have someone to race against).
6. Classifications and Heats:
 - Novice - A rower who began racing within 12 months prior to the race date (June 20, 2009).
 - Juniors - Rowers who are in high school or have just graduated.
 - Open - Events are open to all classifications of rowers.
 - Races with more than 5 entries will be split into heats by gender and age group categories as needed, with a minimum of two entries needed to make a category.
 - Multiple heats for events will be run back to back.
 - You should schedule your races so that boats will be at the starting line on time. Races will not be delayed for hot seating.
7. The staging area for small boats (singles and doubles) will be on the east side of the Grant Ranch Village Center. Singles and doubles will wet launch from the boat launch adjacent to the parking area (labeled on the venue map). The staging and launch area for large boats (quads, fours, and eights) will be on the west side of the regatta site (see venue map). Mountain States EZDock will provide a dock for the large boat launch site.
8. Protective bow balls and heel ties are required on all shells for safety purposes. Crews are expected to provide their own bow balls.
9. Registration/Results will be located on the deck of the Grant Ranch Village Center.
10. Water and Gatorade will be provided for competitors and volunteers, but **please bring your own refillable bottle or container**. This is part of our effort to be more environmentally conscious and reduce the number of water bottles discarded during the regatta.
11. Portable restrooms will be available at the regatta site.
12. A heron rookery is located on the north side of the lake. All participants are required to avoid this area. The area will be marked.

Contingency Plan:

In case of inclement weather on Saturday, June 20, events will take place on Sunday, June 21 (weather permitting).

Tentative Schedule of Events:

6:00 - 7:00 a.m. - Late registration and boat prep

6:15 a.m. - Coaches/Coxswains meeting

6:30 a.m. - First call for racing

7:00 a.m. - First event begins. Races are scheduled 12 minutes apart, but may be adjusted by the race officials as needed

9:30 a.m. - Break

10:00 a.m. - Racing resumes

12:30 p.m. - Racing concludes

12:30 - 2 p.m. - Lunch will be served

Race Schedule:

1 - 7:00 Men's, Women's, and Mixed Open 2-

2 - 7:12 Men's Open 4x

3a - 7:24 Women's Open 1x (Heat 1)

3b - 7:36 Women's Open 1x (Heat 2)

4 - 7:48 Men's Junior 1x

5 - 8:00 Men's Novice 1x

6a - 8:12 Women's Open 4x (Heat 1)

6b - 8:24 Women's Open 4x (Heat 2)

7 - 8:36 Men's Open 4-/4+

8a - 8:48 Mixed Open 2x (Heat 1)

8b - 9:00 Mixed Open 2x (Heat 2)

9 - 9:12 Men's and Women's Junior/Novice 4x

10 - 9:24 Men's Open 8+

BREAK

11a - 10:00 Women's Open 2x (Heat 1)

11b - 10:12 Women's Open 2x (Heat 2)

11c - 10:24 Women's Open 2x (Heat 3)

12a - 10:36 Men's Open 1x (Heat 1)

12b - 10:48 Men's Open 1x (Heat 2)

12c - 11:00 Men's Open 1x (Heat 3)

13 - 11:12 Women's Open 8+

14a - 11:24 Men's Open 2x (Heat 1)

14b - 11:36 Men's Open 2x (Heat 2)

15 - 11:48 Women's Open 4-/4+

16 - 12:00 Women's Junior/Novice 1x

17 - 12:12 Mixed Open 4x

18 - 12:24 Mixed Open 8+

The race schedule may change depending on the number of entries received in each race. Schedule changes will be posted as soon as possible after registration closes.

2009 Row the Rockies Regatta Entry Form

June 20, 2009

Please use a separate form for each event entered. Lunch reservations should be included on only one of the entry forms.

Fill out the form completely. Signed liability waivers are **required** to participate. Waivers will be available at registration on race day. Mail this entry form with your entry fee (\$31 check or money order made payable to **Rocky Mountain Rowing Club**), postmarked by June 10, 2009, to the address below. The entry fee is \$36 for late entries, including race day entries.

Mail to:

Row the Rockies
PO Box 370181
Denver, CO 80237

Club/Organization _____

Event _____

Seat	First Name	Last Name	Age
Bow	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
8	_____	_____	_____
Coxswain	_____	_____	_____

Contact Information for Entry

Name _____

Street _____

City _____ State _____ Zip _____

Telephone (____) _____ Email _____

Number for Lunch _____ (\$5 per person; do not duplicate)

Course Map



Venue Map

