



The Fifth Annual Row the Rockies Regatta

Bowles Reservoir at Grant Ranch, Littleton, Colorado
Saturday, July 16, 2011

Regatta Information and Registration Packet

The Rocky Mountain Rowing Club invites you to join us for the Fifth 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.

Entries & Registration:

Please register by July 6, 2011. Late entries will be allowed only if space remains in existing heats. The entry fee is \$35 per competitor. The fee includes a \$1 use fee for the Grant Ranch facility plus a Row the Rockies refillable water bottle. 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, paid in advance or the day of the race. Make checks payable to Rocky Mountain Rowing Club.

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/RowTheRockies2011>. Please note that registration is a two-part process: a) Register competitor; b) Enter boat and crew. All members of a crew must be named, registered, and paid before the crew is entered in an event. 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 c/o Linda Browning
19194 Silver Ranch Road
Conifer, CO 80433

Mailed entries must be postmarked no later than July 6, 2011. A \$5 late registration fee will apply to entries postmarked after July 6, 2011.

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. An awards ceremony will be held after the final race. Competitors who must leave early may pick up their medals from the results table at the marina.

Vendors:

Additional water bottles, as well as rowing apparel, will be available for sale on the Village Center deck.

Regatta Site:

The Grant Ranch Village Center clubhouse is located at 7255 W. Grant Ranch Blvd. in Littleton, CO. It is located about 1/2 mile east of Wadsworth Blvd. between Bowles and Belleview Ave. Online directions such as Yahoo, MapQuest, and Google are incorrect, giving a marker that is 2/10 mile west of the actual location. If you look at the satellite view, you can identify the clubhouse location by the marina, swimming pool, parking lot, and circle drive. When driving, look for the big flag pole and swimming pool.

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

Parking and Trailer Loading/Unloading:

Parking at the Grant Ranch Village Center is restricted to Grant Ranch residents after 9:30 a.m. (when the swimming pool opens), and parking along Grant Ranch Boulevard is not allowed at any time. Boat trailers and regatta participants may use the Grant Ranch parking lot to unload on Friday evening or prior to 9:30 a.m. Saturday. **All vehicles must park at the Grant Ranch School**, 5400 South Jay Circle (1/2 mile east of the Village Center, on Grant Ranch Boulevard). You are encouraged to carpool and bring a bicycle if you wish. Bicycles may be chained to the Village Center fence for security.

We are guests of the Grant Ranch Village Center and must not block access by the residents to their facilities. Thank you for your understanding and cooperation.

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. All boats 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 after July 15, 2010.
 - Juniors - Rowers who are in high school or have just graduated.
 - Masters - Rowers who are at least 21 years old as of December 31, 2011. Masters races will be age handicapped according to the USRowing Rules of Rowing.
 - Open - Open events are open to all rowers and will not be age handicapped.
 - Races with more than 5 entries by the entry deadline will be split into heats by gender and age group categories as needed, with a minimum of two entries needed to make a category. Late entries will be accepted only for existing heats.
 - Multiple heats for the same event 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 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). All boats will wet launch.
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 refillable water bottles will be provided for competitors and volunteers. This is part of our effort to reduce the number of water bottles discarded.
11. 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, July 16, events will take place on Sunday, July 17 (weather permitting).

Tentative Schedule of Events:

- 6:00-7:00 a.m. Late registration and boat prep
- 6:15 a.m. All rowers 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
- 1:00 p.m. Racing concludes
- 1:00-2:00 p.m. Lunch will be served
- 1:30 p.m. Awards ceremony

Race Schedule:

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.

- 7:00 a.m. Open Mens 1x
- 7:12 Master Womens 1x
- 7:24 Novice/Junior Mens 1x
- 7:36 Novice/Junior Womens 1x
- 7:48 Master Mens 4x
- 8:00 Junior Mens 4+
- 8:12 Master Womens 2x
- 8:24 Junior Womens 2x
- 8:36 Open Mens 8+
- 8:48 Master Womens 4x
- 9:00 Novice Mens 2x
- 9:12 Open Womens 1x
- 9:24 Master Mens 2x

BREAK

- 10:00 a.m. Master Womens 4+
- 10:12 Master Mixed 2x
- 10:24 Junior Mens 4x
- 10:36 Open Womens 2x
- 10:48 Open Womens 8+
- 11:00 Open Mens 2x
- 11:12 Junior Womens 4x
- 11:24 Master Mens 1x
- 11:36 Master Mens 4+
- 11:48 Open Mixed 2x
- 12:00 p.m. Junior Mens 2x
- 12:12 Master Mixed 4x
- 12:24 Novice Womens 2x
- 12:36 Junior Womens 4+
- 12:48 Master Mixed 8+

Course Map



Venue Map



To pay by credit card, register online at <http://rockymountainrowing.org/RowTheRockies2011>.

2011 Row the Rockies Regatta July 16, 2011

Please use a separate form for each competitor. 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 (\$35 check or money order made payable to **Rocky Mountain Rowing Club**), postmarked by July 6, 2011, to the address below. The entry fee is \$40 for late entries, including race day entries.

Mail to:

Row the Rockies c/o Linda Browning
19194 Silver Ranch Road
Conifer, CO 80433

Competitor Registration

First Name _____ Last Name _____

Gender (Check One): Male Female Age on 12/31/11 _____

Street _____

City _____ State _____ Zip _____

Telephone (____) _____ Email _____

Club Affiliation _____

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

To pay by credit card, register online at <http://rockymountainrowing.org/RowTheRockies2011>.

2011 Row the Rockies Regatta July 16, 2011

Please use a separate form for each boat.

Fill out the form completely. Please remember that boat entries are not considered final until all competitors in the boat have paid their registration fee. Note: You may unload boats on Friday evening or early Saturday morning, but there is no parking at the Grant Ranch Village Center after 9:30 am on Saturday. Regatta participants may park at the Grant Ranch School, 1/2 mile east on Grant Ranch Blvd. Carpooling is encouraged, and you may bring a bicycle if you wish.

Mail to:

Row the Rockies c/o Linda Browning
19194 Silver Ranch Road
Conifer, CO 8043

Boat Entry Form

Club/Organization _____

Event _____

Seat	First Name	Last Name	Age on 12/31/11
Single	_____	_____	_____
Bow	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
8	_____	_____	_____
Coxswain	_____	_____	_____

Contact Person for Entry _____

Email Address _____