

Polar Bear Regatta - Sandy Run Regional Park(Occoquan), VA

March 21, 2020

REGATTA FAST FACTS:

- **The Venue:**
 - 10450 Van Thompson Road, Fairfax Stations, VA 22039
 - 45 minute ride dependent on traffic+ additional travel time from off-site parking and within park; carpooling recommended
- **Gates Open:**
 - 6:00am
- **Parking:**
 - \$20 cash only; \$5/person satellite parking shuttle
- **Facilities:**
 - Mostly Port-a-john. Bathroom facilities only at grandstand.
- **Racing Starts:**
 - 1000
- **Athletes Should Bring:**
 - MCC gear and a full change of clothes.
 - Optional: Sleeping bag or blanket/towel to lay on ground under tent cover, hammocks to string between trees at tent

Additional Regatta Information:

- Wear walking shoes!! MCC tent is approximately .5 miles of hilly terrain (some of it paved) from grand stand/finish line of race. You cannot see the race from the tent.
- At grandstand by finish line there is a semi-covered, concrete viewing area, a concession stand and bathroom facilities.
- MCC food for rowers and fans will be provided at MCC tent. Food for purchase available at boat launch and grand stand snack bar. No grills allowed at this park.
- No MCC buses for local regattas. Carpooling highly encouraged due to limited/costly parking. On-site parking fills up very early in the morning.
- Monitor Twitter @VASRA Parking for updates for when on-site parking is full. Once full, cars are directed to off-site parking at 12849 Gordon Blvd, Woodbridge, VA. Shuttles to/from off-site lot to race site is \$5 cash PER PERSON.
- Rower/Volunteers can be dropped off at the 1st lot (Van Thompson) for a free shuttle into the park. You can pick them up there as well. If you want to go past the Van Thompson lot for any reason, you will need to pay the parking fee.

- There are three routes to the Sandy Run grand stand/finish line from the park/tent areas:
 - by shuttle bus (\$3 per person) from the upper Parking Lot "C" (5 minute ride) with short walk on paved path
 - by foot on the path from the Parking Lot "C" (1/2 mile on a winding and hilly path)
 - by foot on the path from the boathouse (3/4 mile on a winding and hilly path - about a 20 minute walk)

The Schedule:

- 8 AM – all rowers report to the MCC tent
 - 8:30 AM – breakfast available
 - 8:00 AM – coaches meeting
 - 8:00 AM - Coxs' meeting
 - 10:00AM - RACING BEGINS
 - 1:30PM Guestimated departure time
- Available rowers meet at TBC afterwards to re-rig boats

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Off Site parking location is opposite this address:
 12849 Gordon Blvd. (Rt. 123) Woodbridge.
 Directions: Turn south on Rt. 123. Proceed 4.8 miles, crossing the Occoquan River.
 The parking lot is on the right, the old Hechinger's location, at the intersection of Rt. 123 and Old Bridge Rd.
 Shuttles will be in position when Sandy Run lots fill.
 It is our intention that a shuttle will leave the off site parking every 30 minutes.
 There will be an attendant on the shuttles collecting the shuttle fee, which is \$5 per person

