

ITHACA COLLEGE CREW – RACE ITINERARY

Race; Head of the Schuylkill Regatta 10/26/2019
Location; Philadelphia, PA
Participating schools: A lot!
Departure Time – location One bus, 52 participants, load at the A & E Center north side loading dock.
Bus loads at 5:00pm, Friday, 10/25. Depart by 5:15, drive to directly to hotel; Spring-Hill Suites, Plymouth Meeting, PA. 430 Plymouth Road, 610-940-0400.

FOLLOW POLICE PARKING INSTRUCTIONS CAREFULLY...PHILLY POLICE ARE NOT TO BE MESSED WITH!

- **Directions to the hotel;** Spring Hill Suites, 430 Plymouth Road, Plymouth Meeting, PA.
Leave Ithaca on route 96B south (or route 79 east) to I-81 south. Exit I-81 at Clark's summit, get on Penn Turnpike south. Follow turnpike (toll road) south almost to the end, proceed west on I-276. Exit almost immediately at exit 333 towards Norristown, loop around, keep left at the fork, follow signs for Plymouth Road. Proceed ½ mile to destination on the right.
- **Directions to Race Course;** Return to I-476 to I-76 east towards Philadelphia. On I-76, exit left on Kelly Drive, follow this along river and follow parking instructions. Traffic on Kelly Drive will be diverted at the regatta site. Go through the traffic barrier as instructed by local officials. Bus parking will be on the road. Athletes look for the Ithaca shell trailer at the general launch site south of the finish line on Kelly Drive. Find regatta instructions and details at www.hosr.org.
- **Race Schedule.** Speak with your coach about arrival and launch times. Everyone should be at the trailer at least 90 minutes before race time. ALL RACES ARE ON SATURDAY, 10/26
Men's 4 – 11:00am. Mfr/nov 8 – 12:30pm Wfr/nov8 – 12:50pm.
Mclub8 – 2:15pm. women's club (ltwt) 8 – 2:35pm. Men's champ8 – 4:05pm.
All race times are subject to change. CREWS LAUNCH 45 MINUTES PRIOR TO RACE TIME

Race notes: Approx. 4k head race. Very crowded with long carries to the dock and long waits at the dock.

Other Information: Don't forget your racing uniform. Bring warm clothes, rain gear. Changing facilities will be limited, and space near the trailer will be tight. A little spending \$ may be very handy.

Food: Eat dinner before boarding the bus. Snacks will be available at the hotel (9pm). Breakfast provided by the hotel (7:30am). Snack food provided at trailer during the day. Bus will stop for dinner on the way home

Return to Ithaca: After racing on Saturday, we will load trailer and board bus as a group. Bus will load and leave at 5:30pm. Bus may drive directly back to Ithaca or stop at Wegmans Allentown for a food break. DRIVE SAFELY AND LOOK AFTER EACH OTHER. Ithaca ETA 10:30pm.

Saturday time-line;
7:30am - Breakfast at hotel
8:15am – depart for race course
9am – arrive at race course.
Athletes rig shells and race, de-rig and load.
5:30pm – depart for Ithaca College.
7pm – stop for dinner break (tentative).
10:30pm – ETA Ithaca College.