

ITHACA COLLEGE CREW/ SCULLING – RACE ITINERARY 9/26-27

Race: *Head of the Fish*

| | |
|----------------------------------|--|
| Location: | Lee's Park, 1464 NY 9-P, Saratoga Springs, NY |
| Participating Schools: | Binghamton, Colgate, Gordon, Iona, MIT, Ridley, St. Lawrence, UConn, Tufts, U Buffalo, Wm Smith, many clubs... |
| Departure Time/ Location: | Meet at 5:30 for 5:45 pm departure Friday / A&E Center Loading Dock Athletes, please eat dinner before meeting the bus. |
| Drive Time: | 3 hours to Hotel Friday. 45 min Hotel – Course Saturday. 3.5 hours Course – Ithaca Sunday not including dinner stop. Bus movies rated PG-13 or milder are welcome. |
| Friday Meals: | Eat dinner in Ithaca before meeting the bus. Snacks will be available at the hotel, but are not a substitute for dinner. |
| Hotel: | Comfort Inn & Suites – 99 Miller Road. Castleton, NY 12033 7 Athlete rooms. 1 Coach room. 1 Bus Driver room. |
| Ithaca to Hotel: | (Overview as copied from Google Maps.) Take NY-79 E, NY-206 E and I-88 E to I-90 E (right side) toward Albany. Take exit 24 (left side) for I-87 N/I-90 E toward Albany/Montreal. Take exit 10 for Miller Rd toward Schodack Center. Hotel is on the Right immediately after the exit. |
| Race-day Morning: | Hotel Breakfast 6 am. (bagels, fruit, waffles, cereal, yogurt, eggs) Depart hotel at 6:30 for 7:15 arrival. |
| Hotel to Racecourse: | Return to I-90 WEST from Miller road. Take exit 6A for I-787 N, exit 9W for I-87 N (via NY-7 W), and exit 14 to NY-9P S/Union Ave in Saratoga Springs. Follow 9-P S until you cross Fish Creek. Lee's Park will be on the left immediately after the bridge. |
| Event Schedule: | IC will race in the following events: C1x 9:15am, C2x 9:32am, O2- 9:57am, OL1x 11:17am, CN4+ 11:22am, O/C4x 1:06pm, OL2x 2:37pm, M2x 2:59pm, C4+ 3:57pm. We should be loaded & ready to depart the course by 5pm. |
| Support Tent: | A google doc has been set up to help coordinate food for lunch and refueling between races. Fans, please SAVE RECEIPTS from any purchases you make for the tent & hand them off to a coach at the regatta. https://docs.google.com/spreadsheets/d/1yKrg7XJZfYL496hzUuTyxsdNBLLgI_OHSglOrEwRKYs/edit#gid=1699351348 |
| Return Trip: | Depart course by 5pm. Bus will make a dinner stop approx. 35 minutes into the drive home. Estimated arrival in Ithaca: 9:15pm. |
| Dinner Stop: | Whole Foods Market, 1425 Central Ave, Albany, NY 12205. (exit 2E from I-87 S) Athletes will be given cash to purchase their own dinner. |
| Race Notes: | 3.5k head race. Course begins with an S-turn then opens to 2k of straight, wide water. Racing crews pass the spectator area in the last 500. Finish line is near launch/ landing docks. Weather & mud are NOTORIOUSLY BAD at this race!! Pack plenty of racing layers, rain gear, warm layers and WATERPROOF SHOES for your time at the course. Bring ANOTHER set of warm, dry clothes for the ride home. Be informed, courteous competitors (quick on the dock, on time, know which ways to pass and yield on each part of the course). Travel safely & look out for each other. |