

Rock Ridge Crew – Regatta Frequently Asked Questions

- Regatta Site

- Most regattas take place at **Sandy Run Regional Park** (Occoquan Reservoir).
- 10450 Van Thompson Road, Fairfax Station, VA 22039
- [Map & Directions](#)

- Athlete Transportation

- Rowers/coxswains are responsible for their own transportation to and from regattas.
- Drop-off times vary by event and will be communicated in TeamSnap.
- Athletes stay for the **entire regatta day** (from arrival until after the trailer is unloaded back at Beaver Dam).

- Parking & Shuttles

- **No on-site parking for spectators** at Sandy Run.
- Spectator lots (depending on the regatta):
 - **South County High School** (8501 Silverbrook Rd, Lorton, VA 22079)
 - **Commuter Lot** (1325 Old Bridge Rd & Rt. 123, Woodbridge, VA 22192)
- Shuttles run from 7:30 AM until 1 hour after the last race.
- \$10 cash each way per person.
- **Volunteer Parking:** On-site parking in Lot D is **ONLY for VASRA volunteers**. Parent volunteers helping with Rock Ridge Crew (hospitality, tent, food, etc.) must still use the shuttle system.

- Getting to the Grandstands

- From Lot C at Sandy Run, it's a 15–20 min hilly walk to the grandstands.
- A shuttle bus (\$5 cash each way) is available to drop off near the finish line.
- Grandstands are concrete—bring a cushion if you plan to sit.

- What to Bring

- RRCrew uniform
- Layers for changing weather, rain gear, extra socks
- Athletic/hiking shoes
- Blanket, chair, hammock, or cushion
- Sunscreen, sunglasses, hat, insect repellent
- Reusable water bottle, snacks, and/or cash for concessions & regatta T-shirts
- Trash bags (to keep gear dry), wipes/hand sanitizer, toilet paper
- Binoculars & camera

- Food & Drink

- Rowers must stay hydrated—bring a filled reusable water bottle.
- Light snacks and drinks are provided by the team.
- Pack your own lunch/snacks OR purchase food from concessions (cash recommended).
- No grills, open flames, smoking, or alcohol allowed at Sandy Run.

- **Race Information**
 - **Heat Sheets** (race schedule) posted on [VASRA](#) Thursday/Friday before regattas.
 - Times may change due to weather/no-shows—be flexible!
 - **Results:** “Regatta Live Results” link on [VASRA homepage](#). Updates are live but may take ~10 minutes for close races.

- **Timing & Expectations**
 - Races can begin as early as 8:00 AM, which often requires the team to arrive at Sandy Run by 6:00 AM.
 - Athletes must stay for the **entire regatta**, even after racing, to help rig/derig boats and support teammates.
 - Parents: Arrive **at least 1–1.5 hours before your athlete’s race** to allow for parking, shuttle, and walking.

- **Spectating**
 - Grandstands provide a great view of the final 500m (bring binoculars for the rest).
 - Coordinate group cheers—our goal is to be the loudest section on the shore!
 - Wear Rock Ridge gear/colors so we can find each other.

- **Weather & Cancellations**
 - Regattas continue in rain and cold weather unless conditions are deemed unsafe (such as lightning, high winds, or severe storms).
 - In the past, some races have been canceled due to weather.
 - Please make sure athletes dress appropriately and bring extra layers for warmth. Always bring layers, blankets, rain gear, and extra clothes for your rower.

- **How Parents Can Help**
 - Volunteer at regattas (hospitality tent, food, trailer, etc.).
 - Help with **end-of-day pack-up** (tents, food, equipment).
 - Donate snacks, water, and supplies when requested.

- **Learn More**
 - [USRowing Rowing 101](#) – glossary, race watching tips, and beginner’s guide.