

La Conner 2022



Sound Rowers

Notice

This presentation is the pre-race meeting. All important aspects of the race will be covered. If you have questions they can be answered at the Zoom meeting, by email to the race director, or at check-in on the morning of the race

Race Information

- Date: February 5, 2022
- Start: 9:45 early start, 10:00 rowers, 10:05 Paddlers
- Distance: 7 miles long course, 3 miles short course
- Location: La Conner Boat Launch, Start/finish under Rainbow Bridge
- Lunch and awards at Pioneer Park above the boat launch

Race Director: Kevin Olney

text: 360-220-0247

[email: olneykc@hotmail.com](mailto:olneykc@hotmail.com)

Sponsors and Thanks

- Giant Fish paddling gear
- Pacific Multisports
- Brandon Nelson Partners
- The Town of La Conner
- Skagit Sheriffs
- Skagit Bay Search and Rescue
- The amazing volunteers!!



Directions to the Start

Leave I-5 at exit 230. Follow SR 20 west. Turn left at La Conner Whitney Rd. Just as you enter La Conner take a left onto Maple.

Right at Caledonia. Left at 3rd St. S.

Right at Sherman. Follow Sherman to the boat ramp and parking under the orange arched bridge

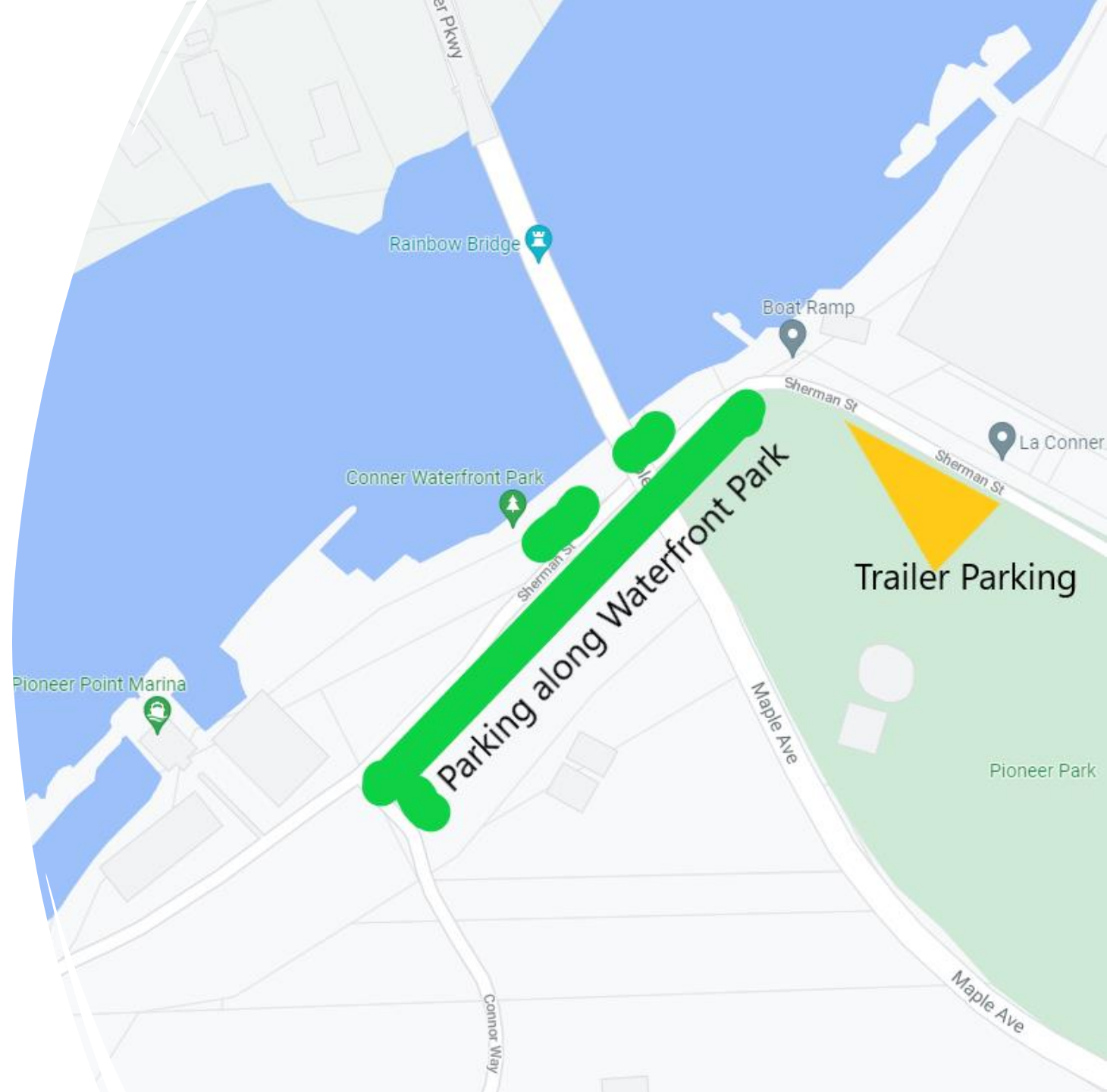
La Conner Boat Launch

1218 Conner St.

La Conner, WA 98257

Parking

- Please leave boat trailer parking open for those launching trailered boats
- Check-in and day-of registration will be at the Pioneer Park picnic shelter located up the trail from the parking area



Check-in Procedure

- If you registered online before 9:00 PM on Feb 4 then your race number and timing chip will be waiting for you at the Pioneer Park picnic shelter for contactless pick up. Go to the tables to the **RIGHT**
- If you registered online after 9:00 PM on Feb 4 or have not registered, then see the volunteers at the table to the **LEFT**

Day-of Registration -->



<-- Pre Registered

Boat Requirements

- Your boat must be safe, seaworthy and appropriate for open water
- Race number to be fixed securely to the top of bow or stern. Duct tape will be provided
- Timing chip to be attached to PFD or clothing above the waist. They work best when not in pockets or covered by clothing

Personal Requirements

- You must have a Coast Guard approved PFD on board your vessel
- You must carry a noisemaking device such as a whistle or horn
- You must be capable of self-rescue in any conditions that may be present on race day
- Surfskis, Outrigger Canoes and Stand-up Paddleboards must have a functional leash attaching paddler to craft
- Failing to meet these requirements will result in disqualification from the race

Where and When to Launch

Warm up on the water at any time before the race but stay clear of the start line. **Stay north of the bridge from 9:45 to 10:00.**

Leave boat launch free for larger rowing vessels.

Smaller craft can use sandy beach at the south end of the waterfront park.

Start Sequence

Early Start: 9:40 – 5 short blasts

9:43 – 2 short blasts

9:45 – 1 long horn: Go!

Rowers: 9:55 – 5 short blasts

9:58 – 2 short blasts

10:00 – 1 long horn: GO!

Paddlers: 10:03 – 2 short blasts

10:05 – 1 long horn: GO!!

Race Course

- Start line is the Rainbow Bridge
- Head South out the channel to the Hole in the Wall
- Short course turns counter-clockwise around an orange inflatable buoy and returns
- Long course continues west past Goat Island to the Green #1 Mark
- Round the mark counter-clockwise and stay right on the return
- Finish is the Rainbow Bridge



The turn
Stay right



Dangers

- **Strong currents may be present.** Be cautious around channel markers, log booms and docks
- **Watch for commercial and recreational boaters.** Give room to any vessels you encounter
- **Beware under water hazards** along the shorelines that may damage rudders or keels.

Safety

- PFD and whistle are required
- You must have the ability to self-rescue
- Surfskis, OCs and SUPs must have a securely attached leash
- High visibility clothing is recommended
- Please carry a VHF radio and/or cell phone in a waterproof bag
- Use good and honest judgement about your abilities and the conditions present

Safety, continued

- You are obligated to aid any racers in distress. Be sure they are in their boat and underway before leaving them. You will be credited for time spent assisting
- If you require assistance, signal one of the 4 safety boats by waving your hand, paddle or oar over your head
- If race is cancelled AFTER the start, safety boats will fire signal flares and direct racers to shore

Whales

If you encounter a Southern Resident Killer
Whale you must maintain 400 yards distance

At the Finish

- Your finish will be signaled by a short blast from the horn
- Please keep clear of the finish line after you have completed the race
- Return your timing chip to the Timer's tent as soon as possible
- Head to the shelter for lunch and awards

Lunch

- We will be serving a variety of hearty soups to refuel you after the event
- We are still very concerned about the spread of COVID-19. Please be respectful of everyone's space
- Wear a mask over nose and mouth when in restrooms or within 6' of others

Awards

- Ribbons will be presented to the top three finishers in each category
- Special laser-cut awards will be given to the top overall Female, Male and Mixed finishers

Awards By: Elastic Laser

Thank You

We appreciate your participation in this Sound Rowers event

It is you who continues the legacy of fun and competitive racing

Please attend the pre-race Zoom meeting for any clarifications or last-minute changes

