

LA CONNER 2023

Sound Rowers

NOTICE:

This presentation constitutes 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 4, 2022
- Start: 9:45 early start, 10:00 rowers, 10:05 Paddlers
- Distance: 7 miles long course, 2.7 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: olneykc33@gmail.com](mailto:olneykc33@gmail.com)

Sponsors and Thanks

- Giant Fish paddling gear
- Elastic Laser awards
- Brandon Nelson Partners
- Pacific Multisports
- 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
105 Sherman St
La Conner, WA

Parking

- Please leave boat trailer parking open for those launching trailered boats. There is plenty of parking along the waterfront park and at the south end of the street
- 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 3 then your race number will be waiting for you at the Pioneer Park picnic shelter for pick up. Please confirm your Boat Class, Course Length and Start time with the volunteers.
- If you registered online after 9:00 PM on Feb 3 or have not registered, then see the timing crew to complete your entry.
- Enter on the **LEFT** exit to the **RIGHT**

Enter Registration →



Exit →

Boat Requirements

- Your boat must be safe, seaworthy and appropriate for open water.
- Kayaks and rowing shells under 13' and paddleboards under 10' in length are prohibited.
- Race number to be fixed securely to the top of bow or stern. Duct tape will be provided.

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.

Please don't crowd the boat launch. Some larger rowing vessels need the space.

There is a sandy beach at the south end of the waterfront park that is suitable for hand-carry craft.

You may get on the water at any time before the race to warm up but please stay clear of the start line from 9:45 to 10:00.

There is plenty of space to warm up north of the bridge

Where and When to Launch

Start Sequence

Early Start: 9:40 – 5 short blasts

9:44 – 2 short blasts

9:45 – 1 long horn: Go!

Rowers: 9:55 – 5 short blasts

9:59 – 2 short blasts

10:00 – 1 long horn: GO!

Paddlers: 10:04 – 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

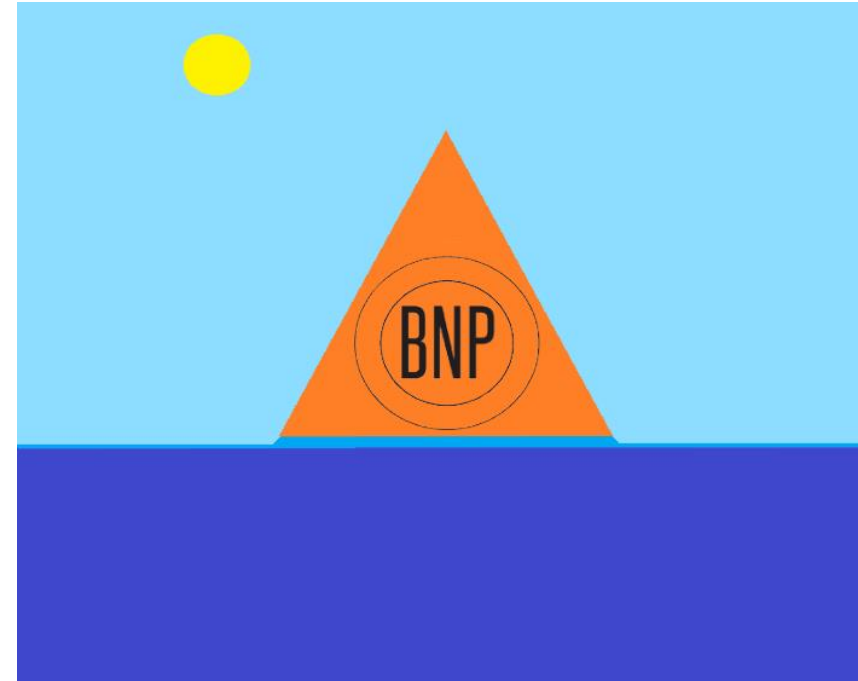
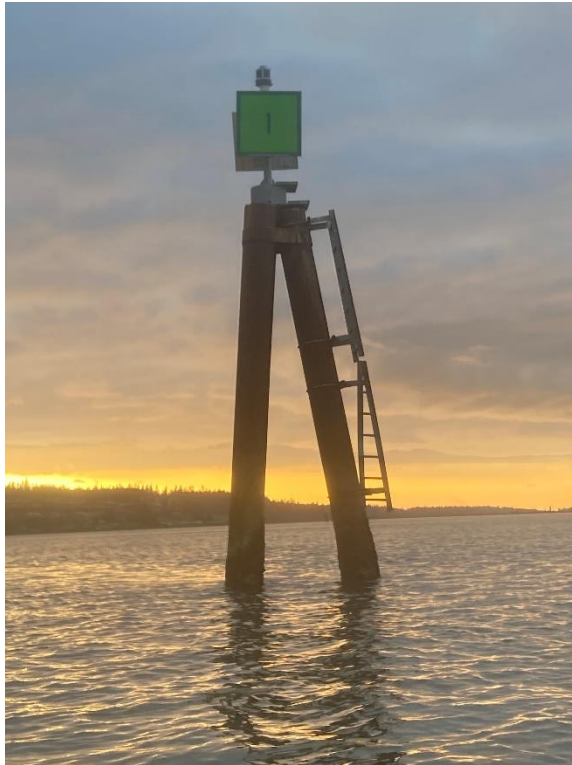
Course Map

Please stay to the right side of the channel to avoid oncoming vessels.



Turn Marks (Round Counterclockwise)

Long Course



Short Course

Dangers

- Strong currents may be present. Be cautious around any fixed object such as channel markers, log booms, docks or jetties.
- The Channel is used by many commercial and recreational boaters and is restrictive to navigation. Give room to any vessels you encounter.
- There are 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. Time spent assisting will be credited to you.

There will be 4-5 motorized safety boats on the water. If you require assistance signal them by waving your hand, paddle or oar over your head.

In the event of a cancelation of the race AFTER the start, the safety boats will fire signal flares and direct racers to return 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 race number 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 and sandwiches to refuel you after the event. If you have any dietary restrictions, please notify the servers.

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.
- The Perseverance Award will be presented to the racer who spent the most time on the course.

Thank You

We appreciate your participation in this Sound Rowers event.

Thank you for continuing the legacy of fun and competitive racing in the Northwest.

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

