

# Directions to Head of the Fish 2009

**NOTE: BY ASSOCIATION RULES, ATHLETES (ROWERS AND COXSWAINS) ARE FORBIDDEN TO DRIVE THEMSELVES TO AND FROM RACES. ANY ONE VIOLATING THIS RULE WILL NOT BE PERMITTED TO RACE AND WILL BE DISMISSED FROM THE TEAM.**

## INFORMATION AND DIRECTIONS TO REGATTA SITE

**Location of Event:** Lee's Trailer Park. Saratoga Springs NY. Please respect the property by cleaning up after yourselves, putting all trash in the dumpsters before you leave, not trespassing on the various trailers already existing in the park, and staying off of the private docks along the shore.

**Parking Costs** Parking is available at Lee's Park charge \$10 per vehicle. We have no control over this. There will be no parking in the staging area for the athletes/boats.

### **(If you take the Taconic State Parkway, follow these directions)**

Taconic State Parkway to Thruway/I-90 WEST.

Continue on I-90 West to exit B1 towards Albany, NY.

Go through Albany on I-90 West to exit 1N to merge into I-87 North (the Northway).

Continue North on I-87 (The Northway) to Exit 14.

Take a left at the exit ramp onto Route 9P south toward Saratoga Lake.

Follow 9P south for 2 miles; over the bridge at Fish Creek and take your immediate LEFT. The entrance for Lee's Park is straight ahead.

### **(If you take the Thruway from New Paltz, follow these directions)**

Take I-87 (NYS Thruway) North toward Albany, NY (**NOTE: You have to exit the Thruway at exit 24 and follow I-87 north.** If you do not exit here you will end up on the I-90 section of the thruway and be on your way to Buffalo.)

Take I-87 (The Northway) NORTH to exit 14.

Take a left at the exit ramp onto Route 9P south toward Saratoga Lake.

Follow 9P south for 2 miles; over the bridge at Fish Creek and take your immediate LEFT. The entrance for Lee's Park is straight ahead.

**For GPS:** Use Saratoga Rowing Association's address (543 Union Ave, Saratoga Springs, NY). Do not turn left into the SRA parking lot. Instead, cross over the bridge and make the first left into Lee's Park.

**Special Note: THE BRIDGE IS NOW ONE (1) LANE AND GETS VERY CONGESTED.** Directions for avoiding the bridge (Left on Meadowbrook Rd., Right on Stafford's Bridge Rd., Cross river at the Start. Right on Fitch Rd., Right on Rt. 9P. Right into Lee's Park.

Driving time to the site is approximately two (2) hours. Lost? Running Late? Call: Coach Stasaitis (845) 591-5306

**COACHES and COXSWAIN's meeting is at 0630. ALL Coxswain's are expected to be there.**

**ALL NOVICE ROWERS** must be at the shell carrier **no later than** 0630 to rig.

**ALL OTHER ROWERS** are to be at the shell carrier **no later than** 1100.

**NO ROWERS ARE ALLOWED TO LEAVE THE RACE SITE UNTIL OUR LAST RACE (1640 hours) IS COMPLETED AND ALL BOATS AND EQUIPMENT ARE LOADED ON THE TRAILER, AND THE AREA IS CLEANED UP.**