

To all PRC families and athletes:

This Sunday, March 14th 2010, the Pacific Rowing Club will be racing in its 4th league race of the season in Oakland, CA against teams from Los Gatos, Serra HS and the Oakland Strokes. The race will take place on the Oakland Estuary, an open body of water that serves as a shipping channel and inner harbor near the Port of Oakland. The race will be 2000 meters long, starting at the bottom of Coast Guard Island, and finishing at the Jack London Aquatic Center boathouse, home of the Oakland Strokes. ***Being only 4 teams are racing, the day is expected to be shorter than our last regatta, with the exception that the Pacific women will be returning to the PRC boathouse to wash and rig boats after the day's racing.***

**PARENTS:** Only a short walking distance from the Oakland BH is Jack London Square, where parents can grab some eats, get coffee, visit the farmer's market, etc. It's a great place to visit if you need a break!

***\*\*\*SPECIAL NOTE: Daylight Savings Time begins on Sunday morning--YOU WILL HAVE TO SET YOUR CLOCKS 1 HOUR FORWARD WHEN YOU GO TO BED SATURDAY NIGHT. VERY IMPORTANT--PLEASE REMEMBER--NO LATE ROWERS--RESET YOUR CLOCKS!***

Below is the itinerary for the day. Race schedules will be available the day of racing.

**SCHEDULE:**

5:45 Athletes meet at PRC

6:00 Carpools depart PRC

6:45 Arrive Oakland Strokes boathouse--rowers immediately unload & rig boats.

7:00 Coach & coxswain meeting

8:00 Racing begins

11:00 Racing ends

**12:00 PRC men depart for home, PRC trailer & all women depart for PRC boathouse (the men load the trailer on Saturday, so the women unload on Sunday).**

1:00 PRC women unload, wash and rig boats

3:00 PRC women depart for home.

**DIRECTIONS:**

***THIS IS A PARENTAL CARPOOL EVENT--ALL ATHLETES MUST BE IN PARENT-DRIVEN CARPOOLS--PLEASE DRIVE SAFELY--PLEASE BRING MONEY FOR GAS!***

Take the Bay Bridge towards Oakland

Stay on 580 east

Go past the Highway 24 exit, staying on 580 east

Look for and take 980 towards downtown Oakland

Stay in the middle lanes.

As 980 begins to rise up and cross 880, get in the right lane.

Take the Jackson Street exit.

At the bottom, go straight ahead several blocks.

Turn right on Oak Street (@ the SHELL GAS STATION).

Cross the RR tracks, swing around the curve to your left.

Look for the Oakland boathouse on your right--you will be directed to nearby parking.

**HOSPITALITY:**

All rowers must eat some sort of breakfast prior to meeting at the PRC BH, and should bring a bag lunch. Hospitality will be light, due to the short race day. There are no lunches being offered on-site. All rowers must also bring water bottles for hydration/refills during the day.

**WEATHER:**

The weather is expected to be pleasant, with temperatures in the mid-60's. However, it will be chilly while racing, so make sure your rowers bring plenty of warm clothes.

**RACE SCHEDULE:**

As always, subject to change. Here is the current schedule:

**March 14th Race**

**7:00 Coach and Coxswain meeting**

		<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
8:00	W FR 8+	LGRC	OAK	PRC-A	PRC-B	
8:10	M FR 8+	OAK	SERRA			
8:20	MV 8+	PRC	LGRC	OAK	SERRA	
8:30	WV 8+	OAK	PRC	LGRC		
8:40	M 3V 8+	OAK-A	SERRA	PRC	OAK-B	
8:50	M JV 8+	SERRA	OAK	PRC	LGRC	
9:00	W 3V8+	LGRC	OAK-A	OAK-B		
9:10	W JV 8+	PRC	LGRC	OAK		
9:20	M N-A 8+	PRC	LGRC	OAK		
9:30	W N-A 8+	OAK	PRC	LGRC		
9:40	M Open 4+	LGRC	OAK	SERRA	PRC	
9:50	M Open 4+-B	OAK-B	SERRA-B	LGRC-B		
10:00	W Open 4+	OAK	PRC	LGRC-A	LGRC-B	
10:10	M N-B 8+	OAK	PRC	LGRC		
10:20	W N-B 8+	PRC-B	LGRC-B	OAK-B		
10:30	M LT 8+	PRC	LGRC	SERRA	OAK	
10:40	W LT 8+	OAK	LGRC			
10:50	M N4+	LGRC-A	SERRA	OAK	LGRC-B	
11:00	W N-C 8+	LGRC-C	PRC-C	OAK-C	LGRC-D	OAK-D
11:10	W N4+	OAK	LGRC			
<b>11:20</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
<b>11:30</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
11:40	M Lt 2x	OAK	LGRC			

The PRC coaching staff looks forward to seeing you at the races to cheer on our rowers! See you then!

Sincerely,  
 Bob Maclean  
 Head Coach  
 Pacific Rowing Club