

LA CONNER 2024

Sound Rowers

NOTICE:

This presentation covers important aspects of the race. If you have questions they can be answered by email to the race director, or on the morning of the race. There will be a Pre-race meeting at 9:15 near the boat launch.

Race Information

Date: February 3, 2024

Distance: 7 miles long
course, 2.7 miles short
course

Start: 9:45 Early Start

10:00 Rowers

10:05 Paddlers

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

Sponsors and Thanks

- Giant Fish paddling gear
- Pacific North Sports
- Brandon Nelson Partners
- Elastic Laser Awards
- Pacific Multisports
- Skagit Sheriffs
- Skagit Bay Search and Rescue
- The amazing volunteers!!



Directions to the Start

La Conner Boat Launch
105 Sherman St
La Conner, WA

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.

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 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.
- Same day registrations 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.

WHERE AND WHEN TO LAUNCH

There is a sandy beach at the south end of the waterfront park that is suitable for hand-carry craft. Please don't crowd the boat launch. Some larger rowing vessels need the space.

You may get on the water at any time before the race 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

Start Sequence

1st WAVE: Early Start

9:40 – 5 short blasts

9:44 – 2 short blasts

9:45 – 1 long horn: Go!

2nd WAVE: Rowers

9:55 – 5 short blasts

9:59 – 2 short blasts

10:00 – 1 long horn: GO!

3rd WAVE: Paddlers

10:04 – 2 short blasts

10:05 – 1 long horn: GO!!

Course Map

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

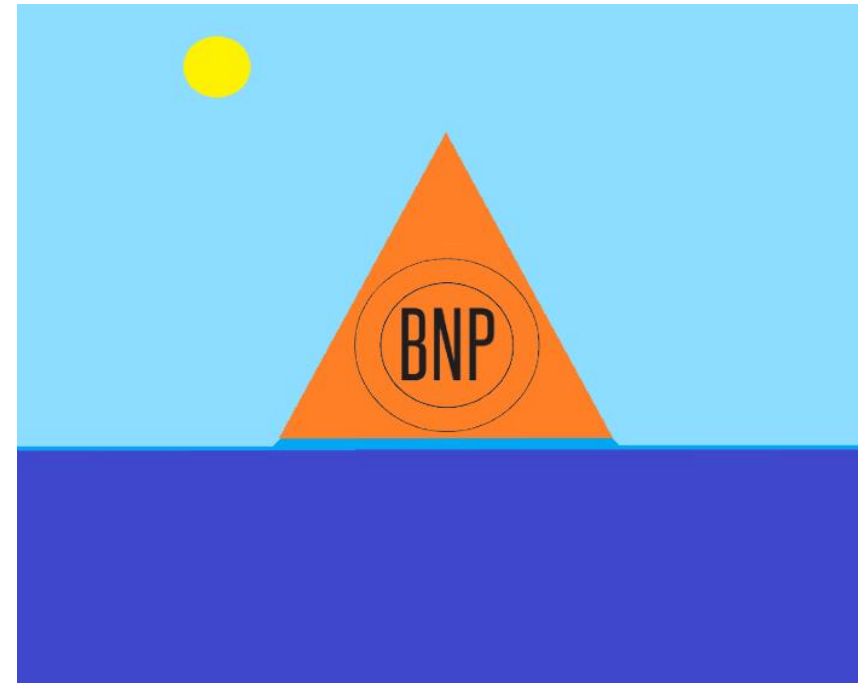
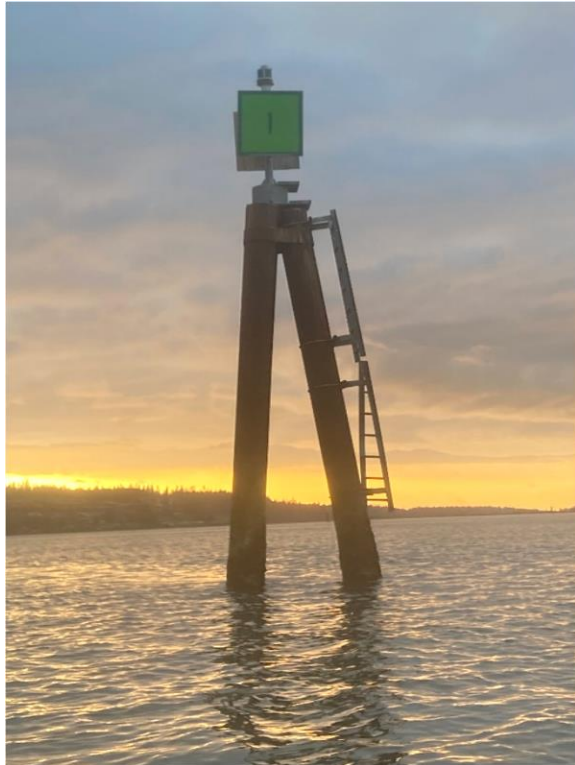


Race Course

- 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

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 3-4 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.

A close-up, high-angle shot of a Southern Resident Killer Whale breaching the water. The whale's dark, sleek body is visible as it moves from the water, with a large, white, frothy splash trailing behind its head. The whale's eye and part of its blowhole are visible on its head. The background is a soft, out-of-focus blue-grey, suggesting the ocean surface.

WHALES

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

At the Finish

01

YOUR FINISH WILL
BE SIGNALLED BY A
SHORT BLAST FROM
THE HORN.

02

PLEASE KEEP CLEAR
OF THE FINISH LINE
AFTER YOU HAVE
COMPLETED THE
RACE.

03

RETURN YOUR RACE
NUMBER TO THE
TIMER'S TENT AS
SOON AS POSSIBLE.

04

HEAD TO THE
SHELTER FOR
LUNCH AND
AWARDS.



Lunch

We will be serving variety of hearty soups and sandwiches to refueal 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 meeting for any clarifications or last-minute changes.

