



Ottawa Rowing Club
CANADA'S OLDEST ROWING CLUB FOUNDED 1867

CLUB HOUSE
19 LADY GREY DRIVE
TELEPHONE
(613) 241-1126
MAILING ADDRESS
P.O. BOX 1457
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Travel Fact Sheet for Head of the Trent, 2019

Head of the Trent
Peterborough, Ont.
October 6, 2019
<http://hotr.ca>

Boat Loading at the ORC: Thursday, October 3 at 5pm (subject to change)
Boat Unloading at ORC: Monday, October 7 at 5pm (subject to change)

Directions to the Peterborough Rowing Club - Trent University From Ottawa:

- Take 417 West to Highway 7 West exit towards Carleton Place and Toronto
- Stay on Highway 7 until entering Peterborough
- Turn right off Highway 7 at Television Road just before the Highway 115 exit on the left
- Continue north on Television Road to Parkhill Road
- Turn right at Parkhill Road and continue along that road bearing left at the first Y
- Turn left at the fourth street – University Road
- Continue north on University Road to Nassau Mills Road
- Turn right at Nassau Mills Road and Peterborough Rowing Club is on the left
- Directions to the club can also be found at <https://www.google.ca/maps/dir/Ottawa,+ON/Peterborough+Rowing+Club,+Nassau+Mills+Rd,+Peterborough,+ON+K9J+6Y1/@45.0911171,-76.8997173,7z/am=t/data=!3m1!4b1!4m16!4m15!1m5!1m1!1s0x4cce05b25f5113af:0x8a6a51e131dd15ed!2m2!1d-75.6971931!2d45.4215296!1m5!1m1!1s0x89d58b32e9834ad3:0xeec2ab6fdded91725!2m2!1d-78.297298!2d44.352642!2m1!6e4!3e0?hl=en>

The Head of the Trent is an annual regatta held at Trent University in Peterborough, Ontario. Participants race along the scenic Trent Canal and Otonabee River in a 5 km head style race. The regatta draws university teams and club competitors primarily from Ontario, Quebec, and the northern United States. The regatta is regarded as one of the premier events for fall rowing in the region, and competition for entries has grown increasingly more vigorous in recent years. The regatta coincides with Trent University's home-coming celebrations, and consequently provides a unique atmosphere of spectators, festivities and activities. Crews are often cheered along by revelers at the finish line and some of the more narrow portions of the course. This year's regatta will be held on Saturday September 30, 2017.

Travel: Junior athletes are required to travel to and from the regatta on the bus chartered by the ORC.

Departure: ORC upper parking lot Sunday, October 6, 2019, 4:30 am

Return: ORC parking lot Sunday, October 6, 2019 between 10:00-11:00 pm



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What you should know:

- We are traveling on an intercity coach with 417 bus lines.
- Limited drinking water available at regatta site. **Athletes must bring water bottles.** ORC tent will have drinking water.
- Portable toilets on site. **Athletes should bring hand sanitizers.**
- No protection from weather. IT IS OFTEN COLD AND WET AT THIS REGATTA AND ATHLETES MUST COME PREPARED FOR A LONG DAMP DAY. **Dress for being outside in the fall (rain gear, warm clothing, toques and gloves) and damp but also bring clothing for sun (sunscreen, hats, water, etc).**
- Limited food service on site. The Trent rowing club operates a barbecue with hamburgers etc in the boathouse but **athletes must come with healthy between race snacks and easily digestible meals** (see your coach for ideas!).
- Snacks provided by ORC. ORC provides snack foods like fruit, bagels, jam and water. Snack foods are not to replace meals!
- Supervision. Athletes at the regatta are under the direction of their crew coaches. Coaches are supported by volunteer parent chaperones. Junior athletes are not permitted to leave the area during the regatta. Should an emergency arise, athletes should advise their coaches.
- In case of emergency. Emergency services are on-site to handle emergencies in the un-likely event that they occur during the regatta.
- Food stop on return trip to ORC. The bus will stop at a highway fast food location on the way back from Peterborough. Athletes should bring spending money for dinner.
- Behaviour. The highest standards of behaviour are expected from ORC athletes as representatives of the club and Ottawa. That includes: respect for coaches, chaperones, athletes and surroundings; respect of curfews and other instructions; remaining on site unless specifically permitted by coach or chaperone;. Use of drugs or alcohol will not be tolerated. Consequences of improper behaviour may include forfeiting the chance to race, and prematurely returning to Ottawa in the company of his/her parent
- Help? Athletes should speak to a chaperone or coach should any difficulty arise.

Regatta fees

- **Regatta Fee per Athlete:** The athlete fee list will be circulated by September 30 (approximate date).
- **Fees Due: October 3, 2019 before boat loading**
- For reference, athlete fees in 2019 for Head of the Trent were between \$100 and \$150. These fees are estimates only and can be at the higher or lower end for any given athlete depending on the number of entries an athlete may have (and entry fees are higher in 2018), the requirement/need for bus transportation with the club and variable expenses from time to time, such as the cost of gas for trailering boats to and from a regatta.

Information and forms:

- **FOR MINORS:** The attached form should be completed and dropped off at the ORC office before October 1. The completed form can also be emailed to melissa@ottawarowingclub.com.
- Information is available from Melissa McKenzie at the ORC office, melissa@ottawarowingclub.com, 613-241-1120.



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Event	Head of the Trent	Head of the Fish
Date	October 6, 2019	Oct. 25-27, 2019
Transportation	ORC Chartered Bus	ORC Chartered Bus
Location	Peterborough, CAN	Saratoga, USA

ATHLETE INFORMATION (Please Print):

Name: _____ Age: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Medical conditions, allergies, etc.: _____

EMERGENCY CONTACT INFORMATION (Please Print):

Name: _____

Home Phone: _____ Cell Phone: _____

Relationship to athlete: _____

PERMISSION TO PARTICIPATE: As the parent/guardian of the athlete named above, I grant permission for him/her to participate in the event(s) noted above. (Rowers 18 and over please sign this form yourself if you are not having a parent/guardian signature):

Name (printed): _____ Date: _____

Signature: _____