

Space Coast Crew Regattas 2011-2012



Feb 04	29th Southern Sprints (2000m erg sprints)	FIT, Melbourne, FL
Feb 11	Novice Regatta (1300m)	Turkey Lake Park, Orlando, FL
Feb 18	Opening Day Regatta (1500m)	C-54, Fellsmere, FL
Feb 25	Sarasota Invitational (1500m) – BUS	Nathan Benderson Park, Sarasota, FL
Mar 03	Stanton Riverbank Invitational (1500m) – BUS	Ortega River, Jacksonville, FL
Mar 10	16th OARS Regatta (1500m)	Turkey Lake Park, Orlando, FL
Mar 17	Quad Meet (1500m)	Lake Fairview, Orlando, FL
Mar 31	SE District Championships (To Be Confirmed)	
Apr 14	Brevard & South District Championships (1500m/2000m)	C-54, Fellsmere, FL
Apr 27-29	47th FSRA State Championship (1500m) – BUS	Nathan Benderson Park, Sarasota, FL

Leading Up

- Wednesday ✓ Proteins and carbs – cut out ALL carbonated beverages (NOTE: commit to dropping soda for your entire season and watch your cardio capacity increase!!).
- Thursday ✓ Increase carbs – reduce proteins and cut out processed sugar. Take in an extra 200 calories today (i.e. an extra bagel w/ peanut butter).
- Friday ✓ Increase carbs; cut out roughage, fiber and heavy proteins. Take in an extra 200 calories.

Race Day

- ✓ Breakfast two hours before the race. Example: Bagel with peanut butter; scrambled or boiled eggs; bananas; NO dairy; NO meat; NO processed sugar; limited caffeine.

If You Have Multiple Races

- ✓ Time permitting – at least 2 hours in between races, repeat the breakfast recommendations. If not, hydrate with Gatorade and water in between.

After

- ✓ Protein for recovery. Give yourself at least an hour to wind down before eating anything heavy.

FIT Clemente Center

From the beaches:

Take A1A to the 192 causeway.

Go west on US 192 until you get to Babcock Street.

Turn south (left) on Babcock Street, and proceed about 1 mile until you get to the light at University Blvd.

From the mainland:

Take I-95 to Exit 71 East, US 192.

Go east on US 192 until you get to Babcock Street.

Turn south (right) on Babcock Street, and proceed about 1 mile until you get to the light at University Blvd.

The Clemente Center is on the left side of the road.

The address is Florida Institute of Technology, 150 West University Blvd, Melbourne FL 32901.

Canal 54

Take highway 192 (New Haven) to Babcock St.

Turn South on Babcock until you reach the C-54 Canal. (18 miles from New Haven Ave to C-54 bridge).

Immediately after crossing the C-54 Canal bridge, turn right on Fellsmere Grade Rd. Less than half mile down this road, the boat launch area will be on the right.

Alternate Route

Coming from the South or North on I-95, take Exit 173 (Malabar Rd)

Go 0.25 miles East to Babcock St. (CR 507).

Turn right and go south on Babcock St. (CR507) for approximately 12.5 miles.

Immediately after crossing the C-54 Canal bridge, turn right on Fellsmere Grade Rd. Less than half mile down this road, the boat launch area will be on the right.

Alternate Route

Take U.S. 1 South to Malabar Rd (CR 514).

Turn right on Malabar Rd and go approximately 4.5 miles to Babcock St (CR 507).

Turn left on Babcock St and go south approximately 12.5 miles to C-54.

Immediately after crossing the C-54 Canal bridge, turn right on Fellsmere Grade Rd. Less than half mile down this road, the boat launch area will be on the right.

Nathan Benderson Lake in Sarasota

Take 528/Beach Line West towards Orlando.

Exit 16, SR 417 toward Tampa.

Merge onto I-4 West toward Tampa.

At exit 9 take I-75 South toward Naples.

Take Exit 213 on University Parkway, West.

Turn South (Left) on Cattlemen Rd (at traffic light).

Drive approximately 0.5 miles through three traffic circles.

Follow signs to parking staff.

Turkey Lake

Take 528/Beach Line West to I-4.

Take I-4 East 5.5 miles to Exit 75B (turn exit) onto Kirkman Road.

Go 1.6 miles and turn left onto Conroy Road (which becomes Conroy-Windermere Road).

Go 1.5 miles and turn right on S. Hiawasse Road.

The park entrance will be less than a mile on your right.

Jacksonville Invitational

From 1-95 take 1-295 west, across the St. Johns River, to U.S. 17 North.

Follow U.S. 17 approximately five miles to Timuquana Road. Turn left on Timuquana Road.

Follow Timuquana Road approximately ¼ of a mile to Ortega Farms Road (immediately after you cross the Ortega River).

Turn left on Ortega Farms Road. St. Peters Episcopal Church (the regatta site) will be on your left.

Lake Fairview

Address: 2200 Lee Road, Orlando, FL 32810

From I-95:

Take exit 205 for SR-528-TOLL W toward Orlando.

Take exit 16 for SR-417-TOLL N toward Orlando.

Take exit 33B for SR-408 Toll W toward Orlando.

Take exit 8A for John Young Pkwy/SR-423 0.2 mi.

Turn right at N John Young Pkwy/SR-423 N.

Follow SR-423 N for 4.1 mi.

Turn right into Lake Fairview Park.

Alternate Route:

Take exit 205 for SR-528-TOLL W toward Orlando.

Take exit 16 for SR-417-TOLL N toward Orlando.

Take exit 33B for SR-408 Toll W toward Orlando.

Take exit 10A for I-4 N toward Daytona Beach.

Take exit 88 for Lee Rd/State Hwy 423.

Turn left at Lee Rd/SR-423.

Turn left into Lake Fairview Park.

Bypass Canal, Harney Park, Tampa

Take 528/Beach Line West towards Orlando.

Exit 16, SR 417 toward Tampa.

Merge onto I-4 West toward Tampa.

Take Exit #7 for US-92/US-301 North toward Riverview/Zephyrhills - go 0.3 mi.

Keep LEFT at the fork to merge onto US-301 N/Zephyrhills - go 0.6 mi.

Continue to follow US-301 N - go 1.4 mi.

Harney Park and Tampa Bypass Canal are on the right, just past Mike's BBQ (also on the right)