

Head of the American, Sacramento, Ca. Varsity Rowers October 25th, 2008

Below is the travel information and chaperone information for Head of the American. The contact information for Coach Guillermo Lemus and Coach Will Stuart is also included. In addition, Alleda Manske and I will both be traveling up to Sacramento and will be there if you have any questions.

Please be sure your rowers understand that we will be enforcing the travel uniform of team polo shirt with khaki pants for air travel. We will be traveling as a TEAM. Each rower should also bring their warm-ups as it will be chilly in the morning in Sacramento, and Unisuit for racing. Pack for 1 night (carry-on only)!!

Rowers, please arrive at 6:45 pm on the sidewalk outside of Southwest Airlines.

It should be a good race!

Tania Swain

Here is the travel information and contact information for Head of the American Regatta:

FLIGHT ITINERARY:

**Friday, OCTOBER 24, 2008 FLIGHT #1397 (Southwest) SAN/SMF
8:15PM/9:45PM NON STOP SAN DIEGO/SACRAMENTO**

**Saturday, OCTOBER 25, 2008 FLIGHT #2792 (Southwest) SMF/SAN
8:20PM/9:45PM NON STOP SACRAMENTO/SAN DIEGO**

HOTEL:

**COURTYARD MARRIOTT SACRAMENTO RANCHO CORDOVA, 10683 WHITE
ROCK ROAD RANCHO CORDOVA, CA. (916) 638-3800**

GROUND TRANSPORTATION IN SACRAMENTO:

**AMADOR STAGE LINES (916) 44-1440 DISPATCHER PICK UP AT AIRPORT TO
HOTEL, HOTEL TO AQUATIC CENTER, AQUATIC CENTER TO AIRPORT**

CHAPERONES:

**CHERYL MCCARTHY (619)548-2861
SHELLI DELLINGER (619) 726-4931
ALLEDA MANSKE (619) 726-6565
TANIA SWAIN (619) 876-6830**

COACHES:

**WILL STUART (619) 838-7294
GUILLERMO LEMUS (619) 534-3456**