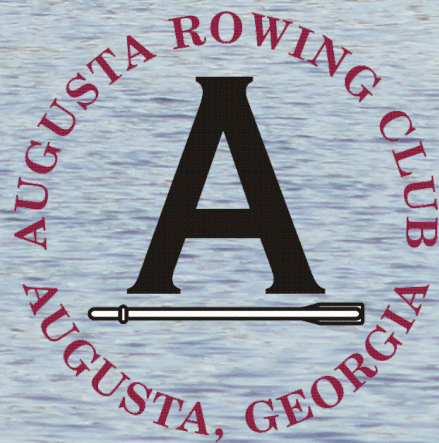


2018 SPRING/WINTER TRAINING PROGRAM



101 Riverfront Drive, Augusta, GA 30901
www.AugustaRowingClub.org
(734) 904-6685

Welcome to Augusta!

Training does not get much easier than coming to Augusta! In addition to 17 miles of calm, flat, rowable river through all four seasons, our facilities provide you the flexibility to train both on and off the water which will allow your program to continue training just like you were at home!



The Augusta Metro Area includes five counties for statistical purposes: Richmond, Columbia, Burke, McDuffie and Aiken counties, and is 306.5 square miles making it one of the largest cities by total area in the US. Metro-Augusta is the second largest metropolitan area in Georgia, after Atlanta, with a population of approximately 500,000 citizens. The Cost of Living Index for Augusta is 91 based on as US average of 100, meaning Augusta is 9% less expensive to reside in than the average US city.

Augusta's River Region

Beyond the city of Augusta lies a larger and more diverse area we refer to as Augusta's River Region, which encompasses the Savannah River and the neighboring cities including Augusta, Aiken, Columbia County, Edgefield and North Augusta.

Boasting pleasant summers and mild winters, Augusta is an excellent year-round destination. In the winter, the average high is 58.9 °F (14.9 °C) and the average low is 34.4 °F (1.3 °C). See below for a monthly breakdown of average temperatures in Augusta.

<i>Month</i>	<i>Avg. High Temp</i>	<i>Avg. Low Temp</i>	<i>Precipitation</i>
November	64 F	48 F	4.47 in.
December	62 F	36 F	8.57 in.
January	67 F	29 F	1.56 in.
February	66 F	31 F	2.86 in.
March	76 F	38 F	4.99 in.
April	79 F	47 F	4.31 in.

Augusta
GEORGIA
VisitAugusta.com



TRAVELING TO AUGUSTA

Augusta, Georgia is conveniently located along Interstate 20, approximately 150 miles east of Atlanta and 78 miles southwest of Columbia, South Carolina. It is easily accessible to most of the southeast US via its prime location on Interstate 20. The Savannah River serves as the state line and separates Augusta from North Augusta, S.C. Augusta is the second oldest and second largest city in Georgia and today stands as a center for medicine, the military, and manufacturing.

Augusta Regional Airport (AGS)

1501 Aviation Way, Augusta, GA 30903

(706) 798-3236

- Approximately 10 flights daily , 15 min. to Downtown.
- Delta Connection / American Connection

Columbia Metropolitan Airport (CAE)

3000 Aviation Way, West Columbia, SC 29170

(803) 822-5000

- Approximately 57 flights daily – 50 min. to Downtown
- American Eagle / Delta / United / US Airways

Hartsfield-Jackson Atlanta International Airport (ATL)

6000 North Terminal Parkway. Atlanta, GA 30320

• 2.5 hrs to Downtown

- Aero Mexico / Air Canada / Air Jamaica / Air Tran / American / British Airways / Continental / Frontier / KLM / Korean Air / Lufthansa / Midwest / Northwest / Spirit Air / United / US Airways / Air France / Delta Air Lines

Charlotte-Douglas International Airport

5501 RC Josh Birmingham Parkway, Charlotte, NC 28208

• 2.25 hrs. to Downtown

- Direct flights to 142 destinations
- Serviced by Air Canada / Air Tran / American / Delta / Insel Air / JetBlue / Lufthansa / United / US Airways



HOTELS & LODGING

The Metro-Augusta area has approximately 7,000 hotel rooms available in over 80 hotels ready to host your team during your stay. Please see below for our list of Augusta Rowing Club partner hotels for past events. For additional lodging options or if you would like to obtain a group rate on your room reservations at area hotels, please contact us at (734) 904-6685.



Holiday Inn Express
444 Broad St.
(706) 922-1414
0.9 miles to Boathouse
117 Guest Rooms



Augusta Marriott at the Convention Center
2 10th St.
(706) 722-8900
1.7 miles to Boathouse
372 Guest Rooms



Courtyard Marriott
1045 Stevens Creek Rd.
(706) 737-3737
7.9 miles to Boathouse
179 Guest Rooms

**A complete list of area hotels and additional accommodation options, can be viewed at www.VisitAugusta.com.

LOCAL FOOD OPTIONS

Let us help you skip the hassle out of finding the best meal options for your team! Whether you're looking for a restaurant that can host your team onsite or looking for delivery options, our local selection will have you covered! For additional meal options or recommendations, please contact us at (734) 904-6685.



Fat Man's Mill Cafe
1450 Greene St., Ste. 600
Augusta, GA 30901

Contacts:
Havird Usry (706)394-2982 hav@fatmans.com
Brad Usry (706)394-2985 fatguy@fatmans.com
Heather Bowen (706)306-6754
heather@enterprisemillevents.com

Services:

Fat Man's Mill Café and Enterprise Mill Events offers full service catering and facilities for crew's training meals while in Augusta. Options includes: breakfast, lunch and dinner (pick two) for \$23/athlete/day. With over 10 years experience hosting crews at their facility, they take great pride in the quality of their food, hospitality and their ability to handle any special dietary request.

*FOOD TRUCK available



Southbound Smokehouse
1855 Central Ave.
Augusta, GA 30904

Contacts:
Andrea Bell (706) 840-0579 AndreaBell945@gmail.com

Services:

Southbound Smokehouse is a casual dining BBQ restaurant with a Southwestern twist in the heart of Augusta. The restaurant has available seating for up to 60 people. Options includes: lunch and dinner (average of \$12-15 per athlete, per meal) with a menu that can consist of pulled pork, chicken quarter, ribs, their almost famous wings, and sides. Additional items from their regular menu can be made available for catering purposes . One week in advance needed to reserve onsite banquet space.

CARRABBA'S
ITALIAN GRILL

Carrabba's Italian Grill
2832 Washington Rd.
Augusta, GA 30909
(706) 733-0123

Services:
Onsite banquet room available. Open for lunch and dinner.



ORDER IN



Antonio's Italian Eatery
336 Georgia Ave., Ste. 3
North Augusta, SC 29841
(803) 341- 9720



Mellow Mushroom
1167 Broad St.
Augusta, GA 30901
(706) 828- 5578



The New Moon Cafe
936 Broad St.
Augusta, GA 30901
(706) 823-2008



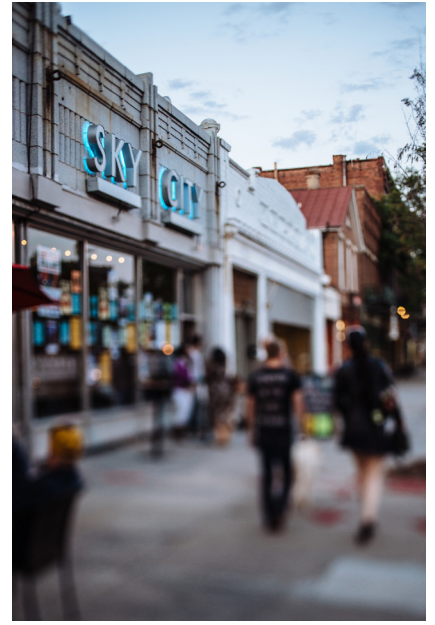
The Pizza Joint
1245 Broad St.
Augusta, GA 30901
(706) 774-0037



Twisted Burrito
4446 Washington Rd.
Evans, GA 30809
(706) 869-4622

For a complete list of area restaurants, visit www.VisitAugusta.com/Food-Drink

AUGUSTA, GA



Created in partnership with the Augusta Sports Council and Augusta Convention and Visitors Bureau.





2018 SPRING & WINTER TRAINING REGISTRATION

Please complete the form below and return to the Augusta Rowing Club. Once received, the Augusta Rowing Club will then contact you to confirm your request. If you have any questions or concerns, please feel free to contact our Boat Manager, Brad Holdren at augustarows@gmail.com or (734) 904-6685.

NAME OF ORGANIZATION: _____

PRIMARY CONTACT PERSON/COACH: _____

PRIMARY CONTACT EMAIL: _____

MAILING ADDRESS: _____

TELEPHONE: _____

Date Arrival of Trailer & Support Equipment: ____/____/____ Date Program Starts Rowing: ____/____/____

Date Departure of Trailer: ____/____/____ Date Program Ends Rowing: ____/____/____

Anticipated Number of Athletes: _____

FACILITY & EQUIPMENT USE

The ARC has several different options for renting Club equipment and launches. Call of availability and special requests. Please be aware that local programs may need to use this equipment during their weekly practice times.

Facility Use

# of Days		# of Athletes		Rate Per Day	=	Amount
<input type="text"/>	X	<input type="text"/>	X	<input type="text" value="\$2.75"/>	=	_____

Equipment Use

	# Rented		Rate Per Week	=	
8+	<input type="text"/>	X	<input type="text" value="\$200"/>	=	_____
4+	<input type="text"/>	X	<input type="text" value="\$150"/>	=	_____
2 x/2-	<input type="text"/>	X	<input type="text" value="\$100"/>	=	_____
1x	<input type="text"/>	X	<input type="text" value="\$100"/>	=	_____
Oars (8 sweep/ 8 sculling)	<input type="text"/>	X	<input type="text" value="\$100"/>	=	_____
Launches (gas included)	<input type="text"/>	X	<input type="text" value="\$250"/>	=	_____

Refundable Damage
Deposit if any rentals:
\$500.00

TOTAL _____

Please make checks payable to the: **Augusta Rowing Club • 101 Riverfront Dr. • Augusta, GA 30901**