



Our annual
Head of the River Race
will be held on
Saturday 10th October.

Come on!
You know you want to!

Contact HRGC Secretary:
nic.thegarth@gmail.com

Tow your boat
Row your boat
Stow your boat
Up the hill
Drink your fill
Eat until
Your belly pops
and
The dancing stops!

- Gigs should arrive at Helford Passage between 10am and 12pm. Gigs should wait at the top of the hill for instructions before heading down to launch.
- After launch, trailers will need to be taken to Gweek, HRGC Clubhouse. This is a round trip of around 40 minutes so towing-rowers should leave themselves enough time for the return trip to Helford Passage for the start of race.
- All trailers must be clearly marked with the name of the Gig.
- Skiffs and Flashboats are also welcome.
- Coxswain's meeting will be at 14.30 at Helford Passage
- This is a pursuit race. The first boat will be away at approx 15.30. You will be given your start time at the Coxswains meeting.
- Start times are dependent on the gig's crew - Ladies, Gents, Mixed, Vets, Juniors etc - any and all combinations are welcomed and will be catered for.
- You should bring a radio
- At the end of the race, your trailer will be brought to you and towed up to the clubhouse for you. Please be patient whilst this operation takes place.
- All participants are invited to the Clubhouse for food, drinks and prize-giving
- Overnight camping is available at the Clubhouse by prior arrangement