

**2018 Bow Lake, NH  
Ed Hinds Memorial, Lightning Flash One Day Regatta  
Saturday September 15, 2018**

*sponsored by The Bow Lake Yacht Club, and*



Announcing the 2018 Bow Lake, NH Ed Hinds Memorial Lightning Flash One Day Regatta on Saturday, September 15, 2018. Please join us in Strafford, NH for a day of great wind, great weather, great racing, great friends and great food and drink! This is a fun regatta that includes everything you get in a two day regatta - except you don't have to sail with a hangover on Sunday!

**Schedule:** Registration starts at the Grange Hall at 9:00 AM and the skipper's meeting is at 11:00 AM at the boat ramp on Water Street. First start will be Noon in the middle of the lake and we won't begin a starting sequence after 4:00 PM. We will hold as many races as we can – the last six years we have sailed 4-8 races.

**Cost:** \$45 for 4-8 races is the best deal out there because it includes:

- Trophies for first three places skipper and crew
- Refreshments in the morning
- Appetizers, refreshments, dinner for skipper, crew, friends and family
- More fun than you ought to be able to have in one day!

**Discounts**

- **First-time-at-Bow-Lake skippers pay only \$30!**
- **Junior teams (all juniors) sail for free!**

You can purchase sandwiches for lunch at Uncle George's Market across the street from the Grange Hall.

Satellite view of Bow Lake, with arrow pointing to where the Grange is located:

<http://maps.google.com/maps?f=q&hl=en&q=570+province+road,+straftord,+nh&ie=UTF8&z=14&ll=43.248079,-71.173725&spn=0.032135,0.085831&t=k&om=1&iwloc=A>

**Directions From Massachusetts via Route 93 North:**

(Total time from Route 93 at Massachusetts border to Bow Lake: about 60 minutes)

Take Route 93 North past the NH border about 25 minutes

Take Route 101 East towards Portsmouth

Take 101 for 10 minutes to Exit 3, (Exit 1 is Lake Massabesic) Route 43 North to Candia

Take Route 43 for 20 minutes to Route 4 (Past the Deerfield Fairgrounds)

At Route 4 traffic light, go straight across onto Route 202

Bear left (after a 1/2 mile or so) to get onto Route 202A towards Bow Lake Village

Take 202A for 5 minutes and bear left to go towards Bow Lake Village

Pass the Bow Lake Inn on your left

Pass Uncle George's market on your right and Grange Hall on your left

Pull in to the Grange parking lot to register - but do not rig your mast there!

**Directions From New Hampshire/Vermont/Canada via Route 93 South:**

Route 93 South

Take Exit 15E onto Route 293/4 (just North of where 89 intersects 93)

Take Route 4 for 25 minutes, then turn left at light at 202

Bear left (after a 1/2 mile or so) to get onto Route 202A towards Bow Lake Village

Take 202A for 5 minutes (3 ½ miles) and bear left to go towards Bow Lake Village

Pass the Bow Lake Inn on your left

Pass the Uncle George's market on your right and Grange Hall on your left

Pull in to the Grange parking lot to register - but do not rig your mast there!

MapQuest: 570 Province Road, Strafford, NH

Google Maps: bow lake grange hall, water st, strafford, nh

If you want to stay over, we have limited housing available.

Contact Bob Shapiro 978-761-3289 [finallybk@gmail.com](mailto:finallybk@gmail.com)

Contact Information:

Bob Shapiro cell: 978-761-3289 [finallybk@gmail.com](mailto:finallybk@gmail.com)

Ned Hinds cell: 508-259-6627, Home: 603-664-9505 email: [Ned@clubNedUSA.com](mailto:Ned@clubNedUSA.com)

Race **Day** Phone: Ned at 603-664-9505

**Please call or email to let us know if you are coming so we can plan for the food and drink.**