

OCOQUAN RESERVOIR (Sandy Run Regional Park)

Located in Sandy Run Regional Park, the Occoquan Reservoir is the home to the Sandy Run Rowing Facility and the site of both national and regional high school and college racing competitions. It is also a training site for Olympic canoeing and kayaking.

Allow for ample travel time from the B-CC area to Sandy Run Regional Park. Saturday traffic on I-95 South is unpredictable. Regattas on the Occoquan draw schools from a wide area and the two-lane roads leading to the park can be crowded with trailers, team members and spectators. The distance between the parking area and the park can be a long walk or a shuttle ride (for a fee).

Directions to the Regatta Site

From I-95 South, take exit 163 (Lorton Road, Route 642) west. After about 1.6 miles (at the top of a hill), bear right on Furnace Road and follow it until it meets Route 123 (Ox Road). Turn right on Ox Road and travel 1.2 miles to Hampton Road where you will turn left. Go about 1/2 mile on Hampton road and turn left on Van Thompson Road. After about 1/4 mile Van Thompson bears sharply to the left and continues down a hill to the entrance to Sandy Run Park. Once there parking officials will direct you to a parking spot.

Parking at the Regatta Site

Parking at Sandy Run Regional Park (Occoquan) is \$10.00. Team members and families are encouraged to car pool. During larger regattas, there is satellite parking at the commuter lot at the corner of Old Bridge road and Rt. 123 near Occoquan. On those days, there is a shuttle bus and the round trip cost will be \$5.00.

Information on the Regatta Site

First time visitors to Occoquan Reservoir will find helpful information on [Sandy Run Regional Park's website](#). Included in its website is a complete list of park rules (see most relevant ones below) and a site map of the park. The park includes concession stands and bathroom facilities at the boathouses, where team tents are set up and rowers launch their boats, and at the finish line, where spectators watch the races from a large grandstand. Both walking trails and a shuttle service (for a fee) link the boathouses to the grandstand.

- Pets are not allowed in the park on regatta days. The only exceptions are animals trained to assist individuals with disabilities.
- Be prepared to walk. The parking lots, boat-houses and racecourse are spread over a hundred acres. No bikes allowed on the trails.
- If you require special accommodations, please contact the park at least 10 days in advance of the event for an Americans With Disabilities application. We do have handicap parking areas for those with DMV tags.
- On most regatta days, a van service will take you to the grandstand area. There is a fee for riding the van.
- On championship regatta days, you may be directed to park off site and ride a shuttle bus to the regatta site.
- If you are dropping off rowers, food or equipment, you must follow the directions of the parking crew. You may not be able to drive into the park and will need to carry what you have.