

Vesper Welcome Packet



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Boathouse Rules

Dues:

Dues are paid annually in February. For the elite racing teams, dues are \$400 for the year. Lockers are \$25 for the year and are given out based on availability. An \$8 deposit is needed in order to get a key for the boathouse.

Events:

Vesper is a popular place for weddings, corporate parties, and other events. On days that the boathouse is rented out, do not go upstairs. Try to enter the boathouse through the gate and go up the back stairs. Minimize your time and contact inside.

Winter Rules:

The club has a 4 oar rule in the winter. Any boat that is taken out must have at least 4 oars. No club singles and pairs can be taken out once this rule has been put in place. Try not to go out without a launch for safety reasons.

Locker Room Etiquette:

The locker room does not have enough lockers for everyone and that means everyone leaves their things in the common locker room area. Try to keep your area neat and not to leave items overnight. For example, make sure wet exercise clothes and towels are hung to dry, or take them home that day to be washed- Philly in the summer can be humid and you don't want that kind of funk in your unisuits or trou. Items that are consistently left will be placed in a Lost and Found and eventually donated. It's a shared space; try to keep it clean and neat.

Cleaning Rules:

Especially in the winter, a number of people are using the ergs on a constant basis. Be sure to wipe down the erg using the provided cleaner and paper towels before putting the erg away. Pay special attention to the handles and slides. It would also be polite if the surrounding area was mopped up at the end of a workout. Again, it is a shared space, try to keep it clean and neat (and help prevent spreading sickness).

Boathouse Service

Every Vesper member is required to do 1-2 hours of boathouse service a month. There are occasionally larger projects that will count towards this time. Look for announcements over email or posted at the boathouse for these work days.

Rules of the River

- All launches and shells must keep well to the west bank going up the river, and all launches and shells must keep to the east bank coming down the river.
- Slower launches and shells should move to port, faster boats should pass to the inside.
- All launches and shells leaving Boathouse Row should proceed to the west bank of the river as soon as safety allows. Point towards the green Girard Avenue sign by the Schuylkill Expressway on the west bank.
- Returning launches and shells waiting to land should yield to departing launches and shells and should stay towards the east bank.
- During regattas, non-competing launches or shells are not allowed above Columbia Bridge.
- No turning or stopping 100 meters above or below a bridge except for Twin Stones.
- All shells must be equipped with a bow ball.
- All shells that row in darkness should have fixed, flashing lights bow and stern.
- Rowing is prohibited when flow exceeds 18,000 cubic feet per second.
- All rowers must know how to swim.
- Scullers and crews should reserve boats in accordance with boathouse procedures. This means use the reserve book to reserve your boat one day ahead of time, if you need it. If another member has the boat reserved, please wait 15 minutes past their start time in the reservation book before taking the boat out to row. This also means ALWAYS check the reservation book before you go out to row to make sure you aren't taking a boat someone else has reserved, say, 15 minutes from now. There is nothing more frustrating than arriving at the boathouse to find the reserved boat long gone and not due back for another two hours.
- Scullers and crews should sign in and out in accordance with boathouse procedures. This means using the laptop at the desk in the boat bay that serves as our sign-in and sign-out log. This is mandatory. It helps you and the club in several ways - not only does it help keep track of miles, which the club and its members need to track and report, it allows members to tell who is out in what equipment. Not least, should an emergency happen (weather or otherwise), it allows us to determine who is out, and who is in.
- Please be quick and efficient off and on the dock, and when washing your boat. We have limited dock space, and especially during high-volume times the dock can be busier than O'Hare International Airport at Christmas with a blizzard brewing. Think of your fellow members and be quick.
- It is important to be courteous at all times. If someone on the river is rude or out of line, do not respond in kind. Be proud to represent Vesper.

Please review the Schuylkill Navy's Rules of the River and Safety Procedures:

<http://www.boathouserow.org/rulesoftheriver.html>.

Places to live

Philadelphia is a very large city with a diverse range of neighborhoods. The three neighborhoods selected have been chosen for their respective price ranges, proximity to the boathouse, and quality of neighborhood. South Philadelphia also has affordable housing but it pretty far from Boathouse Row. Center City is located near the boathouse but will normally ask for a higher rent range.

Fairmount

The Fairmount area (also called the Art Museum area) is located across the street from the Philadelphia Art Museum and is very close to Boathouse Row. Its boundaries are loosely defined as Fairmount Avenue to the south, Poplar Avenue to the north, the Schuylkill River to the west, and Corinthian or 19th Streets to the east. Popular rower hang outs include Big and Little Pete's (rowers and coaches disagree on which is the superior Pete) and Urban Saloon.

East Falls

East Falls is located along a stretch of Ridge Avenue that is only a few miles long, next to the Schuylkill River and extends northeast to Wissahickon Avenue. It is about 3 miles down the path (which runs in front of Boathouse Row) from Vesper's Boathouse and borders Manayunk. Vesper's dormitory, "the Monastery," is located behind St. Bridget's Church on Midvale Ave. There are two regional rail stations that will take you downtown for a low price. Nearby Wissahickon offers miles of trails for biking or hiking.

University City

The boundaries of University City are the Schuylkill River to the east; Spring Garden Street, Powelton Avenue, and Market Street to the north; 52nd Street to the west; and Woodland Avenue, University Avenue, and Civic Center Boulevard to the south. This area encompasses the University of Pennsylvania, Drexel University, and the University of the Sciences. While University City goes all the way to 52nd Street, past 43rd the neighborhoods become sketchy and are pretty far from Boathouse Row. It would probably be better to live near the Penn or Drexel campuses.

Things to do in Philly

General:

South Street: www.southstreet.com

Rittenhouse Square: www.rittenhouserow.org

Philadelphia Zoo: www.philadelphiazoo.org

Wachovia Complex: www.comcast-spectacor.com

Eastern State Penitentiary: www.easternstate.org

Reading Terminal Market: www.readingterminalmarket.org

Italian Market: www.9thstreetitalianmarket.com

Love Park: www.ushistory.org/lovepark

Fairmount Park: www.fairmountpark.org

Museums

Philadelphia Museum of Art: www.philamuseum.org

The Franklin Institute: www.fi.edu

Mutter Museum: www.collphyphil.org

Academy of Natural Sciences: www.ansp.org/

Old City:

National Constitution Center: constitutioncenter.org

Independence Hall: www.visitphilly.com/history/philadelphia/independence-hall

Liberty Bell

United States Mint: www.usmint.gov

Betsy Ross House: www.betsyrosshouse.org

First Fridays

A little out of the City:

Valley Forge: www.valleyforge.org

Longwood Gardens: www.longwoodgardens.org

Manayunk

Atlantic City: www.atlanticcitynj.com

PA Dutch Country: www.padutchcountry.com

Restaurants

Philadelphia is a city famous for its restaurants. There are a number of fantastic restaurants for every price range. It would be impossible to come up with a comprehensive list. Included below are affordable restaurants for the three suggested neighborhoods, as well as some of the “best” cheese steaks in Philadelphia (no one seems to agree on this list).

Fairmount

Urban Saloon: 2120 Fairmount Ave. Open for brunch and dinner. Has a wide range of menu items, mostly bar food.

Fairmount Pizza: 2000 Fairmount Ave. Some of the best pizza in Philly.

Philly Flavors: 2004 Fairmount Ave. Homemade ice cream and water ice. Absolutely delicious.

Sabrina’s Café: 1804 Callowhill St. An amazing breakfast/brunch place. Gets really crowded on weekends but always has good food.

Pete’s: There are two restaurants, Big Pete’s (Pete’s Famous Pizza, 2328 Fairmount Ave) and Little Pete’s (2401 Pennsylvania Ave). Big Pete’s is a favorite for rowers with an extremely affordable breakfast menu. Little Pete’s is the preferred coaches spot, with a more varied menu.

Rembrandts : 741 N. 23rd Street. There is both a restaurant and a pub menu. Both are very good and pretty affordable.

Mug Shots: 2106 Fairmount Ave. A small café that offers Fair Trade coffee and Vegan dishes.

East Falls

The Pour House: 4213 Ridge Ave. Great bar food and weekly specials.

Johnny Manana’s: 4201 Ridge Ave. Okay Mexican food at an okay price.

Buckets: 3749 Midvale Ave. Typical affordable bar food that is known for its fries.

Shan Chuan: 4211 Ridge Ave. The neighborhood Chinese restaurant.

Major Wing Lee’s: 4207 Ridge Ave. Affordable deli with delicious and large sandwiches.

Slices/ Golden Crust: Slices (4249 Ridge Ave) is slightly preferable to Golden Crust (3732 Midvale Ave) but both will satisfy a pizza craving.

University City:

Allegro Pizza: 3942 Spruce Street. Great pizza and other options on the extended menu. All affordable.

Greek Lady: 224 S. 40th Street. Affordable and delicious Greek Food.

New Delhi/ Tandoor: New Delhi (4004 Chestnut St.) and Tandoor (106 S. 40th Street) both offer all you can eat Indian buffets at a great price.

Chipotle/ Qdoba: Chipotle (3925 Walnut Street) and Qdoba (230 S. 40th Street) have similar made to order Mexican menus.

New Deck: 3408 Sansom Street. Delicious Irish Pub fare.

Koch's: 4309 Locust Street. Sometimes considered the best deli in Philadelphia. Pricy but good.

Marathon: 200 S. 40th Street. Has a varied menu and a good brunch. A decent Philadelphia chain restaurant.

Copabana: 4000 Spruce Street. Probably the best burger on campus, half price on Wednesdays.

Naked Chocolate Café: 3421 Walnut Street. Café specializing in chocolate. Amazing.

Cheesesteaks:

Pats or Geno's: Pat's King of Steaks (1237 E. Passyunk Ave) and Geno's Steaks (1219 S. 9th Street) in South Philly are across the street from one another and are the quintessential Philly cheese steaks. There is a huge rivalry between the two.

Jim's Steaks: 400 South Street. Another popular place to get cheesesteaks.

Mama's Pizzeria: 426 Belmont Ave. Located in Bala Cynwyd, some argue this is the best cheese steak in Philadelphia.

Grocery Stores (by distance from boathouse)

Whole Foods: Gourmet groceries. Less than a mile, 2001 Pennsylvania Ave 19130. There is another located 2 miles away at 929 South Street 19147.

Trader Joe's: Affordable and fresh. About a mile, 2121 Market St, 19103.

Fresh Grocer: A little expensive and an ok selection. About 3 miles, 4001 Walnut St, 19104.

Target: Affordable Groceries, right near East Falls. About 6 miles, 4000 Monument Rd, 19131. There is another located 5 miles away at 1 Mifflin St, 19148 (slightly difficult to get to).

Super Fresh: There are a number of Super Fresh Groceries located nearby. Within 2 miles there is one at 309 South 5th St, 19106 and one at 1001 South St, 19147. 3 miles away there is one located at 1851 S Christopher Columbus Blvd. 6 miles away there is one located at 7162 Ridge Ave, 19128.

Acme: There is an Acme located 2.6 miles away at 1400 East Passyunk Ave, 19147 and one located 3.5 miles away at 121 East City Ave, 19004.

Pathmark: There are two Pathmark's located 2 miles away: 2900 North Broad St, 19132 and 3021 Grays Ferry Ave, 19146. There are two located 3 miles away: 4160 Monument Ave, 19131 and 330 Oregon Ave, 19148.

Produce Junction: Great for produce but only if you want to buy in bulk. 4 Miles away, 2241 Bryn Mawr Avenue, 19131.

ShopRite: About 7 miles away, 6901 Ridge Ave, 19128.

Transportation

SEPTA

SEPTA is Philadelphia's public transportation system. It includes buses, trolleys, subways, and regional rail. It is pretty convenient and it is pretty easy to get anywhere in and near the city, although it might take awhile. Visit www.septa.org for schedules and routes.

Bolt Bus/ Chinatown Bus

Philadelphia is located within driving distance of Washington DC, New York City, and even Boston. There are direct and affordable bus rides to these cities. Bolt Bus (www.boltbus.com) offers wi-fi, conveniently located stations, and frequent buses to New York and on to Boston. Chinatown Buses (www.chinatown-bus.com) go to all three cities and are located in the respective city's Chinatown.

Bike Stores

Philadelphia is a fairly biker friendly city. There are a number of bike stores located throughout the city. On Penn's campus there is a bike church that specializes in rebuilding used bikes (www.neighborhoodbikeworks.org). Frankinstien Bike Worx located on 1529 Spruce Street is supposed to be the most affordable.

Summer Camps

The following programs will be running at Vesper through mid to late July:

- Men's Summer Program
- Women's US Rowing Pre Elite Development Camp
- Men and Women's U23 Lightweight Camp
- Junior Rowing Program

Barring any last minute changes, the programs are expected to be launching at the following times:

- Year-Round Elite Program: 6am, 5:30pm
- Men's Summer Program: 7am, 6pm
- Women's US Rowing Program: 7am
- U23 Lightweight Program: 6:15am, 6pm
- Lightweight Development Program: 8am, 3:30 pm
- Juniors: 9am