

LACKAWANNA SAIL AND POWER SQUADRON

SAIL POWER DAY



Open to all members, their families and friends **North**

Saturday, July 18, 2009

Rain Date July 19th

****NEW LOCATION****

Harborside Grill

40 First Avenue, Atlantic Highlands, NJ 07716 732-291-0066

Docking facilities at Atlantic Highlands Municipal Harbor (End of First Avenue, Atlantic Highlands) -- VHF 09, 732-291-1670

ONLY \$25.00 PER ADULT (\$30.00 after July 6th)

\$12.00 PER CHILD 4 to 12 years old (\$15.00 after July 6th)

CHILDREN UNDER 4 FREE! (PFD's required for children under 13 years old)

RSVP by July 6th

FESTIVITIES INCLUDE

Raft-up – 11:30AM - 4:00PM

L: 074° 01.2'W, Lo: 40° 25.1'N (Behind light flashing 4s 33ft 7M on breakwater)
(use VHF channel 71 for communications)

Rendezvous Cookout – 4:30PM-7:30PM

COME BY LAND OR BY SEA

For those that are planning to come by land and join the raft-up, please bring your own beverages and snacks and wear deck shoes

In case of inclement weather call 973-214-8302 Saturday morning

Transient slips and moorings are available. If you plan to stay overnight, please contact the Atlantic Highlands Municipal Harbor at 732-291-1670 (\$2.75 per foot for slips) or the Atlantic Highlands Yacht Club at 732-291-1118 (\$45 for moorings), but please let us know if you will be overnighing and if by a slip or mooring.

NAME: _____

PLEASE RESERVE: _____ ADULTS _____ CHILDREN

I am coming: By Boat _____ By Car _____
For Rendezvous Only _____ For Dinner Only _____ For Both _____
Overnighing _____

Entrée: Chicken Francaise _____ Roast Beef _____ Stuffed Flounder _____

MAIL TO: Kevin Wanner, 262 Raymond Court, South Orange, NJ 07079 (adminofficer@lackawanna.org or 973-761-5733)

MAKE CHECKS PAYABLE TO: LSPS
REMEMBER TO RSVP BY JULY 9TH!

Getting There

Driving Directions: From Garden State Parkway Southbound, take Exit 117 to Route 36 East. Follow for approximately 10 miles to First Avenue. Take the jughandle for a left hand turn at First Avenue. Follow First Avenue 4/10th of a mile to the Harborside Grill on the right.

By Boat From the tip of Sandy Hook: Steer a course of 163T from buoy G "17" to buoy R "2" marking the entrance of the Shrewsbury River channel. Just before R "2" turn to 260T to the flashing light on the breakwater. As you get closer to the harbor, you'll see a stone breakwater that separates the northern part of the harbor from Sandy Hook Bay. Use the eastern approach. At the tip of the eastern end of the breakwater is a light, Fl 4s 29ft 7M, that also has a red and white daymark board on it. Turn into the harbor south of this light. The NOAA charts show two range markers in the harbor, but these haven't existed for some time. Instead, there is a collection of unlighted no-wake buoys with red and green tops that mark a channel through the center of the harbor. As you enter the harbor, there is a large mooring field on the north side of the channel, and a smaller one on the south side of the channel. East of the mooring field (but still inside the breakwater) is a popular anchorage. Each mooring in the north mooring field is labeled with a letter and number. The letters decrease from Z-A as you go from east to west, and the numbers go from 1-7 as you move away from the breakwater. Thus, mooring Z1 would be the easternmost mooring that's closest to the breakwater. The south mooring field, used by smaller boats and multihulls, consists of two rows. The RF row contains 15 moorings numbered RF15 to RF1 as you move east to west. The AA row is further south and is numbered similarly. As you head further west into the harbor, you'll see a collection of docks on the south side of the harbor, some buildings, and shoreside facilities. As you head from east to west, the piers are numbered in decreasing order from 8 to 1.

The Tides & Currents

High Tide: 1651
Low Tide: 2341

Tidal Range:

Approximately 6 feet
Flood Tide: 0427, 1636
Ebb Tide: 1016, 2307
Slack Water: 1340, 1950

Atlantic Highlands:

Information: <http://www.ahnj.com/ahnj/>
Information local to the harbor: <http://www.ahyc.net/amenities/details.asp?id=1>

Restaurants (in the harbor):

On the Deck (lunch and dinner)
Sissy's Place (breakfast, lunch and sometimes dinner)

Restaurants (nearby):

Harborside Grill (40 First Avenue, 732-291-0066 -- lunch and dinner)
Indulgence Cafe (25 First Avenue, 732-708-9500 -- breakfast and lunch)
Zoe's Vintage Kitchen (77 Center Avenue, 732-708-ZOES -- breakfast and lunch)
Memphis Pig Out (67 First Avenue 732-291-5533 -- dinner)

Entertainment:

Atlantic Highlands Cinemas (82 1st Avenue, 732-291-0148, www.atlanticcinemas.com -- 5 Movie Theaters)
First Avenue Playhouse (123 1st Avenue, 732-291-7552, www.firstavenueplayhouse.com (Dessert theatre featuring Broadway type shows; puppet theatre. Call for tickets)

Menu

Shrimp cocktail appetizers
Choice of entree:
Chicken Francaise
Roast Beef
Stuffed Flounder
Penne Alla Vodka
Vegetable Medley
Cake Desert
Coffee, tea & soda
CASH BAR