NORWALK RIVER ROWING ASSOCIATION

Community CHALLENGE 2010

JUNE 1–JULY 10, 2010

"The Commmunity Challenge was so much fun! I can't wait to do it again next year… we want a rematch!" — Natalya Farsun, Source Marketing, *Team Rowing Wounded*

Community Challenge *is the best way for beginners to get involved in rowing.* **So sign up today!**

Helpful hints!

- Teams can be entirely men, entirely women or mixed. A boat must be a minimum of 25% men or women to be considered mixed.
- Size is not a barrier! Winning teams are the result of close teamwork, enthusiasm, and determination.
- Ideally, coxswains are small, have a strong voice, and like issuing orders!
- All participants must have basic swimming skills, complete an application/waiver form, and attend a safety orientation session.

Price per Team:

Eights: $200 per person
Quads: $250 per person

"I enjoyed learning the basics of rowing and the teamwork atmosphere that it fostered. It also gave me the opportunity to meet new people and to enjoy the water from a different perspective. I definitely recommend the experience!"

— Mary Strano, Greenwich Associates
Team Crewsaders

What is the NRRA Community Challenge?

- **A fun rowing experience** among Norwalk's businesses, groups, friends and families
- **A fitness outlet** that caters to all ages and athletic abilities

What do you get?

- **6 weeks of learning to row and race preparation on the Norwalk River**
- **A promotion of teamwork,** community spirit and camaraderie
- **A fun-filled finale of races, BBQ and hilarity**
- **Professional coaching** by Norwalk River Rowing Association personnel

No previous experience is necessary!

Participants will learn basic boat handling & rowing skills through the first four weeks of the program. During this time, teams will develop rowing and racing technique through teamwork and common goals. The final two weeks will focus on race preparation, including practice races against other community crews.

2 Levels of Competition

- **Challenger Series:** A category for teams new to the sport. At least 8 of 10 team members in the Eight must be novices.
- **Defender Series:** A category open to the best rowers in your organization. No restrictions on rowing experience, so look out for those ringers!!

Team Sizes

Eights: 10 participants (8 rowers, 1 coxswain and a spare)
Quads: 5 participants (4 rowers and a spare)

Practice Times

Teams can choose from a variety of practice times or create a custom time during the day. Details are on the website.

Championship Race and Party, July 10th

All crews will race multiple times on the Championship Day. The final series of races will group teams of like speed together so that the racing will be close and exciting. After the races, join us at the Championship Party where trophies and medals will be presented, stories will be told and memories made!

Contact

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