

# Community CHALLENGE 2011

MAY 16 – JUNE 25, 2011



*"The Community 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!

- Your size and physical shape is not a barrier! Winning teams are the result of teamwork, enthusiasm, and determination.
- All participants must have basic swimming skills and sign a waiver.
- Ideally, coxswains should be small, have a strong voice, and like issuing orders!

### Price per Team:

**Eights:** Early Bird—\$200/person  
After April 15th—\$220/person

**Quads:** Early Bird—\$250/person  
After April 15th—\$275/person

### Practice Times:

**Mon & Wed:** 6:00–7:30am,  
5:30–7:00pm, 7:00–8:30pm

**Tue & Thur:** 6:00–7:30am,  
5:30–7:00pm, 7:00–8:30pm

**Custom Times** are available on a limited basis.

*"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 great fitness opportunity 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

### No previous experience is necessary!

Participants will learn basic boat handling & technique 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.

### Levels of Competition

- **Challenger Series:** A category for those new to the sport. At least 8 of 10 team members in the Eight and 4 of 5 team members in the Quad 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 Size

- Eights:** 10 participants (8 rowers, 1 coxswain and a spare).  
At least 2 women must part of the team.
- Quads:** 5 participants (4 rowers and a spare).  
At least 1 woman must be part of the team.

### Championship Race and Party, June 25th

All crews will race multiple times on the Championship Day. The final series of races will group teams of similar speed together so that 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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