

Norwalk Rowing Rocks at Carnegie Lake Regatta

Success was the norm this past weekend with the Masters rowers from Norwalk Rowing, bringing home 9 medals, including 3 Gold. The NRRA traveled to Princeton, NJ for the Carnegie Lake Masters Regatta where the men's and women's adult teams raced teams from across the region.

Gold medals were brought home by the Women's Masters Quad (4 scullers), the Men's Masters Double (2 scullers) and the Women's Masters Double.

Other exciting races for Norwalk Rowing include the Women's Eight and the Men's Quad. Despite a commanding raw time win of 7 seconds, the Women fell to 2nd place due to the age handicapping that is common in Masters rowing. The Masters Men's Quad (4 scullers) also fell to the Silver medal due to age handicapping. A huge 15 second raw win wasn't enough to overcome the handicap. Time handicaps are computed by USRowing based on the average age of a crew.

Masters rowing and racing is a great way for adults to be competitive and stay fit without the physical abuse that many sports demand. A "Masters Rower" is an adult over the age of 21, and the standard race distance is 1000 meters. Norwalk Rowing Masters have been competing and winning since 1986 all across the US and in Europe.

Founded in 1986, the Norwalk River Rowing Association is the only non-profit rowing organization in Fairfield County. With a focus on athletic excellence as well as community building and outreach, the NRRA offers recreational, competitive, and educational rowing programs to youth and adults. Summer programs for new and experienced rowers begin in June. New athletes are welcome and no experience is necessary. For more information, visit www.norwalkriverrowing.org or call 203-866-0080.

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