

Here's the real one everyone ☺. It's starting to get busy! Get ready for the biggest year in the NRRA's history!

UPCOMING IMPORTANT DATES- www.norwalkriverrowing.org/calendar.html

- 4/10 Rent a Rower
- 4/10 Class Day Regatta-NRRA
- 4/10 Bow Ball
- 4/13 Board Meeting
- 4/17 Open House
- 4/17 Mercer Sprints-Youth
- 4/20 Spring Learn To Row Class
- 4/24-5 Saratoga Invitational
- 4/26 Youth Middle School II Program Begins

COMMUNITY CHALLENGE 2010

If you don't know what this is, you're way behind! Click the picture to find out!



ADULT ROWING

On the water programs begin April 19! Get your registrations in [HERE](#).

Learn to Row Begins! Don't hide your light under a bushel! Share rowing with everyone!

Row For The Cure 2010- We've had our first organizational meeting for our next RFTC. The date will be November 6, 2010. We're looking for volunteers that would like to help out the committee as

we plan a bigger and better event (sponsors, activities etc.) We have an excited group overseeing the process and just need some help implementing.

Electronic Registrations- Finally complete! Please take the time and fill them out and email them in. Printing them out counteracts the entire goal of saving paper, ink and time.

YOUTH TEAMS

New Middle School Programs- Our 2nd MS program begins April 26. Help us fill it up to the top! Lots of space still available.....

Summer Programs are posted and ready to go! [Take a gander](#) at the new offerings and old standbys.

ROAR

“Rowing Strong, Rowing Together” (NRRA’s outreach program for teen moms) is looking for donations of new or gently used baby items. All donations are tax deductible and would be greatly appreciated by the moms in our program. We are particularly looking for:

- 1 child booster seat
- 2 strollers
- Girls clothing (newborn-2T)
- Diapers (newborn)
- Books

Even if these aren’t things you have tucked away in your attic, consider forwarding this message to friends, family, or neighbors who might be looking to do a little spring cleaning. To make a donation, simply reply to this email or call me at the number below.

For more information about Rowing Strong, Rowing together, please visit [NRRA's website](#), visit [Rowing Strong, Rowing Together's homepage](#), or contact [Melanie](#).

NRRA ON FACEBOOK

In case you didn’t know, NRRA has its own FB page. Search Norwalk River Rowing (it’s the one with the double rowing in the picture) and become a Fan! We look to you guys to post pictures and what not! Share it with your friends.

2010 SPRING RENT-A-ROWER

- *Still chopping trees from last month’s storm?*
- *Are you dreading getting the garden cleaned out and ready for planting?*
- *Ready to finally tackle that garage spring cleaning?!*

Norwalk River Rowing has *just* the solution! Our [Spring Rent-A-Rower Fundraiser](#) will take place on Saturday, April 10th. Hire a team of four youth rowers to help with any of your spring projects and your “payment” will go directly to the Matthew Zucker Memorial Scholarship Fund to support youth rowing scholarships. We’ve already given away \$18,000+ this spring and we haven’t even started giving summer rowing scholarships yet. We need YOUR help to sustain this level of giving.

Rowers will come to your door (or meet you on the jobsite) at 8am and work until 11am. Lunch will be served to all “employers” and rowers at 11:30am at NRRA and everyone is invited to stay to cheer on rowers in their Class Day Regatta from 12:30-3:30pm. Pass this invitation along to your friends, family, neighbors and coworkers. Register quickly, as teams are limited.

To request a team, call or [email Melanie](#) with the following information:

- Employer's name and email address
- Phone number at which the employer can be contacted the day of the event
- Type of job
- Any special requirements (e.g. Rowers should wear long pants, hat, etc).

NRRA FUNDRAISER THAT IS FREE TO YOU!

How often you do an internet search each day.....

How often you shop online?

Each time you do this, NRRA can receive a donation without it costing you anything!

NRRA is now registered as a Cause with www.igive.com.

What can you do?

1. Register with www.igive.com and do all your online shopping through them (700 stores listed, including the likes of Amazon and eBay!). We receive a % of all of your purchases. (e.g. Amazon.com gives 2% to us).
2. Make isearchigive.com your search toolbar on your Internet page. We receive a donation for every search you do as long as we are your registered Cause. (e.g. 200 rowers/parents x 10 searches/day x \$0.02 = \$40/day or \$14,600/year!)

All the proceeds will go towards NRRA Equipment.....

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, April 13, 7:30pm. Watch your inbox for a new location with the new Board.

The Board of Directors usually meets monthly on the 2nd Tuesday of each month. Come be heard and hear what's going on with the club.

TRAINING TIP OF THE MONTH- *Traveling and Training: aka Workouts on the road.....*

We talk about cross training during the winter and staying in shape and all but what do you do when you're on a business trip or a holiday in season?

The rule of thumb is for each day of slack off you lose two days of training. (One day of recovery between 4-6 days of training is a different thing. That recovery time is necessary.) Thus one week's vacation negates 2 weeks of training, not to mention the calorie damage a normal American does during a week's vacation ☺.

So what can you do?

- **Active Vacation:** Plan a vacation that doesn't involve sitting for 7 days. Go for bike rides in the country, go hiking, go skiing or go sailing. The more active you are the better. Yes, you'll have fun and relax and feel better at the end of the week. You don't have to be a couch potato to enjoy yourself and recharge the batteries!
- **Pack your running shoes:** The last time I checked, you can run anywhere you want (weather permitting). Obviously safety is a concern so be smart and ask at the front desk at the hotel what's recommended for safe routes. Bad weather? Run up and down the fire escape at the

hotel. If you're at a relative's house, what a great excuse to escape for a little while if the in-laws are on your nerves! "My coach requires us to go run in preparation for our regatta" is a great blame shifter ☺.

- **Body circuits/calisthenics:** You don't need a gym to get a workout. All you need is about 20 square feet of carpet. There's an endless array of exercises you can do. Google is your friend here if you don't know a list off the top of your head. If you want to go a little nuts, go to <http://www.crossfit.com/>. To ensure a cardiac benefit, keep the rest to a minimum so the heart rate stays elevated.
- **Hotel Gym:** Yes, those little gyms are a bit cheesy but they do work and, if nothing else, they usually have 20 square feet of carpet for circuits. If your hotel doesn't have a gym, they usually have an agreement with a local gym or YMCA. Ask at the desk!
- **Ergs:** Believe it or not, www.concept2.com actually keeps a listing of hotels around the world that have ergs in their gym. Take a look before deciding on your lodging.
- **Boathouses/gyms:** Most of the rowing clubs and gyms in our country have guest passes or day passes. Rowing clubs can be found at www.row2k.com.

The nutrition component of this subject will be visited another day.....

Cheers,

Charles "Rowed Runner" Huthmaker