

Father Time and Mother Nature win. The docks come out on Saturday ☺.

ADULT PROGRAMS

Adult Advanced Training is going well based on the sore muscles and complaints I'm getting ☺

The Moderate Training group is going strong with Coop at the Senior Center.

If you've missed Tuesday Pilates, you need to get there. Tracy is doing great stuff with us! Come get your core strong for the Spring!

YOUTH TEAMS

Things are quiet without any racing going on. Winter Training is going well with Pilates and Jump Rope being the entertaining activities this year.

The Racing Team will be training at the World Gym on Wall St. during Winter II. The phenomenal growth we've had and the demand for quality has taken us out once again looking for a place to train. The Senior Center was getting too cramped with the numbers. The Adults are currently training there in the mornings and it's a great spot with lots of space!

FLORIDA TRIP-February 15-23

We have 22 youth lined up ready to head for the sunny climes of DeLand, FL during their Feb. break. We've signed on even more coaches for the trip to make for an even better experience.

The Adult Trip is also in the works with demo boats from Sykes and Wintech already lined up and hopefully a couple more manufacturers. Get your sunblock and gatorblock out and be ready to go! Video review, calm waters and warmth will make for a great training opportunity.

NRRA MEMBER PREPARES FOR ATLANTIC JOURNEY

Paul Ridley heads out today for his row across the Atlantic. He first flies to the Canary Islands to meet back up with his boat that was shipped a month ago. If you've seen the funky yellow boat next to the offices, here's the story www.rowforhope.com

Follow his blog as he rows across. Satellite uplinks will keep us posted with his progress

NEW FUNDRAISER THAT IS FREE TO YOU!

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

How often you shop online, especially with the holidays coming!

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.....

Share this with your friends/family!

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, January 13th, 7:30pm at the Norwalk City Hall. Come be heard and hear what's going on with the club.

VOLUNTEER OPPORTUNITIES

Saturday, December 13th-9am

It's time to take the docks out and prepare for the Winter. Come for the last 2008 NRRA row and then dress warm. All hands on deck to help move boats and racks along with stacking the docks and launches. No, you don't have to lift the docks out, we hire a crane ☺.

TRAINING TIP OF THE MONTH- I'm feeling sore, why is that and what do I do?

It's a common scenario played out every day in every sport. You participate in an activity for the first time, or after a hiatus and about 24-48 hours later, your muscles start aching. It can last from 1-4 days depending on your level of activity and the level of soreness.

The science world is still at a loss to explain exactly what it is. The current belief is that the soreness is a result of microscopic muscle tears or strains though there seems to be no permanent damage after the soreness subsides. We do know that it isn't lactic acid. Within 1 hour of exercise, the lactate in your muscles/blood has been processed if you cool down with active recovery (30-40% effort). It takes a little longer if you don't use active recovery.

Repeated bouts of the same exercise every day or so reduces and eventually eliminates the creation of muscle soreness as the body adapts to the routine.

How can you prevent or lessen soreness?

- Introducing new exercise programs or new exercises gradually may help lessen the onset of soreness.
- As painful as it may seem, exercising the following day is a great help. After you get over the initial 2-3 minutes of discomfort you'll feel much better.
- Long bouts of stretching following exercise may help lessen the soreness.
- Promoting tissue healing by drinking a lot of water and eating well will help accelerate the recovery process.
- Once in a while, you'll get an acute bout of soreness that is almost debilitating. Gentle stretching and a little Tylenol may help you get over the worst of it. Research is a bit iffy on the effects of [NSAIDs](#) (non-steroidal anti-inflammatory drugs) on muscle healing so use sparingly. My personal pain relief of choice is a big Margarita ☺. Just kidding.....
- Most of all, stay active. Soreness is guaranteed if you go sit on the couch for a few weeks (or months) and then jump back into a routine. It doesn't matter if you been rowing for 20 years, if you take a long break, you'll have some soreness.

Stay active and we'll see you at the gym.

Charles