

*Summer has arrived! It's about time! Daylight hours are long so come row!
If you don't know how, we'll teach ya ☺*

UPCOMING IMPORTANT DATES

[Community Challenge 2009](#)- Saturday, July 11 9am-1pm

[Adult Evening Learn To Row](#)-July 20-30

[Open House](#)-July 18, 9am-Boathouse

Every Thursday-[Boats, Beers and Burgers](#)

COMMUNITY CHALLENGE 2009

It's time to have even more fun! We'll be racing on Saturday, July 11th at the boathouse, 9am-11am and then we'll eat, drink and be merry until about 1pm. Any and all are welcome to join the fun and watch and eat! Please RSVP to Charles your numbers of mouths to feed. charles@norwalkriverrowing.org

NRRA Masters are invited to come watch, mingle (i.e. recruit ☺) and possibly fill in a seat, flip burgers and so on!

BOATS, BEERS AND BURGERS

You gotta row and you gotta eat. You might as well do both!

Daylight lingers late so why not go for a row after work. Oh wait..... then you need dinner. Do both on Thursday nights at the club! <http://www.norwalkriverrowing.org/boatsbeersandburgers.htm>

ADULT PROGRAMS

NEW SUMMER PROGRAM: Attention to Community Challenge rowers and Intermediate rowers.

If you just can't stand to let it end, here's a chance to finish out the Summer in style.

WHO: Intermediates, LTR graduates and ComCha participants.

WHAT: Rowing..... what else, you sillies!

WHEN: Tuesday and Thursday evenings: 6-7:30pm

HOW MUCH: \$225

Learn to Row classes are going well. Tell your friends.....tell the guy next to you at Stew Leonards.....tell the lady on the train.....get the hint? Morning AND evening AND weekend classes available!

Racing Team is getting geared up for Quaker City and the USRowing Masters National Championships in August!

Intermediates, it's time to start thinking about doing a couple Head Races this Fall!

YOUTH TEAMS

Summer Programs are going well but they aren't full! Tell your friends.....tell the guy next to you Stew Leonards.....yadda yadda yadda ☺

Fall Programs are just around the corner! Watch soon for announcements about team limits and application deadlines!

11th Annual NRRA Ergathon and Tag Sale

Saturday, September 26

Mark your calendars and start cleaning out your closets! September still seems like a long way off, but only 10 weeks remain until the big event! This fundraiser will raise money for youth scholarships and the general equipment fund and is a great way to get involved with the club. Start gathering your small appliances, sports gear, kitchenware, furniture, tools, gently used toys, books, etc for the big day (no clothing, please). We'll also need volunteers to help with publicity, setup, registration, erging, tag sale, lunch, etc. Please let Melanie know how you'd like to help this year.

NRRA OFFICES CLOSED August 17-21

Every year, the NRRA closes shop for a week in August and the week between Christmas and New Years. This is to let our coaching staff that gives up so many weekends a break. The proverbial doors are always open for the Adults to row.

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.....

Please share this with your friends/family!

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, July 28, 7:30pm at Source Marketing.

The July and August meetings will be combined due to historical quorum issues during holiday months.

Directions to Source Marketing:

Take the 7 Connector to the end, turn right and go down the hill, then turn left onto route 7 towards Wilton. At the first traffic light (across from Walmart shopping center) make a left and go over the little bridge into the iPark (old Perkin-Elmer building). Turn right and drive across the front of the building, past the columns and you will see the sign for Source Marketing. You can park right in front, or if there are no spots, around the side.

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- *Racing Starts AKA 0-60 in 5 strokes*

Many of you have no idea what a Racing Start is. That's OK, sometimes I feel the same way ☺.

For those less fortunate (never having raced), racing in our sport is similar to a 100 meter dash, except it's in boats.....on the water.....for 1000 or 2000 meters.....and there's no guns starting you.....anymore. Boats line up side by side, dead in the water. When the Referee drops the red flag, everyone takes off and races until they cross the finish line.

The Racing Start is the title we use for the first 4-5 strokes taken, getting the boat from a standstill to full speed. Despite the fact that the Racing Start is only 5 (1.9-3.5%) of the 140-260 strokes in a race, a disproportionate amount of time and energy is taken to perfect this stroke sequence. I think this is mostly because they're so fun!

Anyway, the stroke sequence varies from team to team but the basics are that you use several partial strokes to get the boat moving and lengthen the strokes to full speed.

- **First Stroke-** To get this one right, you must consider the situation.
 - You're sitting dead in the water
 - Stress levels are high
 - It's probably windy

When the flag drops, you must resist the urge to hammer the first stroke! Water is a fluid and is not compressible. If you push too hard, you'll rip the water and splash everyone and get left behind. Over time you'll learn how to "squeeze" the first stroke up to about 80-90% power.

- **Second- fourth strokes-** These strokes are all about building speed and power.
- **Fifth- sixth strokes-** These strokes are all about reaching full length and full power strokes.

The standard 5 stroke sequence is $\frac{3}{4}$ stroke, $\frac{1}{2}$ stroke, $\frac{3}{4}$ stroke, lengthen, full stroke. Another standby is $\frac{3}{4}$, $\frac{3}{4}$, $\frac{3}{4}$, lengthen full. Of course there's always the simple 2 stroke start: $\frac{3}{4}$, GO. The most ridiculous one I ever saw was $\frac{1}{2}$, $\frac{1}{4}$, body, body, $\frac{1}{2}$, $\frac{3}{4}$, $\frac{3}{4}$, lengthen, lengthen, full. By the time they finished their start sequence, the race was over for everyone else ☺.

The basic guidelines, no matter which sequence you use are the following:

- Keep it simple!
- Keep the blades planted the first stroke
- Don't think too much. After the first stroke, GO. This sounds silly but people sometimes forget in their efforts to do the strokes right to actually race!
- Push legs on the first stroke (again, sounds simple, but people do the damndest things under stress)
- Remember, "You can't win the race at the start but you can sure lose it!" You can lose more ground on the competition if you flub the start than anywhere else in the race!

Next Month: The rest of the Race.....

Cheers,
Charles "ATTENTION, GO!" Huthmaker