

Summer is cooking at the NRRA! Come feel the heat.....

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

7/10	Community Challenge Regatta
7/10	Adult Learn To Row Classes begin
7/13	Monthly Board Meeting
7/17	Open House-9am
7/19	Adult Learn To Row Classes begin
7/31	Quaker City Regatta

ADULT ROWING

Fall head race season is almost here. Get your ducks in a row (pun intended) and get ready for the Fall programs.....

Welcome to Abby Neff our new **Adult Program Manager**. Abby will be coaching some of our adult morning programs along with helping me launch new programs for RFTC 2010 (among others). Normal registration questions and such will be handled by her. Abby was a successful youth rower here at the NRRA and continued with a great rowing/rugby career at Bucknell. Her spirit and energy will be a much welcome shot in the arm here at the club.

Learn to Row! We have our first students of 2010. Help us add to the bunch!

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.

Boats, Beers and Burgers is going strong! We need 2 volunteers each week to flip burgers, set up and break down. Volunteers eat free!

2010 NRRA Community Challenge is a success! What a great day of racing and fun! If you missed it, you can check out a great article at the DailyNorwalk.com. 17 teams battled for ComCha glory and then the Mayor of Norwalk handed out the medals. Many rowers will continue this summer in our PostComCha programs.

YOUTH TEAMS

Summer Programs are cranking along! Two more sessions are open this summer. [Take a gander](#) at the new offerings and old standbys.

- **Learn to Row**-the name says it all.....
- **Fast Track**- Keep developing those skills while having fun!
- **River Explorers**- Science and Rowing! Stimulate the mind and the body!
- **Small Boat Camp**- Higher intensity training for more advanced rowers!

ROAR

Summer Soiree Thanks

Many thanks to everyone who helped to make the Summer Soiree a success and especially to the Johnson family for hosting this year's event in their home. The weather was in perfect cooperation as over 60 people turned out on a beautiful summer evening to raise \$3,500 for the Matthew Zucker Memorial Scholarship Fund and NRRA's Outreach Programs. These donations will help to offset the cost of uniforms for 10 teen moms, ROAR programs for 8 athletes, team building programs for 6 girls from Catch the Drive, Summer River Explorers Camps for 2 athletes, Summer Racing Team Program for 2 athletes, Summer Fast Track Programs for 1 athlete, Fall Recreational Programs for 1 athlete and Fall Middle School Programs for 1 athlete. Donations are still being accepted. Please visit <http://norwalkriverrowing.org/summersoiree.html> or contact melanie@norwalkriverrowing.org for more information.

ROAR Seeks Certified Lifeguard

This summer NRRA is looking to partner with the George Washington Carver Center in Norwalk to provide summer rowing programs. However, red tape requires a certified lifeguard (20 years old or older) to be present during all on-the-water activities. This individual would be an employee of the Carver Center and would work 3-6 hours per week (12:30-2pm or 2-3:30pm, Monday-Thursday, depending on availability). The position is open immediately and would run through the second week in August. Please contact Melanie Jacobi, Outreach Program Director at melanie@norwalkriverrowing.org or 203.866.0080x11 if you know anyone who might be interested.

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, July 13, 7:30pm at the offices of Media Storm Marketing on Washington St. (above the Gingerman) in South Norwalk.

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

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.....

TRAINING TIP OF THE MONTH- How to cope with heat AKA I'm Melllllttiiiiiiiiing.....

Yep, summer has finally arrived. The teaser on July 1 was just that, a false alarm. Record temps are making you ask, "Should I really go out there?????"

Well, like lots of answers in rowing, *it depends*.

It depends on if you've acclimated to the heat. The human body is an amazing thing. It can survive at 120 degrees or at 5 degrees, *if you let it grow accustomed to the conditions*.

It depends on how hydrated you are. Water is the primary vehicle for a great deal of the chemical reactions and processes in the body. Water is also used for thermoregulation in the body (sweat, blood viscosity) and as we lose water, the difficulty to perform physically increases exponentially. You can read more on water and the body [here](#).

It depends on what your goals are. Are you racing in July in Oak Ridge, TN? It is normal to have 90 degrees and 80% humidity in Oak Ridge so you need to be able to train in similar conditions. Gradually increase your training load in similar conditions so that on race day, your brain and your body are ready for the effort.

It depends on if you're nuts. If rowing is a wonderful outlet that gives you pleasure each morning and you don't have any real reason to overload the body, then stay inside and hit the erg or a stationary bike. The older you get, the less your body is able to thermoregulate and the more likely you are to suffer from heat illness.

How long does acclimatization take? *It depends* on how old or young you are and how fit you are. Olympic teams traveled to Asia one month before the Olympics to allow their bodies to acclimate to not only the time change (one day/hour is the basic rule) but also to the high heat and humidity of the Olympic venues in Beijing. General altitude acclimatization can take around 5-7 days. Temperature acclimatization usually takes about 7 days also. You aren't completely adjusted in 7 days but the majority of change is done. Your body will continue to adapt for years if you remain in the environment.

As you drink, don't forget to replace your electrolytes (salts) in your body also. The more acclimated you are, the less electrolytes you lose as the body adapts to your environment. If you drink too much water and flush out too many salts, you can become hyponatremic and, in extreme cases, can die. How much does it take? *It depends* on your body size and the amount of water you drink. Your average American gets plenty of salt in their diet but putting a scoop of sports drink powder in your water bottle is a good idea in hot humid conditions.

Lastly, if you use a heart monitor in your training, don't be surprised if on hot days you have higher heart rates during a similar workout than on cooler days. This is called cardiac drift and occurs because the body is using blood as coolant and the skin as a radiator (vasodilation) while also providing blood to the muscles for activity.

Is it safe to row in hot humid conditions? Sure, as long as you take precautions and listen to your body. If you grow dizzy or faint, tell your coach or get into some shade. If you're rowing, untie your feet and hang your legs over each side of the boat and let yourself cool down.

Drink, stay safe, and have fun out there.....

***Cheers,
Charles "The Hydrator" Huthmaker***