

Get to the river everyone, we're running out of daylight and warmth!!!!

ADULT PROGRAMS

Some great racing finished the Fall for our Adult programs including our first official Fish Head Trophy (come see it in the office!),

- Head of the Charles: Masters Women's 8-11th
- Head of the Fish: Masters Women's Quad-1st, Open Mixed 8-2nd, Open Women's Quad-3rd, Masters Mixed Quad-3rd
- Head of the Housatonic: Masters Women's Quad-2nd, Masters Women's 8-3rd

NRRA announces a new partnership with World Gym of Norwalk. World Gym is now our home for Adult training. Sign up for the Advanced Training program and you can have a Winter membership at a great local gym along with the training skills of your coaching staff. No gym contracts, no hassle!

New 3 Day/Week program offering. The Intermediates now have 2 choices in their programs. Check out the new programs on the website. <http://www.norwalkriverrowing.org/adult.htm>

YOUTH TEAMS

The Fall Racing team finished the season in style with 2 Gold medals and 3 silver medal finishes at the New Canaan Invitational.

- Gold: Varsity Boy's 8, Novice Boy's 8
- Silver: Varsity Girl's 4, Varsity Boy's Quad, Varsity Boy's 4+

The Development Team is exploding in size and popularity with 44 members this fall and 26 members in Winter I.

Thanks to all for a great Racing Team Banquet! Lot's of fun was had and the excellent athletes we have here were well recognized.

NRRA MEMBER PREPARES FOR ATLANTIC JOURNEY

Paul Ridley is in his final countdown for his departure to row across the Atlantic. If you've seen the funky yellow boat next to the offices, here's the story www.rowforhope.com

Fundraising proceeds from the journey go to cancer research.

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](http://www.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, Dec. 9th at 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 wanna row but it's so cold!

Yep, it's time to get out the pogies (the what?). The result of having an outdoor hobby in New England is good old Ma Nature. There are some basic guidelines for rowing (or hiking, biking, running etc) when it's cold.

- Polyester Rules our world now- Did you throw away those cheesy shirts from the 70's? It turns out they're great for keeping you warm! Polyester clothes are the rule as they wick (pull) away moisture from your skin. Evaporation on the skin is great when it's hot but do you really want to lose that heat in the winter? The synthetic clothes these days grab the moisture before it can evaporate and chill you further. Cotton is not good as it holds moisture too easily.
- Hats- A real necessity! A polyester knit cap is great, especially if it covers the ears. Keep your brain/body warm and you'll make smarter decisions.
- Pogies- A pogie is a rowing mitten that covers the hands while still allowing you to have your hands on the oar(s). Rowing with gloves is not ideal as you lose contact and control of the oar handle due to the material between the hand and the oar. A poor man's pogie is a wool sock with a hole cut in it (if you're rowing sweep, cut two holes for the inside hand.). Works great! Many rowing clothing companies carry them.
- Layers- 2-3 layers of synthetics are better than a heavy jacket. You can "dial in" your temperature by regulating the layers based on the conditions. A good light windbreaker is always good over these layers.

Where can you find this clothing?

1. Go to www.igive.com
2. Choose NRRA as your cause
3. Go to the online Mall and choose your store to buy from

See you on the water.....for a few more weeks.....

Charles