

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

11/10-Board Meeting
11/19-Wine Tasting
11/26-Thanksgiving “Earn the Turkey” Row: 7am
11/30-Adult Winter Training Begins

ADULT ROWING

Some great racing finished off the fall for our adult programs at the Head of the Fish – we have three new fish head trophies! Great job to everyone who raced ... and we’ll look for that fish head next year from the Open Mixed 8+ whose race was cancelled.

Masters Women’s 1x (Leslie Foale) 1st
Open Women’s 4+ 1st
Open Lightweight 2x 1st
Masters Lightweight 1x (Juliet Brocki) 2nd
Masters Women’s 4x 2nd
Masters Lightweight 2x 2nd
Women’s Open 4x 2nd

Adult programs will stay on the water through Friday, November 20. The week of Thanksgiving will be off – take a break or cross train. Be prepared to start winter training on Monday, November 30.

Winter training will take place at World Fitness on Westport Avenue. You can expect a mix of erging, cardio, strength training, and pilates. Program times are listed below:

Racing Team – 5:30 – 7:00am; Monday-Friday
Intermediates – 7:00-8:30am or 9:00-10:30am; Monday, Wednesday, Friday

If you have any questions, ask Leanne.

ROW FOR THE CURE

A big thank you to everyone who participated by volunteering or competing at the first annual Norwalk Row for the Cure! The event was a great success. We had 99 entries (according to regatta central) from 13 different clubs. The final numbers are still being calculated, but it looks like we raised over \$5,000, most of which will go directly to the Connecticut Affiliate of Susan G. Komen for the Cure. We’ve already started thinking about next year, so expect a much bigger regatta.

YOUTH TEAMS

Racing Team: Lots of great racing this fall with beaucoup medals! Check results/articles on the [homepage](#).

Rec Team: Despite a rainy day, a good time was had by all at the end of the season soiree. Fun racing and good food is always a great combination.

Middle School: A successful season for a brand new program so tell your friends about the fun you had! We have 2 barges ready to go for the Spring along with more pizza party barge days!

Winter Training: Winter I begins this week, we’ll be accepting registrations all week. Winter II begins January 4, be ready to get in great shape for the Spring season!

DOCK REMOVAL/RETURN

A sad day that comes along each year ☹️. We remove the docks to prevent ice damage over the winter. Saturday, Dec. 12, we'll have an end of the season row at 7am and the crane shows up around 9am. Bring your work gloves and mittens. We'll be derigging boats and winterizing the slab. Save the Date!

ADULTS GOING TO FLORIDA

It's time to make your plans! The 4th Annual Florida Singles and Doubles Training Trip is in the works. February 16-23 in sunny DeLand, FL on the stunning St. John's River. Roll out of bed at the Hontoon Island Resort and Marina and your boat's waiting next to the dock 50 feet away! While everyone is frozen at home, you're logging miles on the water and sipping margaritas as the sun sets over the cypress trees. \$75/day gets you transportation for all your equipment, coaching, video review and the proverbial t-shirt! Rooms have kitchens and if you're lucky, Charles will do a repeat of his famous blueberry and banana pancakes!

NRRA ON FACEBOOK

In case you didn't know, NRRA has its own FB page. Search Norwalk River Rowing and become a Fan! We look to you guys to post pictures and what not! Share it with your friends.

HEAD OF THE CONNECTICUT

Another success! Thanks to all that gave of their time and energies. On Nov. 18, the Lions Club will come to Norwalk and host a thank you dinner at Fat Cat Joe and present our part of the proceeds. All of this goes to adult sculling equipment! Save the date!



Norwalk River Rowing Association

First Annual Wine Tasting

Thursday, November 19th • 7:00 p.m.-9:00 p.m.
Lillian August • 32 Knight Street • Norwalk, CT 06851
Tickets: \$35 in advance/\$40 at the door
Send checks to NRRA, 1 Moodys Lane, Norwalk, CT 06851
or pay online at www.norwalkriverrowing.org/roar.htm

RSVP by November 16. For more information, please contact:
Melanie Jacobi, Outreach Programs Director, NRRA
203-866-0080x11 • melanie@norwalkriverrowing.org

All proceeds from the evening will benefit NRRA's Outreach Program, Reach Out And Row ("ROAR"), which provides rowing opportunities for underserved youth in our community.

Generously sponsored by Fountainhead Wines, Norwalk, CT

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Wine Tasting to Benefit ROAR on November 19th

The First Annual NRRA Wine Tasting will be held on Thursday, November 19th from 7-9pm at Lillian August. Fountainhead (owners of Fat Cat Pie Co. and Fat Cat Joe) will provide the wine. The goal is to have as many non-rowers as possible attend, so please invite your friends, family, neighbors, co-workers, etc to join you for this event.

We'll have great wine, good food, and youth rowers telling about their experiences in ROAR. NRRA is the only rowing club in Fairfield County to offer scholarships and outreach programs, so come learn about what makes our community-based club

unique! This is an event that can't be missed, so please pass the invitation along. Paper copies of the invitation are also available, just let me know how many you need.

Send checks to NRRA, or pay online at www.norwalkriverrowing.org/roar.htm, by November 16 for the discounted price of \$35 per person. Tickets will be sold for \$40 at the door.

Holiday Shopping is here! If you're buying online, help NRRA at the same time!

FREE \$5 DONATIONS

Each new member who joins iGive.com and makes a purchase within 45 days will earn an additional \$5 donation for your cause! That's on top of the standard donations from shopping!

The best way to invite new supporters is with a customized, easy-to-remember link (we call them "joinLinks"). To learn more, visit:

<http://www.iGive.com/causetoolbox/html/joinlink.cfm>

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, Nov. 10, 7:30pm at Source Marketing.

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- *The season's over and I feel lost!*

It's completely normal to feel a let down at the end of a racing season! Sometimes the downer feels good if you've been going hard for many months, rest and recovery is important! Maybe you're looking back and saying "I could have done _____ better."

Either way, getting back up on the horse is sometimes a challenge. It's hard to see the goals of Masters Nationals, FISA Worlds or the Head of the Charles. They're so far in the misty future!

Goal setting is a great way to get your self-motivation going again. Needless to say, you can sign up for Winter Training and we'll train you and keep you fit and make you stronger, but you need a tangible goal. A carrot hanging out there to reach for.

Ideas may include:

Nutrition challenges- Winter time brings on less outdoor activity and a natural increase in body weight to combat the cold. Maybe you should set some new food goals. E.g. reducing sugar intake, more fiber, less fatty foods, 2-3 pieces of fruit a day etc.

Cross Training- Get excited about trying something new! Join a swim class. Try rock climbing or karate or yoga. Don't just try it once or twice, commit to a regular schedule for 2-3 months and see if there is a measurable change.

Training Plan/Log- Try to keep a daily journal of your nutrition or training activities. You don't have to write volumes of stuff but keep track of routines and how you felt before and after a workout. How are your day to day energy levels before and after a nutrition adjustment. There's no shortage of stuff to track, just don't beat yourself up if you don't write a novel each day ☺.

Massages- Get a bi-weekly massage for 8-12 weeks and see the difference in how you feel and how old aches and pains go away.

Winter training doesn't have to be a time of marching in place while waiting for the Spring. Challenge your body and brain to new levels and see how you feel when you hit the water in April. A training partner is a great way to help stay on track and socialize at the same time.

*Cheers,
Charles "Motivator" Huthmaker*