

Head racing has started. Don't know what a head race is? http://en.wikipedia.org/wiki/Head_race

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

ADULT PROGRAMS

The Racing Team came home with clinkage (medals) this weekend at the Head of the Riverfront in Hartford.

- Gold Medal-Women's Masters Quad
- Silver Medal- Men's Masters Quad
- Silver Medal-Women's Masters Eight
- Bronze Medal-Men's Open double (0.08 seconds from silver!)

The rowers that have been training hard all year reaped the benefits of their labors. Watch for more results at the Head of the Housatonic in Derby next weekend.

The last Learn To Row classes are underway with 8 adults playing bumper boats up and down the river. Thanks to all of you that helped us find our rowers this year. Look to next year's Open Houses and classes next year. Preparing for a big push in adult membership is the theme of the next 6 months! Ideas should be sent to me charles@norwalkriverrowing.org.

YOUTH TEAMS

The Youth Racing Team has exploded in growth this fall with 87 kids rowing. They too brought home some medals this weekend with the Varsity Boys' 8 and the Junior Varsity Boys' 8 winning Silver Medals from the Head of the Riverfront.

The Youth Development Team has also grown to its limits with 44 athletes. Lot's of fun is being had with the mixture of rowing 4's, 8's and the ergs.

BOARD OF DIRECTORS MEETING

The next Board Meeting will be held on Tuesday, Oct. 14th at 7:30pm at the Norwalk City Hall. Come be heard and hear what's going on with the club. Note the change from the 2nd Thursday to the 2nd Tuesday night of the month.

MATTHEW ZUCKER ERGATHON AND TAG SALE

[HUGE SUCCESS!!!!!!!!!!!!!!!!!!!!!!](#) (click on link here)

Thank you to everyone that made it possible! 1.6 million meters were rowed and the money is still coming in for what Barbara Zucker calls the best ergathon in its 10 year history! Special thanks to Dan Walsh for making an appearance and letting people experience his Olympic medal along with showing us a little bit of his amazing talent as an athlete.

VOLUNTEER OPPORTUNITIES

General

Coop is always looking for help around the slab.

ROAR

Outreach Programs begin Friday, Sept. 12 and continue through the Fall. Please consider donating an afternoon to share your love for rowing with youth from our community.

Don't know how to row? Not a problem! We also need chaperones to ride the Wheels bus from local middle schools to NRRA each Friday.

Please let Melanie know if you'll be able to help one or more days this fall! Contact her for program details and with any questions you might have.

Melanie also needs volunteers organizing a Wine Tasting Fundraiser to be held in November. As usual, on the water volunteers are always welcome.

TRAINING TIP OF THE MONTH-Pre and Post Race Nutrition-a.k.a. Put down the Big Mac!

I'm the first one to tell you that I'm not a nutritionist and you probably shouldn't follow my example at times ☺.

That being said, there are some basic guidelines that you should try to follow on race day.

- Water: being hydrated is a full time job. If you try to get hydrated on race day, all you'll do is over activate your kidneys and bladder. If you are chronically dehydrated, as soon as you dump a lot of water/Gatorade in the body, the body reacts by getting rid of it. You should gradually increase water consumption over the week to be fully hydrated. Go to my tips on [water for more on this](#).
- Carboload: The purpose of carboload for race day is so you have plenty of energy during racing. During head races, this is important because after about 35-45 minutes of activity performance drops. If you don't have sufficient stores of carbohydrates you'll race poorly. Since there is usually 20-30 minutes of rowing before race time, having some Gatorade/Powerade in the boat with you is a good plan before racing.
- What to eat?: Eat whatever it is you usually eat (hopefully good stuff). The body usually doesn't react well to experimenting or different foods when it's faced with a stressful situation (racing).
- Post race: Try to get a little protein and carbs within 30 minutes of racing. The body is in an hyper state of nutrient desire and you will accelerate your recovery. Chocolate milk is my favorite recovery drink. No, I'm not kidding.....it's been shown to be a great way to get all the things you need.

This is by no means an entire nutritional plan, just some suggestions. I highly recommend that you go buy and read Nancy Clark's Sports Nutrition Guidebook.

See you on the water.....

Charles