

The Dave

Thorsness Rowing Challenge

Photos by © Jager Hardison



Photo by © Dick Curran



Photo by © Janet Curran



HOW IT WORKS

Your team will be assigned a club member liaison and skilled coxswain. One stationary rowing machine session and one lake practice will be scheduled for during the week of June 7-12. At practice, you will learn basic rowing strokes, identify your strengths and pitfalls, and develop a strategy to maximize your winning potential. On Regatta Day, Sunday, June 13, your team will meet at Jewel Lake to show your stuff at least twice in a side-by-side 350-meter race. A picnic is provided, so bring your friends to cheer you on!

Two hour instruction/practice with skilled coxswain where you learn:

- Basic strokes of rowing
- How to "set" the boat
- Secrets of winning

While you enjoy:

- A vigorous cardiovascular/total body work-out
- Work with others as a crew
- Find out about your own stamina and commitment to doing your best.

HAVE FUN!!

FINE PRINT

- Each participant must sign a waiver verifying they can swim and tread water for 5 minutes. A swim test can be arranged at a local pool if needed.
- This is a fun, team-building event. Age and gender handicapping will not be applied; however, we encourage teams to include a variety of people in their boats. Remember, the goal is to work together!
- To encourage sportsmanship, only one ARA member is allowed to row in each boat. ARA members must be seated in the bow 4 of the boat.

REQUIREMENTS

An entry fee, plus a commitment to attend the practices and regatta. Participants must sign waiver of liability and be able to tread water for 5 minutes.

No experience necessary, but participants need to be in good shape and participate in the lake practices. Minimum age is 12 years old.

ENTRY FEES

Corporate Team: One boat (8 seats) for \$2,000. Sponsors may provide own rowers or underwrite a non-profit team.

Individual Seats: \$250 –sign up with your friends and make up your own boat.

Oar

Come on your own and be assigned to a boat.

Sponsor a Team: Sponsor a team such as a non-profit organization, fire or police departments, military etc.

The Anchorage Rowing Association is a 501 c3 non-profit organization. Contributions are tax deductible. Proceeds support the Anchorage Rowing Association with a portion allotted to the charities of the top three winning teams

WINNERS

The top three winning teams receive medals, a team photo plaque, and a contribution in their name to the charity of their choice in the following amounts:

- \$500 first place
- \$250 second
- \$125 third

Champion team receives the Rotating Trophy. Photo plaques will be given to all teams.

Applications accepted on first come basis; boats fill fast. Sign up now and get an edge on the competition.

Show them what you're made of!

MAKE HISTORY

Join the teams who have already met the Challenge

- Alaska Heart Institute
- Alaska Rubber & Supply
- American Heart Association
- Anchorage Oncology Associates
- Anchorage Orthopedic and Fracture Clinic
- Anchorage Fire Department
- BP Alaska
- Duane Miller Associates LLC
- First National Bank Alaska
- HDR Alaska
- McKinley Capital Management, Inc.
- NANA
- William C. Schlansker, DMD
- Southcentral Foundation
- USAF, 19th Fighter Squadron EAFB
- Weston Solutions, Inc.

The Dave Thorsness Rowing Challenge

"The Dave" is named in honor of a man instrumental in bringing the sport of rowing to Alaska. This Rowing Challenge offers members of the community an opportunity to learn a new sport, encourage competition, support the team and other community agencies, while at the same time, having a boatload of fun. It's a team sport where everyone, literally, has to pull together.

As part of his stellar 42-year law career, Dave Thorsness encouraged the spirit of cooperation in working for a common good while, at the same time, mindful of the energy created by competition. An avid sportsman, he worked to bring the exhilaration of sporting meets to the community. His children were standout athletes with two rowing in college. His daughter, Kristen, competed in the 1984 Olympic Games, where her team won the gold medal in rowing. Inspired by her determination, the Anchorage Rowing Association was started providing a true team sport to a wide range of members in the community.

Following Dave's passing in 1999, the Anchorage Rowing Association decided a regatta would be a good way to honor his life. It is a tribute to a man who inspired many to meet the competition and go for the challenge!

Anchorage Rowing Association

Enriching the lives of our members and the community through the sport of rowing.



TEAMWORK SPIRIT CHALLENGE

The Dave Thorsness Rowing Challenge

*A weekend regatta that puts
teamwork to the test*

Lake Practice the Week of _____
June 7-12, 2010

Sunday Race _____
June 13, 2010 • 12 noon

Anchorage



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