

"My daughter and I had never participated in anything that was athletic together... she enjoyed it so much we now have a family membership in ARA."

Walt Murphy & Family

Photo by © Jasper Harrison



# The Dave

## Thorsness Rowing Challenge

### 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 6-11. 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 12, 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 an experienced coach where you learn:

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

#### While you enjoy:

- A vigorous cardiovascular/total body work-out
- Work with others as a crew

### 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.
- 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.

Photo by © Dick Curran



### 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 must participate in the lake practice. Minimum age is 12 years old.

### ENTRY FEES

**Corporate Team:** One boat (8 seats) for \$2,000. Sponsors may provide own rowers or underwrite others. A \$250 discount is provided to returning corporate sponsors.

**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

"I never guessed I would get hooked (on rowing). Through rowing I have met fun people, traveled to exciting places and am in the best shape of my life - all because of the DAVE!"

Emma Haddix

### 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.

### MAKE HISTORY

Join the teams who have already met the Challenge

- Alaska Rubber & Supply
- Anchorage Oncology Associates
- Anchorage Orthopedic and Fracture Clinic
- BP Alaska
- Capital Glass/Northern Windows
- Davis Constructors & Engineers
- First National Bank Alaska
- Golder Associates, Inc.
- HDR Alaska
- McKinley Capital Management, Inc.
- NANA
- William C. Schlanser, DMD
- Southcentral Foundation
- Weston Solutions, Inc.

"We have participated in this event for several years and always have a fun time... Team work, pulling together and a common goal are all part of rowing and transition well into our business."

Janece Higgins  
General Manager  
Alaska Rubber & Supply, Inc.



Photo by © Janet Curran



## 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.

Contact us at [teammanger@anchagerowing.com](mailto:teammanger@anchagerowing.com)  
[www.anchagerowing.com](http://www.anchagerowing.com)



# TEAMWORK SPIRIT CHALLENGE

## The Dave Thorsness Rowing Challenge

*A weekend regatta that puts  
teamwork to the test*

Lake Practice the Week of \_\_\_\_\_  
**June 6-11, 2011**

Sunday Race \_\_\_\_\_  
**June 12, 2011 • 12 noon**

### Anchorage



## The Dave Thorsness Rowing Challenge