

From The RELEASE

Anchorage Rowing Association

Welcome to the Anchorage Rowing Association!

FOR THOSE OF YOU WHO ARE NEW TO ROWING, A RECENT CONVERT SUMS UP WHAT LIES AHEAD:

You are starting a new journey into the realm of sweep rowing. You will never be the same (trust me). The experience will be one of shared bliss and frustration and all of the "in betweens." You will find that being in a boat fills many needs. It is relaxing, therapeutic, exciting, competitive and exhilarating. We want to make every rowing occasion

a memorable experience so that you will be able to share the enthusiasm and enjoyment of connecting with us, with others and with nature. Study the list of rowing terms which will dominate your thinking as you learn the art and lingo of sweep rowing. The most important words to learn (according to a beginner) are:

- bow**front of the boat
- stern**back of the boat
- port**(as viewed facing bow) left
- starboard**(as viewed facing bow) right
- outside hand**hand near end of handle
- inside hand**hand near oar blade
- from the release/finish**fishished stroke position
- check it down** .drag oar blade to slow boat
- weigh enough**stop

ROWING LEVELS

ARA can get you started with Learn To Row and Novice Rowing classes. Class graduates and rowers with previous experience can perfect their skills at novice rowing practices and annual rowing camp and special events sponsored by the club. We are fortunate to have several certified coaches among our ranks and to have attracted nationally and internationally known coaches for the summer open rows and rowing camps. Regular workouts provide a different



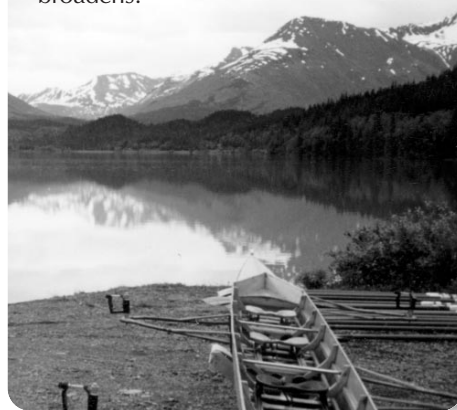
training focus for every level of ability. The **Development Team** is for newer rowers, those who are not planning to compete immediately but want to row for a good workout, great

companionship and to improve their skills. The **Racing Team** is for experienced rowers who are planning to race this season and for those who want to row at this more intense

level. The **Junior Team** rows are for our youngest members, 12 - 18 whose goal is to race in Seattle in August as well as participate in local races.

Club Background

The Anchorage Rowing Association (ARA) was established in 1998 in order to bring the sport of rowing to the Anchorage area. In March of 1999, ARA achieved federal non-profit status. The grass roots efforts of individuals who had rowing experience and those who wanted to learn an exciting new sport have seen the association grow every year since its formation. ARA regularly participates in regional, national, and international events and conducts local races every summer. Our efforts have also assisted our junior members in securing entrance into various universities. ARA is a member of the United States Rowing Association and as such we have liability insurance and have adopted their bylaws and safety guidelines. Club recognition is growing as our scope of activities broadens.



WHERE AND WHEN WE ROW

Practice schedules, summer events and races are listed on the ARA web site, www.anchoragerowing.com, and will be posted on the bulletin board in the boat pen at Sand Lake. All training sessions are held at Sand Lake which is behind the Sand Lake Elementary School at 7500 Jewel Lake Rd. on the west side of the road.

Parking is available at the south end of the parking lot. Follow the path along the chain link fence at the south edge of the school grounds past the playground and to the lake.



BEYOND ROWING

Active throughout the year, ARA offers opportunities for much more than improving rowing technique. We participate in several community service projects, plan our programs through volunteer efforts, and host various social events for our members. ARA invites members to join the fun and participate in these community-building events.

As a community service, we have given presentations and hosted opportunities to try rowing for Municipality of Anchorage Youth programs and local school groups. In June 2000, we officially "adopted" Sand Lake Park, becoming the official clean-up crew to help preserve the natural beauty and safety of the park. Members have also assisted at the Ski For Women registration and provided data entry for the Alaska Run for Women and the American Heart Association's Heart Run.

Volunteerism runs rampant in the ARA ranks. Although we now have a paid team manager and coaches, the

heart of our team is a 13-member volunteer board of directors and volunteer committee members. The board and committee members plan, organize, and run ARA classes, rowing events, and social and community activities. Team members have helped make ARA as successful as it is through outstanding efforts on committees and in team-wide maintenance work parties.

ARA plans fun social events for members throughout the rowing season. The annual Ice Breaker dinner and silent auction starts our season, and occasional "Friday Nights At The Races" provide humor and fun for rowers of all levels during the rowing season. The Weigh Enough Ball completes our summer program. Winter programs include informal weight training, ergometer training, lap swimming, or skiing for those who want to keep the wonderful level of fitness they have attained through summer rowing practices and races. ■

MORE INFO ON ROWING

For those of you who love to read, "The Down and Dirty Guide To Coxing" by George D. Kirschbaum Jr. and "Rowing Fundamentals" by John Ferris are a couple of suggestions. Online resources which offer information about all aspects of rowing are: www.Row2k.com, www.rowingnews.com,

www.mastersrowingassociation.org and www.usrowing.org.

And don't forget our sister clubs on the Kenai Peninsula, the Kenai Crewsers and Alaska Midnight Sun Rowing Association and in Juneau, the Juneau Rowing Club. Link to them through our website www.anchoragerowing.com.

ARA Membership

BENEFITS

- Newsletter, several times a year
- E-mail briefs to keep you updated
- Access to ARA equipment for private rows
- Regularly scheduled coached rows
- Local and out-of-state races
- Team social events and service activities

REQUIREMENTS

- One-time swim test or required lifevest use in rowing shells
- Annual insurance waiver form
- Annual membership fee
- Maintenance dues for months rowed

HOW YOUR FEES AND DUES BENEFIT ARA

Your support helps ARA purchase and maintain equipment, pay for permits and insurance, and hire coaches and team manager.

In conclusion, we again welcome you and invite any questions or comments at www.anchoragerowing.com or the Row Line, 566-OARS (566-6277).

We look forward to seeing you at the lake!

