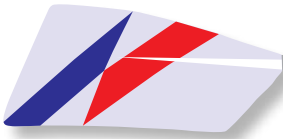


# Community

CHALLENGE 2014

MAY 19-JUNE 28



"The Community Challenge was so much fun! I can't wait to do it again next year... we want a rematch!" — Natalya Farsun, Source Marketing, Team Rowing Wounded

**Begins May 19th.  
Sign up today!**

### Helpful hints!

- Your size and physical shape is not a barrier! Winning teams are the result of teamwork, enthusiasm, and determination.
- All participants must have basic swimming skills and sign a waiver.
- Ideally, coxswains should be small, have a strong voice, and like issuing orders!

### Price per Team:

#### Teams of 10:

**Early Bird—\$225/person**

After May 5th—\$250/person

#### Teams of 6:

**Early Bird—\$275/person**

After May 5th—\$300/person

### Practice Times:

#### Mon & Wed:

6:00–7:30pm, 7:00–8:30pm

#### Tue & Thur:

6:00–7:30am, 6:00–7:30pm, 7:00–8:30pm

**Custom Times** are available on a limited basis.

### What is the NRRA Community Challenge?

- **A fun rowing and team-building experience** involving businesses, groups and friends.
- **A fundraiser to support the organization**, providing rowing experience to all regardless of age or income.

### What do you get?

- **6 weeks of learning to row and race preparation on the Norwalk River.**
- **A promotion of teamwork**, community spirit and camaraderie.
- **All team members train together and race** on Championship Day.

### No previous experience is necessary!

Participants will learn basic boat handling & technique through the first four weeks of the program. During this time, teams will develop rowing and racing technique through teamwork and common goals. The final two weeks will focus on race preparation, including practice races against other community crews.

### Levels of Competition

- **Challenger Series:** A category for those new to the sport. At least 8 of 10 team members in the Eight and 5 of 6 team members in the Four must be novices.
- **Defender Series:** A category open to the best rowers in your organization. No restrictions on rowing experience, so look out for those ringers!

### Team Size

**Eights:** 10 participants (8 rowers, 1 coxswain and a spare).

**Fours:** 6 participants (4 rowers, 1 coxswain and a spare).

### Championship Race and Party, June 28th

All crews will race multiple times on the Championship Day. The final series of races will group teams of similar speed together so that racing will be close and exciting. After the races, join us at the Championship Party where trophies and medals will be presented, stories will be told and memories made...

### Contact

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