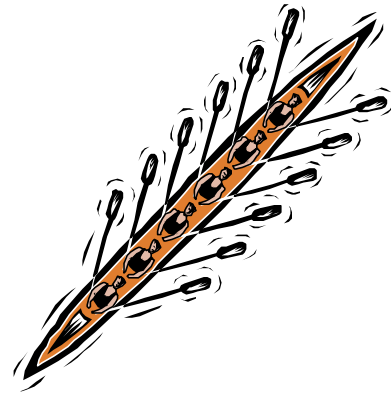


National Learn to Row Day

*Saturday, June 12
Anytime between 1:00 and 5:00 PM*

*Drillfield on Virginia Tech Campus
Blacksburg, VA*

*In association with: Virginia Tech Crew,
USRowing, and Concept 2*



What is This?

NLTR is in its fourth year throughout clubs in the US. USRowing, the non-profit membership organization recognized by the USOC as the national governing body for the sport of rowing in the US, and Concept2, the oar and ergometer manufacturer have asked rowing clubs and health clubs across the country to open their doors and give people a taste of rowing on the water and on the ergometer. More than 50 clubs throughout the US have signed up already for this event.

What To Expect

If you attend, you will be exposed to all facets of rowing with most of the emphasis on the ergometer, or indoor rowing machine. The coaching staff and rowers will guide you through the basics of good technique and strength as you learn about erging. There will be a real racing shell on display that you can walk around, touch, move, and get your picture taken with.

Who Can Participate

Anybody can. Rowing is a popular sport for all ages. High school students and senior citizens all consistently compete at the international level. We will teach any aged person to row. All abilities are welcome as well. Whether you have never rowed or exercised in your life or if you are reliving your collegiate rowing career, you will have the chance to perform for us. Also interesting is the strong emergence of adaptive rowing programs throughout the US for individuals with handicaps.

What Will I Get Out of This

You will learn a new form of exercise that has extreme cardiovascular benefits. You will meet actual rowers. You will get free food and drinks. You can enter to win a door prize and receive other various give-a-ways. You will gain a better appreciation of rowing, get to know the Virginia Tech Crew Team, and increase awareness of rowing in Southwest Virginia.