



FOR IMMEDIATE RELEASE

***IT'S ROWING SEASON IN WINNIPEG!
You're invited to come and learn about rowing!***

Winnipeg MB (May 15, 2017) -- It's rowing season on the Red River, and the Winnipeg Rowing Club is hoping you'll come out and give it a try!

ANNUAL OPEN HOUSE: LEARN MORE ABOUT ROWING!

Members of the public are invited to find out more about the awesome sport of rowing at the Winnipeg Rowing Club's annual open house:

Winnipeg Rowing Club's Annual Open House
Saturday, June 3rd @ 20 Lyndale Drive
Drop-in anytime between 12pm and 4pm

Whether you're interested in exploring a competitive sport, or want to take up recreational rowing, find out more at the open house. You'll be able to tour the facilities, check out the boats and boathouse, watch rowing demonstrations, and try dockside rowing.

ADULT LEARN-TO-ROW

Rowing is a lifelong activity for fitness, for competition, or just for fun. The **Adult Learn-to-Row** program is designed to get beginners up-to-speed. It's an entry level program that teaches participants the skills necessary to take up rowing, with the potential to transition into recreational rowing, and eventually, competitive (if that is where you want to end up!).

COMMUNITY ROWING CHALLENGE

The **Community Rowing Challenge** is an eight-week program for businesses, organizations, clubs, groups of friends, or individuals, that gets teams training together in set 'quads' (four scullers). The event concludes with a Championship Regatta on Saturday, August 26th where teams put rowing skills to the test in head-to-head races against other CRC teams. Training starts in June!

COACHING STAFF

Coaches for the 2017 rowing season include MRA Head Coach **Janine Stephens** (who is also the current President of the Winnipeg Rowing Club). Janine is a former member of Canada's national rowing team, and Olympic Silver Medalist. She got her start at the Winnipeg Rowing Club, and is thrilled to now be working with athletes who are striving (and thriving!) in the sport.

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Janine's focus is working with competitive athletes on Team Manitoba, as well as those identified as potential prospects for Team Canada. Coaching at the elite level along with Janine is former Olympian and World Champion rower **Jeff Powell** – who also got his start at the Winnipeg Rowing Club.

Coaching for the Winnipeg Rowing Club are **Ed Kornachuk** (Juniors), **Sandra Kirby** (Masters coach), and **Robert Dansereau** (Recreational).

*At **136 years old**, the Winnipeg Rowing Club is one of the oldest sporting organizations in Western Canada. It has been in operation since 1881, stopping only twice – during WWI and WWII. A long-time tenant of the banks of the Red River in downtown Winnipeg, the WRC survived the North-West Rebellion of 1885, the General Strike of 1919, the Great Depression of the 1930's, the Great Flood of 1950, and the Flood of the Century in 1997. Over the years the clubhouse has been destroyed by fire, wind, and water, but has always managed to maintain its long and proud tradition. Today, the WRC is a non-profit organization with a rich and successful sporting history, fostering generations of camaraderie and friendships. Members range in age from early teens right up to the 80's, and the club offers programs for all skill levels. www.winnipegrowingclub.ca*

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CONTACT FOR MEDIA:

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MEDIA NOTES:

Rowing photos for publishing are available upon request.

Media teams are invited to enter the Community Rowing Challenge at a reduced rate! Contact RoseAnna for more information about how your team can participate!

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OR PART OF THE ROWING COMMUNITY. TO BE REMOVED FROM THE WRC'S
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