

# WELCOME MINNEAPOLIS SPRINTS REGATTA

2018



**Saturday, June 16**  
**8:00am**

Hosted by Minneapolis Rowing Club, this 1,380m race runs from the south end to the north end of Lake Nokomis. Rowers of all ages compete from La Baie Verte RC (WI), Long Lake Rowing Club, 612Endurance, Rochester (MN) Rowing, Minnesota Boat Club (St. Paul), Y Quad Cities Rowing, University of Minnesota Men's and Women's Development Camps and Minneapolis Rowing Club.



## Rowing Lingo

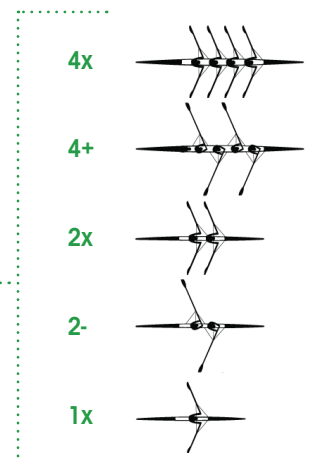
- There are two types of rowing: sweep rowing (one oar/rower) and sculling (two oars/rower). You'll see both types in this regatta, sometimes in the same race.
- Rowers row in rowing shells (we also call them "boats"), not a canoe, kayak or rowboat.
- Rowers propel themselves with an oar, not a paddle.
- The person steering some of the boats is a coxswain (pronounced "cox'n"). They steer the boat and coach the rowers as they race.
- Coxswains never say "Stroke, Stroke!" How this got started is beyond us!
- Regatta referees (wearing the traditional blue blazers) make sure the rules of rowing are followed, ensure the rowers' safety and start races by saying, "Attention! Row!"

## Event Categories

OPEN	Rower must be over age 19 as of the end of this year
JUNIOR	Rower must be under age 19 as of the end of this year
NOVICE	Rower's first competition in any boat within one year of this regatta
MASTER	Rowers 27 or older, classified into age categories based on the average age of rowers in the crew

## Types of Boats

4x	A "quad" (4-person sculling boat)
4+	A "four" (4-person sweep boat with a coxswain steering)
4-	A "four" (4-person sweep boat without a coxswain steering)
2x	A "double" (2-person sculling boat)
2-	A "pair" (2-person sweep boat)
1x	A "single" (1-person sculling boat)



## Rowing Facts

- Rowing began in 1870 in St. Paul, in 1877 in Minneapolis.
- Regattas on Lake Calhoun in 1879 were said to have 5,000 spectators.
- Rowing is a total body workout, incorporating 80% of the body's muscles via legs, back, and arms.
- The sport is low impact, and can be enjoyed by athletes of all ages.

## Learn More!

- *DearNoviceRower.com*: Written by a local rower, this blog covers all aspects of novice rowing.
- *Minneapolis Rowing Club*: Learn to row classes for middle schoolers and up, rowing adventures for groups and corporations, and private lessons. [MinneapolisRowing.org](http://MinneapolisRowing.org).
- *612Endurance*: Indoor rowing classes at PaddleSculpt, stand up paddle board, rowing classes and private lessons for adults. [612endurance.com](http://612endurance.com). [PaddleSculpt.com](http://PaddleSculpt.com).
- *Minnesota Boat Club*: Learn to row classes for high schoolers and up. [MinnesotaBoatClub.org](http://MinnesotaBoatClub.org).
- *North Star Community Rowing*: Rowing programs for youth and adaptive athletes. [NorthStarCommunityRowing.org](http://NorthStarCommunityRowing.org).
- *Long Lake Rowing*: Learn to row for ages 14+, private lessons. [LongLakeRowing.org](http://LongLakeRowing.org).
- *Rochester Rowing Club of MN*: Learn to row for ages 12+. Summer camps for 12-18 year olds. [rcmn.com](http://rcmn.com).