

Survive, Thrive & Be Fit!

Indoor Row Group!

JOIN THE 2019/20 INDOOR ROW GROUP!

- The Indoor Row Group (IRG) welcomes Survivor-Athlete/Rowers of all abilities!
- IRG meets regularly at MOA/SCBS with additional indoor rowing options at the Sheboygan & Sheboygan Falls YMCAs.
- The IRG 2019/20 Season runs from November 1st through April 30th.
- The IRG season offers a variety of individual and team challenges.
- Survivor-Athlete/Rowers can join us at any time throughout the season!
- Contact Tim for details or to schedule an Indoor Row Group Informational Session and Demo!



Above: Survivor-Athletes after completing the 4th Annual 2019 Lake Michigan Crossing!

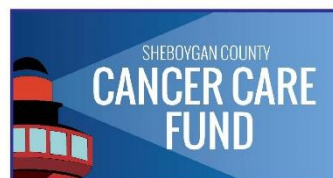


Benefits of Indoor Rowing:

- Rowing is easy to learn and can be enjoyed by all ages and abilities!
- Rowing is a low impact activity offering smooth, rhythmic and impact free motion for comfortable and injury free exercise!
- Rowing exercises all major muscle groups through a wider range of motion than most other exercises thereby promoting strength, fitness, flexibility and mobility!
- Rowing with others provides for a supportive, social and enjoyable environment!
- Rowing is a time-efficient exercise that allows for a great workout in little time!

The Sheboygan County Cancer Care Fund is a "Beacon of Hope" for cancer patients and survivors of Sheboygan County, offering financial "Gestures" and healthy "Survive, Thrive & Be Fit" activities to eligible community members!

To learn more:
visit www.scccf.org or call 920.457.2223



**Making Sheboygan County
The Healthiest Place
To Survive Cancer!**

2019/20 Indoor Row Group (IRG) General Information

- The 2019/20 IRG Season runs from November 1st through April 30th.
- IRG members must complete a one-time “IRG Participation Checklist” designed to insure participants learn to row in a safe and efficient manner. Contact Tim for more details.
- IRG Sessions are scheduled at MOA/SCBS at various days/times. A schedule of IRG Sessions will be periodically sent via e-mail to IRG members. An updated list of IRG dates and times can be found at www.sccc.org/events (Note: this version may not be completely up-to-date).
- Most sessions will be scheduled between 3:00P to 6:30P and 10A to 1130A. Your comments regarding the schedule are always welcome and I will do my best to accommodate.
- IRG members can request available time slots by indicating on the schedule available at IRG Sessions or contacting Tim via e-mail (trenzelmann@physhealthnet.com) or phone (920.457.2223).
- Individual time slots will be confirmed at least two or three weeks in advance. Second choices are always appreciated. Confirmed slots may occasionally involve “extra considerations” (i.e., those newest to the Indoor Row Group, those who have previously given up slots, those with limited availability and those offering 2nd/3rd choices).
 - Please express any occasional “extra considerations” for individual time slots to Tim.
 - 2nd/3rd choices indicated by a “+” (next session) or a “-” (previous session).
 - Those interested in bike ergometer please include a “(B)” next to your name.
 - There are more slots than ergs on the sign-up sheets because it is not a matter of the first to express interest in a time slot automatically being assigned that time slot. Feel free to express interest in any open (unconfirmed) slots.
- Time slots are typically 45-minutes in length (except the final evening slot which is 530P to 630P).
- Please honor all commitments and start/finish times and communicate changes ASAP.
- IRG members are encouraged to arrive early and be ready to row when scheduled.
- I am often willing/able to start the first slot early or extend the last session. Please contact me in advance if interested.
- After sessions have been confirmed, open slots during that session will be made available for reservation on a first-come/first serve basis. IRG members can sign up for a 2nd time slot at this time as well. Any open ergs during a session are available for anyone to use.
- IRG members are encouraged (but not required) to sign up for the Concept2 online log in order to track their progress, participate in Concept2 individual and team challenges, and to be recognized for various IRG-related individual and team accomplishments.
- IRG members are requested to record meters rowed at IRG sessions on the log sheet provided.
- In addition to the five Concept2 rowing ergometers (rowing machines) one bike ergometer (stationary bike) is available (NOTE: consider this for a warm-up if ergs are full when you arrive).
- Please clean your ergometer as follows: Dampen a clean cloth with the spray bottle (provided) and wipe down the Performance Monitor (please don't spray the monitor). Spray the handles, the straps, the seat and the rail and then wipe each. With the damp rag, clean off the seat rollers (under the seat, front and back). Remove the handle from the holder and let it rest against the flywheel housing.
- Your comments and feedback are always welcome.
 - REMEMBER: The only two REQUIREMENTS of the Indoor Row Group are:
 1. ROW
 2. Have Fun!

DECEMBER, 2019 IRG Sessions

Day/Date/Time	WHITE = Not Yet Confirmed, BLUE = Confirmed, YELLOW = No Longer Available. Interest in Bike Erg indicated with a "(B)"							
Mon – 12/2	MOA/SCBS – Biathlon (Row & Shoot - Optional)							Bike Erg
300P to 345P	Deb B (+)	Chuck C	Rae-Ellen W	Kathryn K				
345P to 430P	Sue Z	Jennifer K	Maryellen K	Mike B				
430P to 515P	John S	Kathy B	Linda A	Tim R				
530P to 615P								
615P to 700P								
Tue – 12/3	MOA/SCBS – Biathlon (Row & Shoot - Optional)							Bike Erg
1000A to 1045A	Jennifer K	Deb B (+)	Maryellen K	Tim R				
1045A to 1130A								
Thu – 12/5	MOA/SCBS (530P Yoga)							Bike Erg
300P to 345P	Deb B	Mike B						
345 to 430P	Maryellen K							
430 to 515P	Sue Z	Rae-Ellen W						
530P to 615P	Jennifer K	Kathy B						
615P to 700P								
Sat – 12/7	MOA/SCBS (930A Yoga)							Bike Erg
800A to 845A	Brett G	Dennis S	Jennifer K	Tim R				
845A to 930A	Maryellen K	Rae-Ellen W						
930A to 1015A	Janet S	Kathy B						
Tue – 12/10	MOA/SCBS (430P TLC Games)							Bike Erg
300P to 345P	Mike B	Jennifer K	Kathryn K					
345P to 430P	Sue Z	Kirstin O	Maryellen K	Rae-Ellen W				
430P to 515P	Linda A	Dennis S	Deb B					
530P to 615P								
615P to 700P								
Thu – 12/12	MOA/SCBS (530P Yoga)							Bike Erg
300P to 345P	Deb B (+)	Chuck C	Rae-Ellen W					
345 to 430P	Maryellen K	John S						
430 to 515P	Kirstin O	Kathy B	Linda A					
530P to 615P	Jennifer K							
615P to 700P								
Tue – 12/17	MOA/SCBS (430P TLC Games, 6P TLC Survivorship)							Bike Erg
300P to 345P	Chuck C	Jennifer K	Dennis S	Rae-Ellen				
345P to 430P	Sue Z	Kirstin O	Mike B					
430P to 515P	Maryellen K	Kathy B	Linda A	Deb B				
530P to 615P								
615P to 700P								
Wed – 12/18	MOA/SCBS							Bike Erg
1000A to 1045A	Janet S	Deb B (+)	Maryellen K					
1045A to 1130A								
Thu – 12/19	MOA/SCBS (530P Yoga)							Bike Erg
300P to 345P	Deb B (+)	Chuck C	Mike B					
345P to 430P	Maryellen K							
430P to 515P	Linda A	Kirstin O	John S	Rae-Ellen				
530P to 615P	Jennifer K							
615P to 700P								
Mon – 12/23	MOA/SCBS (1K/2K Race – Optional)							Bike Erg
300P to 345P	Chuck C							
345P to 430P	Sue Z	Kirstin O	Mike B	Jennifer K (+)	John S (+)			
430P to 515P	Linda A	Leah H	Deb B					
530P to 615P								
615P to 700P								
Tue – 12/31	MOA/SCBS – Relays							Bike Erg
1000A to 1045A	Sue Z	Janet S	Deb B (+)	Mike B				
1045A to 1130A	John S							
Wed – 1/1	MOA/SCBS – Virtual Team Challenge Kick-Off!!!							Bike Erg
Time TBD								

- Paper Copies: Please place first name and last initial in time slots you are interested in. Second/third choices appreciated ("+" = after, "-" = before) and will be considered if slot fills.
- Electronic Copies: Contact Tim at 920.457.2223 or trenzelmann@physhealthnet.com to indicate dates/times of interest and any other requests.
- Time slots will be confirmed 2 - 3 weeks in advance. White: Unconfirmed. Blue: Confirmed. Yellow: Filled, No Longer Available or Denied.
- If all time slots are full please contact Tim as additional time slots may be added at the beginning/end of a session. (920.457.2223 or trenzelmann@physhealthnet.com)

JANUARY, 2020 IRG Sessions

Day/Date/Time	WHITE = Not Yet Confirmed, BLUE = Confirmed, YELLOW = No Longer Available. Interest in Bike Erg indicated with a "(B)"							
Wed – 1/1	MOA/SCBS (Virtual Team Challenge Begins)							Bike Erg
800A to 845A								
845A to 930A								
930A to 1015A								
1015A to 1100A								
Thu – 1/2	MOA/SCBS (4P to 7P TLC Game Night – BINGO)							Bike Erg
300P to 345P								
345P to 430P								
430P to 515P								
530P to 630P								
Sat – 1/4	MOA/SCBS (930A Yoga)							Bike Erg
800A to 845A								
845A to 930A								
930A to 1015A								
Mon – 1/6	MOA/SCBS							Bike Erg
300P to 345P								
345P to 430P								
430P to 515P								
530P to 630P								
Tue – 1/7	MOA/SCBS							Bike Erg
1000A to 1045A								
1045A to 1130A								
Mon – 1/13	MOA/SCBS (530P Yoga)							Bike Erg
300P to 345P								
345P to 430P								
430P to 515P								
530P to 630P								
Tue – 1/14	MOA/SCBS							Bike Erg
1000A to 1045A								
1045A to 1130A								
Wed – 1/15	MOA/SCBS							Bike Erg
300P to 345P								
345P to 430P								
430P to 515P								
530P to 630P								
Mon – 1/20	MOA/SCBS (530P Yoga)							Bike Erg
300P to 345P								
345 to 430P								
430 to 515P								
530P to 630P								
Tue – 1/21	MOA/SCBS							Bike Erg
300P to 345P								
345P to 430P								
430P to 515P								
530P to 630P								
Mon – 1/27	MOA/SCBS (530P Yoga)							Bike Erg
300P to 345P								
345 to 430P								
430 to 515P								
530P to 630P								
Thu – 1/30	MOA/SCBS							Bike Erg
300P to 345P								
345P to 430P								
430P to 515P								
530P to 630P								
Fri – 1/31	MOA/SCBS (Virtual Team Challenge Ends)							Bike Erg
800A to 845A								
845A to 930A								
930A to 1015A								

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