

Survive, Thrive & Be Fit!

Indoor Row Group!

JOIN THE 2023/24 INDOOR ROW GROUP!

- The Indoor Row Group (IRG) welcomes Survivor-Athlete/Rowers of all abilities! Season runs from November 1st through April 30th!
- IRG meets regularly at MOA/SCBS with additional indoor rowing options at the Sheboygan & Sheboygan Falls YMCAs.
- The IRG season offers a variety of individual and team challenges.
- NEW Members are welcome to join us at any time throughout the season!



Above: Survivor-Athletes after completing the 8th Annual Lake Michigan Crossing!

The 9th Annual Lake Michigan Crossing is scheduled for Saturday, March 9th, 2023!

Contact Tim for details or to schedule an Indoor Row Group Info/Demo Session!

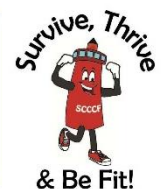


Benefits of Indoor Rowing:

- 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 promoting fitness, strength, flexibility and mobility!
- Rowing with others provides 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!

2023/24 Indoor Row Group (IRG) General Information

- The 2022/23 IRG Season runs from November 1st through April 30th.
- IRG Sessions are scheduled at MOA/SCBS at various days/times. A current schedule of IRG Sessions can be found at www.scccf.org/blog.
- Most sessions will be scheduled between early/mid-morning and late-afternoon/early evening. Your comments and suggestions are always welcome and I will do my best to accommodate.
- IRG members can request available time slots by contacting Tim at IRG sessions, via e-mail (trenzelmann@physhealthnet.com), or phone (920.457.2223). I will do my best to offer access to IRG members fairly.
- It is best to sign up early, but I will do my best to keep the on-line schedule accurate, so feel free to check it for last-minute openings.
- Individual time slots will be confirmed at least two weeks in advance. Second choices are always appreciated.
- Time slots are typically 1-hour in length allowing time for warm-up, row, cool-down, clean-up.
- 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.
- 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.
- Also consider participating in our NEW Season Challenge (see attached)!
- 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 to **ROW and HAVE FUN!**

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NEW: SEASON CHALLENGE!

I thought we would try something new and different this season with a sort of hybrid individual/team challenge! Here's how it works:

- Row at least 10,000m during a calendar month and earn 10,000 points! The first 10,000 meters are the most valuable meters!!!
- Row an average of 1,000m per day or more for the month and earn an additional 1,000 points!
- Row an average of 2,000m per day or more for the month and earn an additional 100 points!
- Row an average of 3,000m per day or more for the month and earn an additional 10 points!.
- Row an average of 4,000m per day or more for the month and earn an additional 1 point!
- We will simply add up Individual Points to determine Team Points for each individual month and the year! We will track both individual and team points monthly and for the year!
- Record and submit your meters using the ST&BF A.S.S./Cumulative Log Sheets!
- NOTE: Someone who rows 10,000m each month for all six months will earn 60,000 points and someone who averages 4,000m/day or more will earn 66,666 points!

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