

# SPLASH!

## THREE RIVERS ROWING ASSOCIATION

Newsletter for Members and Friends

Pittsburgh, PA

Issue No. 52 – October, 2009



**Three Rivers  
Rowing  
Association**

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#### 1. HELP US RECRUIT NEW ADULT ROWERS!

- We offer four classes all winter. Two are always for beginners and we also have classes for experienced rowers to use our tanks and ergs. The first session starts next week! To print a flyer to post please visit:
  - <http://www.threeriversrowing.org/WRLFlyer.pdf>
  - For more info about the classes please visit: <http://www.threeriversrowing.org/r-winterrowing.html>

#### 2. SHOWER ALERT!

- The men's showers at the Lambert Boathouse will be receiving some routine maintenance this weekend. They will be unavailable from Friday at 8:00 am to Sunday, October 25th. They should be ready for use again on Monday, Oct 26.

#### 3. COACH FRANK SANDS HONORED

- Some exciting news about Frank Sands, Head Coach at North Catholic High School. He was recently inducted into the Hall of Fame at NC. Frank was among four men inducted this year for their work on behalf of their communities and NCHS. Frank's 19 years of coaching high school rowing in Pittsburgh and the community he has built around NC Rowing is impressive and it's wonderful to see him get honored for it. It is also great that this honor brings recognition to the sport of rowing in such a wonderful way.

#### 4. SUCCESS AT HEAD OF THE CHARLES

- Congrats to everyone who raced at the Head of the Charles this past week-end. The TRRA community wrapped up at least six automatic entries for next year in the following categories: Club Women's 8+ (master women), Junior Girls 8+ (TRRA Juniors) and the Junior Boys 8+ (Central Catholic) and three 4+ entries were guaranteed by the University of Pittsburgh! There were also some impressive results from TRRA in the Director's Challenge events.

#### 5. CENTRAL CATHOLIC BIATHLON

- Central Catholic HS Rowing is offering their Biathlon again on Sat, December 12th. More info is available on our homepage.

## **6. 2010 INDOOR ROWING CHAMPIONSHIP**

- This year's Pittsburgh Indoor Rowing Championship will be Saturday, January 30th. More info is available on our homepage

**ROW HARD! STAY SAFE!**