

THREE RIVERS ROWING ASSOCIATION



CLUB OF THE YEAR • First (2002) & 2010

Anyone can learn to row and paddle!

Since 1984, Three Rivers Rowing has introduced hundreds of Pittsburgh residents to the fun and benefits of rowing and paddling. Community-oriented since its founding, its mission is to make rowing accessible to everyone through programs for beginners of all ages, high school and college students, urban youth, adults, adaptive programs for those who are visually impaired, blind or with disabilities, and corporate rowing teams.



Learn to Row, Kayak or Dragon Boat

You can learn to row or paddle all year long! Programs available throughout the year give

newcomers interested in learning the basics of rowing, kayaking or Dragon Boating a place to begin. Free Learn to Row and Paddle Days are offered May through September at the Millvale Boathouse, and provide visitors with an opportunity to row in the Indoor Tanks and on an ergometer (rowing machine), and paddle a Dragon Boat. The Winter Rowing League, running from October through early May, provides adults an opportunity to learn the basics of rowing or improve skills in the off season through coached, weekly practices. In the warmer months, a Junior Learn to Row Summer Camp welcomes beginning youth rowers in 7th-12th grades. Private sculling and rowing lessons for individuals and small groups are always available. Kayaking is becoming increasingly popular in Pittsburgh, and kayaking classes are offered for all

ages and skill levels. Guided kayak tours, launched out of a quiet back channel at the Washington's Landing Boathouse, provide some of the most scenic views of Pittsburgh's rivers. Dragon Boating is also gaining popularity locally, and our two Dragon Boats are a regular sight on Pittsburgh's rivers with their distinctive drummers keeping time for the paddlers onboard. Dragon Boating classes are offered for all ages and skill levels.



Join A Team

The Masters Teams at Three Rivers Rowing represent all ages and skill categories. Some teams focus on recreational rowing

while others concentrate on more challenging training and racing activities. Beginning Masters Teams offer introductory skills, while the Competitive Masters Teams have been highly successful at regional and national championships. The Corporate Rowing League, now in its 14th year, provides a collegial forum for corporate teams to exercise on the water, improve rowing skills, network, and enjoy a weekly barbecue.



Committed to Clean Rivers in Pittsburgh

In 2003, Three Rivers Rowing initiated the Tireless Project to clean the riverbanks of the

upper Ohio River watershed, while working to instill in the public mind a vision of rivers not only as commercial avenues, but also as parks. Originally conceived as an effort to remove tires from the rivers,

the project immediately adapted to the fact that tires represent only a small percentage of the general debris to be found. Financial assistance from local foundations enabled Three Rivers Rowing to buy and retrofit a used 24-foot pontoon boat into a workboat that has seen tons of debris on its deck. In the first year alone, Tireless Project crews filled five 30-yard dumpsters and removed 500 tires in eight weeks of work on the rivers, or about 32.5 tons of debris! The Tireless Project continues as a joint project of Three Rivers Rowing and PA CleanWays with support from Friends of the Riverfront and the Voyager.

Scholastic Rowing



Now in only its fifth year, Three Rivers Junior Rowing has grown rapidly into a highly motivated junior racing team that is competing successfully at the regional and national level. Comprised of 85 Pittsburgh high school students from 20 schools all over the city, the team competes against other high school crews locally and in the Midwest region. Three Rivers Rowing extends its support to other high school and college rowing teams in the Pittsburgh area. Its Washington's Landing and Millvale Boathouses are home to more than 500 student athletes from 8 high school and 4 college rowing teams that train there from September to May.

Urban Youth



Three Rivers Rowing is committed to providing rowing and paddling opportunities for inner city youth. **First Row** engages urban high school girls through an inclusive rowing and mentoring program focusing on self-discipline, confidence, team building, and personal growth, and strives to prepare them for opportunities to pursue college scholarships. **Experience Rowing and Paddling** introduces inner city boys and girls ages 10 to 15 to rowing and paddling and, on completion of the program, welcomes interested participants to continue with one of the Three Rivers Rowing competitive rowing or kayaking teams.

Adaptive Rowing



Three Rivers Rowing operates the second largest adaptive rowing program in the country. Weekly rowing programs are offered throughout the summer for novice and experienced rowers, paddlers and Dragon Boaters who have disabilities that limit mobility, are vision impaired, or blind. Adaptive rowers who wish to join the competitive adaptive rowing programs can participate in the additional Saturday morning practice. Three Rivers Rowing's elite adaptive rowers have won numerous titles in regional, national and international competition.



Community Connections

Three Rivers Rowing Association's mission is to make rowing, paddling, and kayaking accessible to everyone. Outstanding programs and leadership, strong membership support, and community enthusiasm are critical elements in making this mission a reality.

USRowing Names TRRA 2010 Club of the Year (...again!)



Great news came last fall when Three Rivers Rowing Association was named the USRowing 2010 Club of the Year out of more than 1,000 member clubs across the country. This achievement is particularly gratifying since TRRA was the inaugural winner of the national award in 2002. Selection criteria acknowledged TRRA's 1) **Performance** (strong participation and results at Masters Nationals, Club Nationals and Youth Invitationals); 2) **Community Outreach** (First Row, Adaptive Rowing Program, participation with the Pittsburgh Public Schools Camp, and a variety of programs for beginning rowers and paddlers); 3) **Service to Rowing** (citing all the races that TRRA hosts, including 24 years of the Head of the Ohio, and its operation of the

Junior Men's National Development team); 4) **USRowing Participation** (acknowledging the hundreds of USRowing members among TRRA's membership who participate at many USRowing sanctioned races and events); 5) **Communications**; and 6) **Safety**.

TRRA Leads in "Day of Giving" Membership Support



Three Rivers Rowing's membership stepped up to show outstanding support for the organization during its first year of participation in PittsburghGives, the Pittsburgh Foundation's 2010 Day of Giving. Of the more than 400 nonprofit organizations who received contributions during the 24-hour period, Three Rivers Rowing was one of the Top Ten by Total Amount, with contributions of \$51,042.91, providing a terrific start to TRRA's annual year-end campaign. The Pittsburgh Foundation, the Heinz Endowments, the Buhl, Benedum and Grable foundations, and other funding partners provided a 20% match of contributions received.

GROUPON + TRRA = 309 New Rowers!



Recently, Three Rivers Rowing teamed up with Groupon, a popular deal-of-the-day website, and the results were, well, staggering! Groupon offers a single "groupon" (or group coupon) per day in each of the major geographic markets it serves. If a predetermined number of people sign up for the offer, then the "deal" offered becomes available to all. The Three Rivers Rowing "deal" offered in early March was for six Learn to Row lessons at half the customary price...and 309 people signed up!

Three additional Beginner level classes were added to the existing schedule of seven classes for Beginner, Intermediate, and Experienced rowers to accommodate all the Groupon holders who began their Learn

to Row sessions in early April. These aspiring rowers represent all ages and sizes, and have been enthusiastic in their attendance and participation.



The Head of the Ohio

Now the third-largest single day rowing event in the country, The Head of Ohio celebrates its 25th anniversary in 2011. It remains Three Rivers Rowing's signature event and provides financial support and visibility for its community programs, as well as supporting the organization's overall mission. More than 500 boats and 2,000 rowers from



100 rowing clubs, colleges, high schools, and corporate teams in the U.S. and Canada participate in this early October spectacular on the Allegheny River.

For More Information

Contact Rick Brown, Executive Director
 Three Rivers Rowing Association
 300 Waterfront Drive, Pittsburgh, PA 15222
 412-231-TRRA • RowandPaddle@ThreeRiversRowing.org
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Membership and Financial Aid

Three Rivers Rowing is a strong, cooperative, community 501(c)3 organization dependent upon proactive volunteerism. In addition to membership dues, every member is expected to volunteer. Volunteerism may include helping with boathouse tasks, assisting with the organization and execution



of regattas and programs, or donating needed and unique skills. Affordable memberships are available for students, adults, families, and head coaches.

Financial aid is available for qualified participants, and up to \$20,000 in scholarships is awarded each year to fulfill Three Rivers Rowing's mission of making rowing and paddling accessible to everyone.