



Quick Facts about Rowing:

- Rowing is an Olympic Sport. The USA Men's and Women's national teams are consistently among the world's best. The Men's 8 won gold in Athens, 2004, and the Women's 8 are the 2006 World Champions.
- There are both Junior (under 23) and Senior National Teams. Members may compete at the Pan-Am games, Rowing World Cup, and regattas around the world.
- Boats (called "shells") come in many sizes and may contain 1, 2, 4 or 8 rowers. Eights and some fours also have a "cox'in" whose primary task is to steer the boat.
- "Sweep" rowers have only one oar to pull. "Scullers" use two, one in each hand.
- Contrary to popular belief, rowing is largely a lower-body sport; the rower's legs, not arms, provide most of the boat's acceleration.



Come jump in with us you'll love it!



TEAMWORK
DISCIPLINE
DEDICATION

For more information, or to make a contribution, please contact:

7711 North Military Trail
Palm Beach Gardens, FL 33410
Phone (561) 799-1185
Fax (561) 799-1211
www.npbrc.com

The **North Palm Beach Rowing Club** is a 501(c)3 organization. We are also members of:





Ever wondered what it would be like to cruise the waterways in a sleek racing shell, listening to the sound of oars catching the water in perfect unison? Are you an athlete looking for a low-impact team sport that combines fitness, strength, endurance and self-discipline?

If so, it's with great pleasure that we announce the formation of the North Palm Beach Rowing Club-right here in Palm Beach Gardens.

Who we are:

We are former rowers from colleges and clubs across the country who have moved to the area but still crave the fun, fitness and camaraderie that rowing provides. In short, we're hooked and we hope you'll come see why.

What we do:

NPBRC is a 501(c)3 not-for-profit organization whose mission is:

- To promote and develop the sport of rowing in the Northern Palm Beach community.
- To provide the opportunities, equipment and facilities to allow our membership to successfully participate in competitive and recreational rowing events throughout the region.



OUR GOALS:

With the help and support of the Palm Beach Gardens community, we will:

- Offer “Learn to Row” programs open to the general public that provide a fun, safe way to learn the sport.
- Develop a Juniors (youth) team, open to all local high-school students, that competes successfully throughout the region
- Develop a robust Masters (adult) team open to area adults of all experience levels who are interested in learning the sport and participating in local regattas
- Provide future boat storage space for Club equipment and for member-owned shells in a permanent boathouse facility on the Intracoastal
- Finally, encourage an atmosphere of camaraderie and cooperation that will allow us to give back to the local community



OUR HISTORY:



NPBRC began on the eve of the 2006 Boat Parade when a small group of former rowers gathered to watch the event from the grandstands at the Palm Beach Marine Institute.

Realizing that the Intracoastal Waterway was the perfect venue for area kids and adults from all backgrounds to enjoy our rich maritime culture, the NPBRC was formed and officially incorporated in January, 2007.

Through a generous partnership with the Palm Beach Marine Institute, a fellow 501(c)3 organization, NPBRC found a home on the Intracoastal Waterway at PMBI's facility near Bert Winters Park. We have begun acquiring the equipment and facilities we need to build the future of our community rowing program.

“A little wishful thinking about a future boathouse”..



A rower passes Boston's Cambridge Boathouse during an early morning workout in the Charles River.

OUR FUTURE:

NPBRC is poised to become a community rowing program like no other. South Florida is already the favorite winter training grounds of many elite and collegiate rowing programs. We foresee a time when the North Palm Beach area will host a first-class regatta of its own and field high school, Collegiate and Masters teams on par with the best in the country.

To do so, we seek public support in order to acquire the equipment we desperately need. A financial donation to our club will help us secure the future of rowing in Northern Palm Beach County. As a 501(c)3 organization, your contribution may be tax-deductible.

Better yet, come out and join us as a full-fledged member of NPBRC. No experience is necessary; we welcome novices and experienced rowers alike.