



LRC NEWSLETTER

ALL THINGS LASALLE ROWING CLUB



Grand Challenge Cup Participants & Supporters

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UPCOMING EVENTS

At the Club

- Wed, Sept 4** - Silver Stitch order ready! Veronica will drop off at LRC
- Sun, Sept 15** - LRC's Coastal Races
Rescheduled! Boat Christening & Trillium Grant Recognition,
- Sun, Oct 20** - LRC's Head of Grassy
- Sat, Nov 9** - Awards Banquet @ RCL 594 with special guest Victoria Nolan, World Champion, 4x Paralympian

Regattas

- Sept 7** - Muskoka Fall Classic @ Gull Lake Park, Gravenhurst
- Sept 28** - Head of Welland @ Welland
- Oct 26 - 27** - Head of Schuylkill @ Philadelphia

GOODBYE AUGUST HELLO SEPTEMBER

FUNDRAISING EFFORTS



Big thanks to **Sue, Brian, & Veronica** for volunteering in July, raising **\$2560**. The bingo hall was also undergoing renovations at the time to accommodate for more gaming machines. **Please consider volunteering for bingo to help us get more equipment (see Get More Involved!)** As always, thank you to All Star Gaming Centre & OLG for supporting LRC's Para and Junior Rowing Programs!



GRAND CHALLENGE CUP

August 18, 2024

The club comes together in our annual Grand Challenge Cup event! Thankfully the rain held off, and provided cool and cloudy conditions for spirited and friendly competition. The in-club competition sees randomized quads of Masters and Juniors race each other in the 500-meter dash. We had 5 crews of competitors and a handful of volunteers who helped safety boat, time the race, manage the dock and cook everyone a delicious breakfast (**Dean, Doug, Gloria, Glenn, Jacob, Lori, & Mat**)

The competition was divided into three parts, the first part was time trials. Team 1 (Amy, Jackie, Aubrey, & Ella) had the fastest time. The second part sees the top 4 crews racing head to head, with the team with the fastest time racing the slowest time. Winners of the heat are underlined:

- Team 1 (Amy) vs. Team 2 (Kevin)
- Team 3 (Lindie) vs. Team 4 (Lucas)

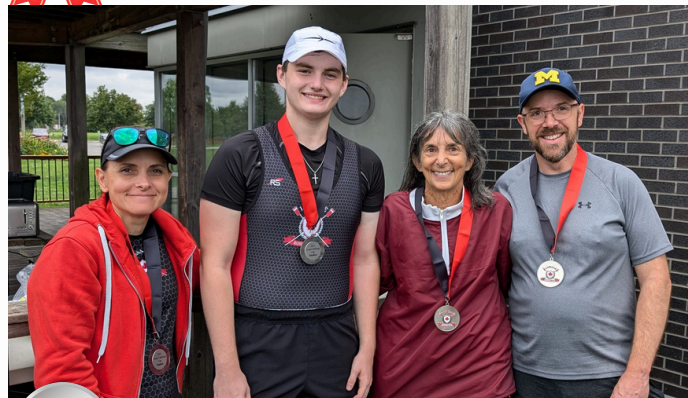
The final part sees Team 2 (Kevin) race Team 3 (Lindie) in a tight race, with Kevin's team cinching the championship title.



The showdown before the final race.



Champions
Michael, Kevin, Owen, Luci



Runner-ups
Melissa, Mark, Lindie, Brian

LRC's Competitors

- Team 1: Amy, Jackie, Aubrey, Ella
- Team 2: Kevin, Luci, Michael, Owen
- Team 3: Lindie, Mark, Brian, Melissa
- Team 4: Lucas, Sam Z, Katie, Niki
- Team 5: Sam G, Reece, Avery, Hailey



GET MORE INVOLVED IN LRC!

- **Volunteer for Bingo Shifts** - Your 2-hour shift can help the club raise > \$700. You can directly contribute to the club by raising the funds to buy new boats! Contact Veronica by email at vfriesen59@gmail.com
- **Safety Boat Driver** - Get your boating license at canadaboatsafety.com, then contact Pete to get trained!
- **Have a suggestion?** Write your comments, concerns, and suggestions anonymously (or include your name) and put it in the suggestion box located to the left of the hallway door.

MASTERING THE STROKE

YOUR SOURCE FOR ROWING TIPS & CHALLENGES

Para Rowing in the 2024 Summer Paralympic Games!

The Games opened on August 26 and closes on September 8.

Para rowing at the Paralympics has five events (all are 2000 metres): men's 1x, women's 1x, mixed 2x (PR2 and PR3) and mixed 4+. Athletes' impairment are classified into three types: PR1, PR2, and PR3. Athletes with different types of impairments can row within the same crew.

PR1: Athletes with minimal or no trunk function who primarily propel the boat through arm and shoulder function. Strapping is used around their mid-section to provide support and stability in the boat.

PR2: Athletes that have functional use of arms and trunk but have weakness/absence of leg function to slide the seat.

PR3: Athletes with residual function in the legs which allows them to slide the seat. This class also includes athletes with vision impairment.

Source: [Canadian Paralympic Committee](https://www.paralympic.ca/)



PARIS 2024

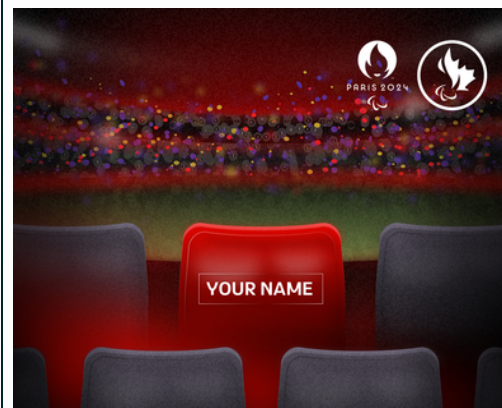


FUN FACT

Rowing debuted at the Paralympic Games in the 2008 Beijing Games with four events, all contested over 1,000m. The distance was increased to 2000 m in the 2020 Tokyo Games.



The Canadian Paralympic Team for the 2024 Games was represented by Jacob Wassermann, from Regina Saskatchewan. This is his Paralympic debut. He is one of the 13 survivors of the 2018 Humboldt Broncos junior hockey team bus crash. He started rowing in late 2022, and soon, in 2023, won a gold medal at the Canadian Para Rowing Championships. In Paris, he competed in the [PR1 Men's Single Sculls](#). Read more about his athletic accomplishments in rowing and other adaptive sports on [Jacob's Paralympic Committee profile](#).



Support the Canadian Paralympic Team

"Ignite the Light"

Fill the virtual stadium by donating \$25 per seat.

Claim your virtual seat at:

<https://paralympic.ca/foundation/ignite/>

Schedule for Finals ([Official Olympics Rowing Schedule Link](#))

August 30

- PR1 Women's Single Sculls Heats
- PR1 Men's Single Sculls Heats
- PR2 Mixed Double Sculls Heats
- PR3 Mixed Double Sculls Heats
- PR3 Mixed Coxed Four Heats

September 1

- PR1 Women's Single Sculls Finals A & B
- PR1 Men's Single Sculls Finals A & B
- PR2 Mixed Double Sculls Finals A & B
- PR3 Mixed Double Sculls Finals A & B
- PR3 Mixed Coxed Four Finals A & B

August 31

- PR1 Men's Single Sculls Repechages
- PR2 Mixed Double Sculls Repechages
- PR3 Mixed Double Sculls Repechages
- PR3 Mixed Coxed Four Repechages