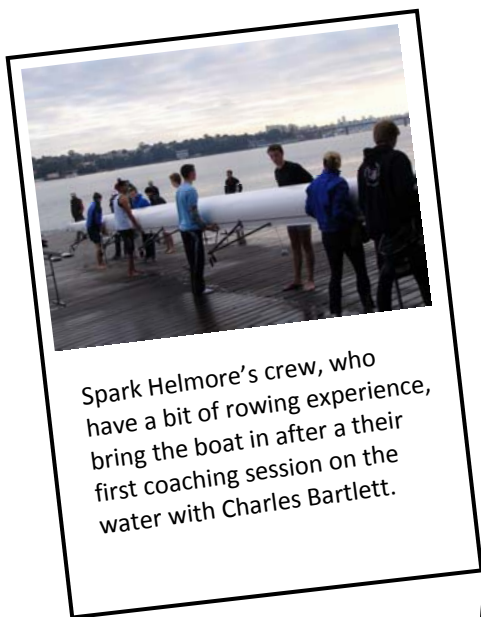
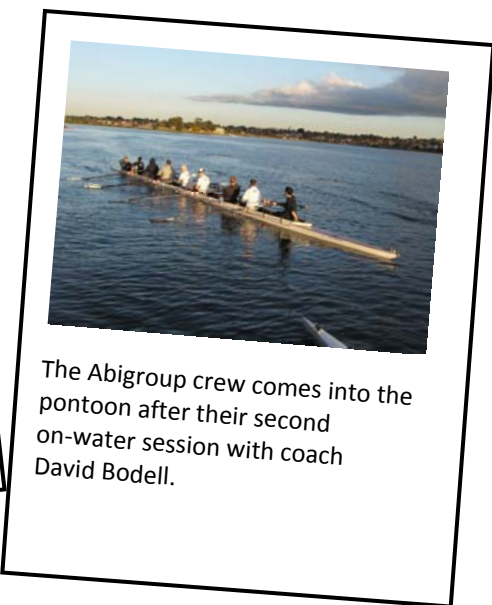


Corporate Challenge 2008

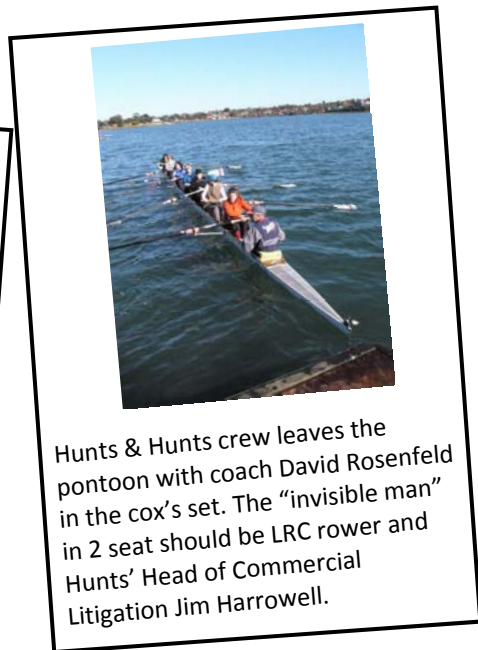
A Week on the Water



Spark Helmore's crew, who have a bit of rowing experience, bring the boat in after a their first coaching session on the water with Charles Bartlett.



The Abigroup crew comes into the pontoon after their second on-water session with coach David Bodell.



Hunts & Hunts crew leaves the pontoon with coach David Rosenfeld in the cox's seat. The "invisible man" in 2 seat should be LRC rower and Hunts' Head of Commercial Litigation Jim Harrowell.



The Cemex crew cruises into the pontoon after their first on-water session with coach Steve Duff in the cox's seat.



The crew from Sydney Breast Clinic prepares to take to the water with coach Charles Bezzina.



Kings Engineering takes time to pose for the camera before putting the boat away, with coach Angela Conry, ably assisted by Rex Chadwick.

All 21 Corporate Crews took to the water this week, in slightly windier and very chilly conditions. Once again, our roving photographer was out on the pontoon to capture some more of our corporate crews, all looking fit and fantastic, with their coaches. We appreciate your good humour in standing and smiling when you're probably just thinking "where's the hot shower?", and hope you're enjoying the corporate rowing experience. We're looking forward to seeing you all in action at the Corporate Regatta on the Olympic course.

Oops! We got our coaches mixed up in last week's newsletter. Both Lend Lease crews are being coached by Steve Roll—and not one crew coached by Richard Stanistreet as reported—a case of editorial dyslexia in reading the crew lists!

Ask the Experts: Handicapping

A few crews have asked about handicapping for the Regatta, so this week we've talked to the LRC Corporate Challenge master handicapper Tim Clare to find out the secret formula.

The goal of handicapping is to ensure all crews compete on a level playing field. The aim in a handicapped race is that crews start at different times but should be hitting the finish line pretty much together. Handicapping works by starting some crews off "Go" and holding others back for a number of seconds which are counted down by the Starter.

In handicapping the crews, there are 4 factors which account for each crew's total handicap:

1. **Experience.** Each rower in a crew is defined as:
 - Novice - previous rowing experience is limited to no more than 2 Corporate regattas,
 - Intermediate - Have competed in more than 2 Corporate Regattas and/ or rows socially with a club but does not compete in club competition,
 - Senior - Rowed and competed at school or club level, includes competitive surf boat rowers,
 - Elite - Represented at State/ Provincial or National (any country) level.
2. **Age.** The average age of the crew (excludes the Cox). Age handicaps fall into the following bands:
 - < 27
 - 27 - 34
 - 35 - 40
 - 41 - 47
 - 48 - 55
 - 55 +
3. **Gender.** A handicap allowance is given for each female in the crew.
4. **Boat.** A weight allowance is given for rowing in a timber boat.

And, as always, the handicapper's decision is final!

This week, all corporate rowers will receive their Crew Rower Status Form. These forms are used in handicapping the crews, and need to be completed and returned by email to Deanna Fekete or Tim Clare by the end of next week (Friday, 5 September). So if you're actually an elite rower who's so far admitted to having "a bit of experience", this is the time to "fess up".

And remember, the Corporate Challenge is not the Olympics—the goal is to work on team building, race with a great team spirit and celebrate how much you've achieved in 4 short weeks and, importantly, have fun. Of course, a bit of friendly competition racing against other companies/ crews from your industry is not all bad!

Why are we doing this?



The Blake Dawson crew square-blade rowing

Square blade rowing is one of the exercises that is recommended for novice rowers in order to work on equal hand-heights in the boat, and square-blade warm-ups are used by rowers at all levels. So why do we practice square blade rowing if we don't actually row like that in the end? In his book "Rowing Faster", Volker Nolte explains it like this: ***Square-blade paddling helps athletes control the blade. When they carry the blade forward on the feather, it must be at a height that allows them to square it without dropping the hands. Keeping the blade on the square shows the athletes the height from where the blade can enter the water quickly without losing too much forward reach. Square-blade rowing also teaches athletes to draw at the correct height, allowing the hands to move down and around the turn to clear the blades.***



Let's Party

The **Corporate Challenge Regatta** will be held on Sunday, 14 September at the **Sydney International Regatta Centre** at Penrith. It's a great opportunity to get your colleagues, friends and family along to cheer you on and celebrate your achievement. **SIRC** has excellent facilities, including a covered grandstand, bike and walking tracks (perfect for kids), snack bar, catering and a large grassy area where you can set up a marquee. Specific Regatta Day details, directions and times will be sent out during the week before the Regatta. If you want to hire a marquee, the best contact is : Penrith Party Hire on www.penrithpartyhire.com.au or 47311313. They will deliver and erect, but please let Deanna know so she can co-ordinate with SIRC. Catering (all types of food, drinks etc) is available from the Regatta Centre, contact Vince on 47293222 or email enquiries@regattakitchenandbar.com