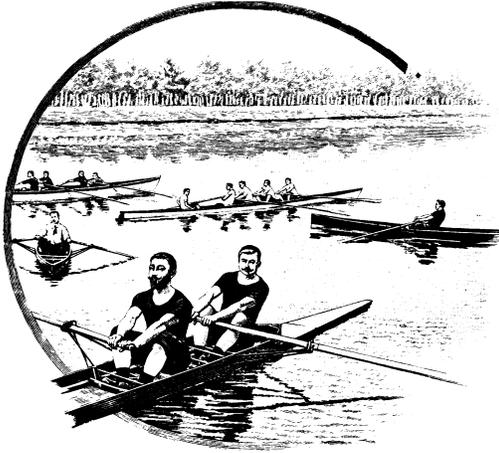


# ECORSE ROWING CLUB



The Ecorse Rowing Club provides individuals of all ages an opportunity for recreational and competitive rowing. Founded in 1873 the club is a non-profit amateur athletic association under the auspices of the United States Rowing Association.

The club's boathouse is located at 4700 W. Jefferson in Ecorse. Club members row on the Detroit River between Nicholson terminal and the BASF Corporation.

For information visit our web site at [www.ecorserowingclub.com](http://www.ecorserowingclub.com) or call 313-382-4380. Classes available.

## ROWING IS FOR EVERYBODY

Rowing has been a popular sport in Ecorse for many years. Today a national rowing resurgence is taking place, especially among adults.

It's easy to see why:

- ★ Almost any one of any age can row, including people with physical limitations (adaptive rowing).
- ★ It can be a team sport in crew boats.
- ★ It can be an individual sport in singles.
- ★ It's a whole body, low impact cardiovascular workout.
- ★ For recreation, it gives people a chance to get out on the river for fresh air and a little exercise.
- ★ As a competitive sport for men and women, racing is classified by boat types, age groups, and ability levels. ERC members compete across the United States and Canada.



## IT'S AEROBICALLY COMPLETE...

Rowing has been described as the ideal cardiovascular exercise. Every major muscle group is used in the rowing stroke. The rower uses his or her legs, upper body, and arms to take long, powerful strokes that propel the boat through the water.

Rowing builds strength and endurance. "It ranks among the most physiologically demanding of any aerobic sport; with cross country skiing being it's only parallel." Says Dr. F. C. Hagerman, Ph.D. and exercise physiologist at Ohio State University. "Rowing is a potent stimulus for increasing oxygen consumption."

"Rowing does not put extra stress on joints like, say, running," states Tom Griffin, M.D., sports oriented family physician. "That's why it's so good for people with arthritis or other orthopedic problems."



## ROWING AND ITS EQUIPMENT

Sweep Rowing is a team sport in which each rower has one long oar (12.5 ft.). A typical crew is comprised of either four or eight rowers plus a coxswain who coaches and steers the shell.

In sculling, the rower rows with two smaller oars (9.8 ft.). Sculling boats are known as singles or doubles and is rowed by one or two persons respectively. A quad is rowed by four people.

Racing shells are built for speed. They are long, narrow, and lightweight. A typical single, for example, is 26.5 feet long and 11 inches wide yet weighs only 31 pounds.

While by no means slow, recreational shells sacrifice some speed for ease of rowing and safety. They are shorter, wider, and heavier than racing shells making them more stable and more forgiving.

Modern shells and oars can be constructed of either wood or composite materials or both. Although the vast majority takes advantage of the strength and light weight of high tech fibers and resins, the beauty offered by wood is still unsurpassed.