

Humboldt Bay Rowing Association

The Humboldt Bay Rowing Association is a non-profit, volunteer run organization founded in 1986 by a small group of dedicated rowers interested in showing others in the community the joys of rowing and the beauty of Humboldt Bay.

HBRA has two facilities on the waterfront: a sculling boathouse located at the Adorni Center, and the HBRA/HSU Boathouse to the north near the Samoa Bridge, which houses 8- and 4- person boats.

HBRA offers instruction in both sculling and sweep (team) rowing for athletes of all ages and abilities, from the curious recreational rower to the elite-level competitive athlete.

For HBRA club information, including private lessons, junior and master teams, please visit us at:

www.hbra.org



Junior Rowers Finish 5th at the 2008 USRowing Youth National Championship in Ohio



To learn more...

about rowing with the Humboldt Bay Rowing Association, please contact:

Jerome Simone,
Club President

707.677.3214

rowthebay@humboldt1.com

www.hbra.org

To learn more...

about rowing with the Competitive Junior Rowing Team, please contact:

Adrienne McConnell,
Head Coach

707.845.0686

Adrienne@alum.calberkeley.org

www.hbra.org

Humboldt Bay Rowing Association and City of Eureka Recreation Division's 2009...

Learn to ROW



Please register at the Adorni Center:

1011 Waterfront Drive
Eureka, CA 95501
707.441.4248

Learn to Row!

Rowing on Humboldt Bay

Rowing can be done at any age. It's a low-impact sport that involves all the body's major muscle groups. It's great for fitness, recreation, cross training, and even a bit of bird watching out on beautiful Humboldt Bay.

If you're the competitive type, you'll be excited to know the Humboldt Bay Rowing Association (HBRA) competes in local, regional and national rowing events for both our junior and adult athletes.

Interested in trying the sport of rowing? HBRA has put together two different options to get you out on Humboldt Bay (no experience necessary). Both are taught by qualified, rowing instructors.

A Taste of Rowing*

Sign up for this two hour Taste of Rowing. Get a quick introduction to proper rowing technique on land, and then go for a leisurely row. You can also sign up for our Learn-to-Row Clinic for a more in-depth experience.

Juniors, Ages 12-18

Choose from Monday
July 6, 13, or 20
3 - 5:30 pm

Adults, Ages 18 and up

Choose from Wednesday
July 8, 15, or 22
5:30 - 7:30 pm

Cost: \$25 per session

Bring a friend or two or three, four or more!

**Attending this session does not certify you to row with HBRA, completing the Learn-to-Row Clinic does.*

Learn-to-Row Clinic

This clinic lasts two weeks. You'll learn the basics of rowing, on and off the water. Successful completion makes you eligible to join HBRA. Limited to 16 people to give you as much personal attention as possible.

Juniors, Ages 12-18

July 27 - August 7
MWF, 3- 5 pm
Interested in joining our competitive Junior Team for the school season? This is the perfect opportunity to try it out!

Adults, 18 and up

July 27 - August 7
MWF, 5:30 - 7:30 pm
Get a low-impact workout and experience the camaraderie of being part of a team.

Cost: \$175

Where to Go, What to Bring...

Whether you pick A Taste of Rowing or the Learn-to-Row Clinic, our first meeting will be at the HBRA/HSU Boat-house located to the north of the Adorni Center near the Samoa Bridge.

Bring a water bottle, hat, sunscreen, athletic shoes, socks and comfortable work out clothes. No baggy shorts, sweats or shirts allowed (baggy clothes interfere with the equipment).

All of us at HBRA look forward to rowing with you!



Junior Rowers at the 2009 Covered Bridge Regatta

"Rowing provided a place to go, a community where people care about what I did and what I achieved.

-Silken Laumann
Canadian National Champion

Up and over heads!

Humboldt Bay Rowing Association

is a non-profit organization dedicated to promoting the sport of rowing for community members of all ages and abilities. Please call 707.677.3214 for further information.

Juniors Note:

Rowers are exempt from wearing PFD's. Juniors (under 18) will be required to pass a swim test prior to the first day of the clinic. When registering, ask for details on how to take the swim test.

Adults Note:

When signing up for the Clinic, you will be asked to certify that you can swim. You will also be asked to certify that you can lift 25-35 lbs. over head . On the first day of the clinic you will be asked to demonstrate your ability to do so.