

# Ever wanted to try Rowing?

You, your friends, colleagues, and fellow drinkers can at the:

## IRONBRIDGE ROWING CLUB Pub & Club Regatta 2009

### Crews

You will need 4 persons per boat, who have never rowed before.  
4 male, or 4 female, or 2 male and 2 female.

### Barbecue

Food and drink on sale.

### Family and Friends

Welcome to support you for the final racing event.

### Virtual Rowing competition

Using the latest state of the art technology!

### Evening Party

Free to competitors & coaches. Hot food on sale. £4 entry for friends and family.

### Cost

£40 per crew. That's just £10 each, for 5 weekly training sessions:  
1 on land, 4 on the water. Culminating in a race day.

### Coaching Starts

Monday 16<sup>th</sup> March. Last date for entries is 6<sup>th</sup> March. Regatta Sat 25<sup>th</sup> April.

### Entry Forms

For additional forms please call the club on 01952 432798, or download a PDF from our website: [www.ironbridgerowingclub.co.uk](http://www.ironbridgerowingclub.co.uk)

