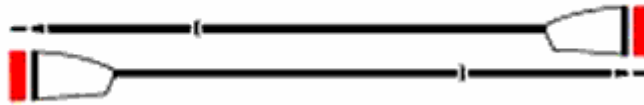




INDIANAPOLIS ROWING CENTER



The Catch

An electronic
newsletter for
the Indy Rowing
community

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Holiday Edition

Winter Conditioning at the Monon

So far about 20 Masters have signed up for Monon Fitness Center erg session and there is always room for more. Yearly membership is only \$100, half years for \$90. In addition to Indy Rowing ergs, members have access to all Monon Fitness equipment at any time. The organized practices are Tuesday & Thursday at 6pm and Saturday mornings at 9am (often followed by breakfast at Moe & Johnny's nearby). It's fun to get together and work out together. If you are interested in joining, show up at one of the practices and see Eric Stoll, who will give you the paperwork.

Concept 2 January Challenge

Quite a few Indy rowers are participating in the Concept 2 Holiday Challenge that runs through Christmas. We'll pass on congratulations to those who make the 100,000 or 200,000 in January. As we gear up for February's Indy Indoor Sprints, which is now an official Crash B Sprints satellite regatta, why not make it more interesting to work out by participating in Concept 2s January Virtual Team Challenge?

All the information you need from the Concept 2 website is reprinted below. Eric Stoll has volunteered to be Team Captain and will be setting up "Indy Rowing Center" as a team by Christmas. We'll be listed under the rowing club teams.

January Virtual Team Challenge

January 1 - 31, 2008

We invite you to join the international online January Virtual Team Challenge, to be held during the month of January 2008. Follow the directions below to create a new team or edit an existing team.

The Details

- Each team rows as many meters as they can collectively between **January 1 and midnight January 31, 2008**.
- This is a team challenge. You must belong to a team to

participate. This is not the same as your club affiliation in your profile. See "How To Join a Team" below.

- Meters must be entered online.
- Only indoor rower meters count (no water meters please).
- **Deadline for entering meters:** Tuesday, February 5, 2008 at midnight.

Who Can Participate

Virtual teams (not based on or around a specific physical location) can be made up of anyone from anywhere who wants to participate—friends, family, co-workers, old schoolmates, rowing teammates, etc. Teams can also be real "clubs," with a physical location. Team captains will be asked to indicate their club division when registering their team for the first time. The choices are:

- Virtual
- Health Club
- YMCA
- JCC
- School
- Rowing Club
- Corporate Fitness
- Military
- Correctional Facility

There will be separate Honor Boards for each club division, so you can compare your club's performance with other similar clubs. Team standings in all divisions will be posted online throughout the duration of the challenge.

Information for Team Captains Only

Teams need to be set up specifically for the 2008 January Virtual Team Challenge. Pre-existing teams from the University/Club Standings year-round listing will not automatically be included. Please follow the steps given here to add your team to the January Virtual Team Challenge.

1. All team management tasks (creating the team, adding team members, and so on) occur through your Online Logbook. If you don't already have one, visit the [Online Logbook home page](#) and click Register under "New Users" to create one (it's **FREE!**). We encourage you to do this sooner rather than later in case you have any questions. Once you do this, you will automatically receive email bulletins about the event.
2. **Important:** On your profile page, in "Messages for others to see", type in "VIRTUALJAN08"—this is what designates you as a Team Captain for this challenge.
3. Be sure to also include your email address in your profile.
4. [Create Your Team](#).
5. [Add Team Members](#). People who want to participate and are looking for a team can be found at the [January Virtual Team Challenge Forum](#).
6. Already have a team set up from a past team challenge event? [Add an Existing Team to the January Virtual Team Challenge](#).
7. Once the challenge begins, team meters accumulate as follows:
 - Team members who have their own online logbooks will enter their meters in their online logbooks. These meters will automatically count towards the team totals.
 - Team members who do not have their own online logbooks will need to send you their information. you then need to enter these meters using the "Quick Meters" in the Team Manager page.

How To Join a Team

1. First, you'll need to find a team to join. This is not the same as your club affiliation in your profile. If you don't know of a team but want to participate, visit the [January Virtual Team Challenge Forum](#) and post that you're looking for a team to join.
2. Establish an Online Logbook if you haven't already (it's **FREE!**). To establish an online logbook for yourself, visit the [Online Logbook home page](#), click Register under New Users and follow the directions. All of your meters must be entered into your Online Logbook.
3. Give your name (exactly as it appears in your Online Logbook) and your email address to the Team Captain of the January Virtual Team Challenge team you want to join. They will add you to the team they have set up for the challenge.
4. If you do not have access to a computer but want to participate as a team member, contact your Team Captain and ask if they would enter your meters for you. Due to the popularity of this challenge, we strongly encourage you to create your own Online Logbook and log your own meters to keep the workload manageable for the Team Captains.

Incentives and Rewards

Anyone who participates in the challenge is eligible for the following incentives and rewards, regardless of how many meters are rowed:

- A free downloadable certificate of achievement
- A free downloadable heat transfer for making your own Virtual Challenge T-shirt
- Access to the cafepress.com January Virtual Team Challenge T-shirt shop
- Inclusion on the January 2008 Virtual Team Challenge Honor Board—a list of all the teams and team members participating in the challenge. (If you prefer not to have your name listed, you can set this preference in your Online Logbook.)