

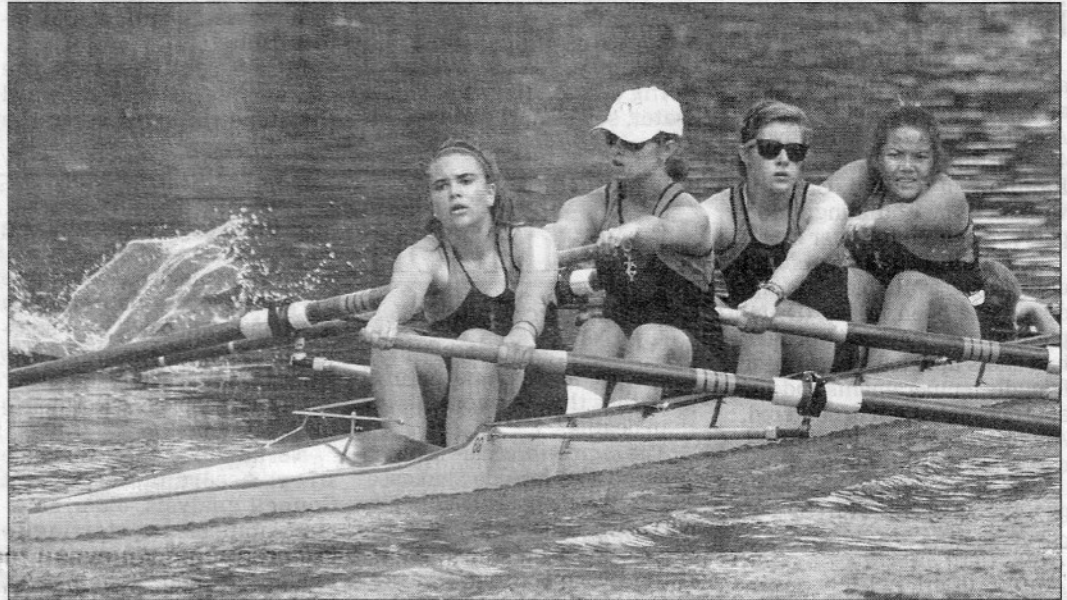
Rowers to race at Bryant Lake on Sunday

How do you get eight high school students to go really fast backwards?

Put them in a racing shell and have them compete in the sport of rowing, also known as crew. Crew is a popular collegiate and Olympic sport that is growing rapidly among high-school students here in Minnesota.

In fact, some 150 high school rowers and 30 boats will be at Bryant Lake in Eden Prairie for a rowing competition on Sunday. Twin Cities Youth Rowing, a program that draws high school athletes from over 20 area high schools, is hosting the competition.

Crew regattas are a great spectator sport. Everyone is welcome to come watch the competition and admission is free. The crews will race in eight-rower boats, four-rower boats and two-rower boats. Racing will start about 9 a.m. and continue until approximately 4 p.m. Rowers will race head-to-head on a straight 1,250 meter course from one end of the lake to the other. The regatta will be run from Three Rivers Bryant Lake Regional Park. The park offers great viewing of the rac-



SUBMITTED PHOTO

A Twin City Youth Rowing (TCYR) four-rower boat competes at the recent Chicago Regatta. Sunday, TCYR will hold its own Regatta on Bryant Lake.

ing, with the course coming very close to shore in the finish stretch.

Races will start at 12-minute intervals and typically take five to six minutes to complete. In addition to watching the competition on the water, visi-

tors will enjoy talking with the athletes and seeing the high-tech equipment. Eight-person boats are 60-foot long and only 18 inches wide. They are made of carbon fiber for strength and light weight. The boats weigh only about 250 pounds, yet they

hold 2,000 pounds of rowers. The oars are 13 feet long, also carbon fiber, and weigh less than five pounds. Eight rowers can propel the boat at speeds of more than 10 mph.

For more information, go to www.tcyrc.org.