

Join us for VRPC's premier rowing event



2010 Lap the Lake

Vernon Rowing and Paddling Centre is located on Swan Lake in the beautiful Okanagan Valley.

We have incredibly calm water, a stunning lake with a 10km perimeter and a local community committed to having fun.

Our Lap the Lake weekend is the perfect opportunity to discover a new and exciting place to row.

Race or simply participate, the choice is yours, exciting fun for rowers of all ages and abilities is our focus!

To complete the weekend VRPC welcomes Marlene Royle as guest coach

Event Schedule

Friday 18th June 2-3.30pm 3.30-5pm	Sculling lessons with Marlene Royle- whose extensive coaching experience includes Craftsbury Sculling Centre, Florida Rowing Centre and Roylerow Performance Training.	Coaching \$25 per head. 6-8 participants per session.
Friday 18th June-6-8pm	<i>"Your rowing season- your rowing plan"</i> smart training for maximum pleasure and real results.	\$20 includes light supper
Saturday 19th June 9am for a 10am start	<u>Lap the Lake</u> - a 4km head race. No need to bring boats we will supply all equipment. No crew? We can always create teams whatever your ability, just leave it up to us. Boat sizes include 8+, 4x, 2x, 1x. A great BBQ lunch and prize giving is followed by 500m racing- no times just a great opportunity to practice in a variety of boat sizes.	\$20 includes all events and lunch.
Sunday 20th June 9-10.30am 10.30-Noon	The choice is yours! Start the day with more sculling lessons with Marlene, 9-12 noon. Enjoy lunch at a local winery, some golf perhaps, or hike at Silver Star Mountain.	Information on other activities available at your request.

* all prices include tax

FOR MORE INFO CONTACT LISA GEORGE 250 938 7769

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TO REGISTER CALL 1 866 658 6333, CREDIT CARD PAYMENTS ACCEPTED.

Proceeds benefit the Dynamic Opportunities for Youth rowing program
 "Investing in the lives of young people
 can only make our community stronger"



Marlene Royle biography

Marlene Royle was among the first coaches dedicated to masters rowing. Marlene's coaching career began in 1982 with the Boston University Summer Recreational Rowing Program, a community sweep program on the Charles River. From 1986 to 2005, Marlene coached at the Craftsbury Sculling Center in Vermont and was the associate director for three years. From 2005 to 2009, Marlene was the head coach at the Florida Rowing Center in Wellington, Florida.

In 1999, Marlene founded Roylerow Performance Training Programs to individually train rowers designing workouts and communicating via email. Roylerow.com was the first online coaching service for rowing. Shortly thereafter, her athletes started reaching the podiums of major regattas. Marlene's coaching has produced numerous world masters champions, masters national champions, Head of the Charles winners, and personal bests. College coaches, pre-elite athletes, as well as, those training for general health, re-entering the sport after injury, or just starting to compete use her programs.

As a competitor, Marlene rowed for West Side Rowing Club, Boston University, and Boston Rowing Club. She has won titles in sculling and sweep rowing including a U.S. National Championship, a Collegiate National Championship, and a Head of the Charles gold. In 2000, Royle set two world records on the Concept2 Indoor Rower. Publications include *Skillful Rowing* and *Tip of the Blade: Notes on Rowing*. *Tech Tips* is Marlene's monthly column on the Craftsbury Sculling Center web site and her column *Upstream* appears in *Rowing News*. Currently, Marlene lives in British Columbia focusing full time on Roylerow programs and traveling to teach sculling clinics in the North America and Europe.

