



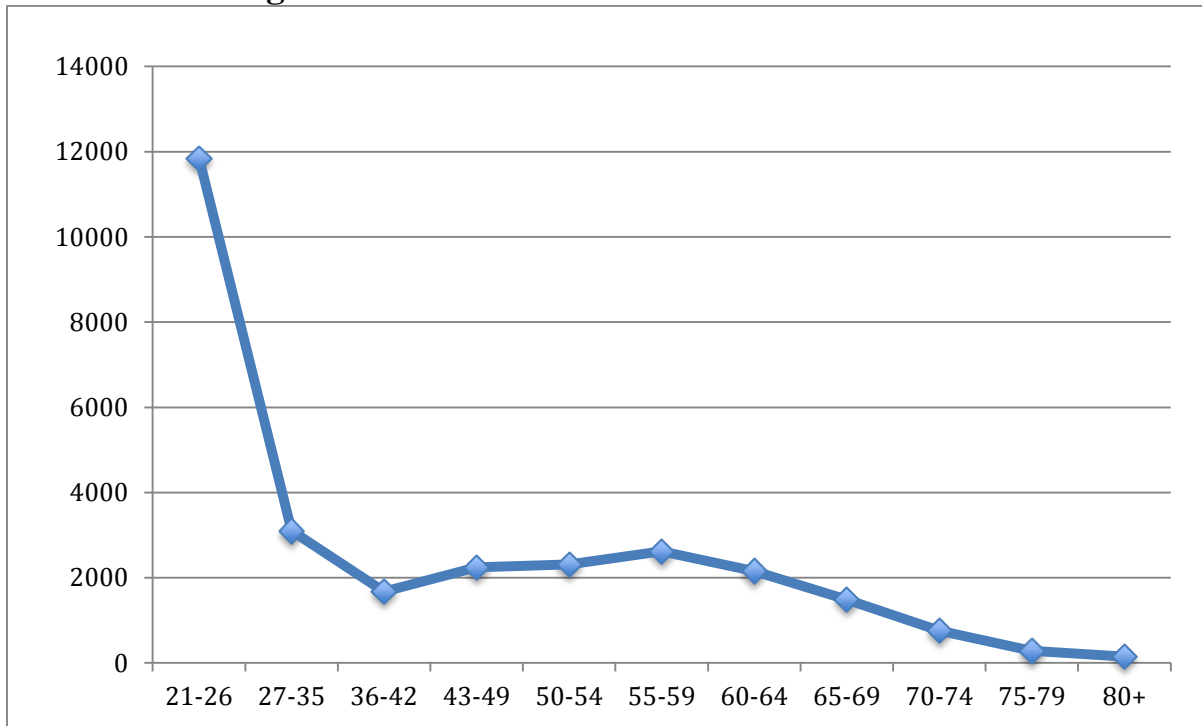
# ROWING GROWING

## Rowing is Growing 2016 – Masters Rowing

*Rowing continues to grow across the United States. People of all ages are joining this ultimate team sport, embracing a lifetime of activity and competition. Continuing the “Rowing Is Growing” series is this masters rowing report.*

Masters rowing includes a broad spectrum of athletes, not applying solely to elder rowers as the name suggests. Masters athletes range in age from 21 to 80 and older! Classification based on age with handicaps awarded based upon age allows for both the young and old to compete side by side and throughout their life. Making up approximately 38% of total membership with USRowing, masters rowing keeps recent college graduates as well as competitive middle aged/veteran athletes involved in the sport.

### AA-J Masters Age Classification



*-from USRowing member data*

The majority of masters category athletes are in the AA category of 21-26 years old which is 41% of all masters athletes. A portion of this age group also contains

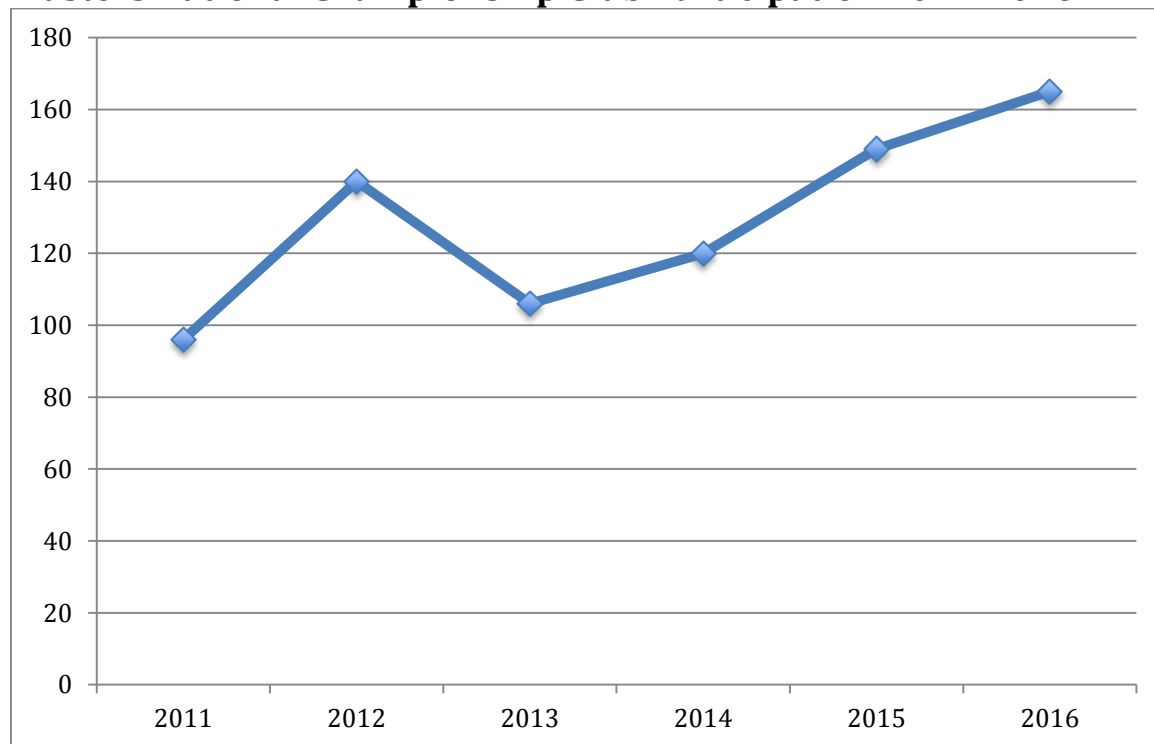
Senior National Team members and other elite athletes training for other international racing. The next two largest groups of masters athletes are in the 27-35 (A category) and the 55-59 (E category). The level of racing opportunities for athletes 50+ continues to grow. At the 2016 Head of the Charles Regatta, approximately 23% of entries were men and women 50 and older. In addition, the 2016 Masters Nationals Championships received a total of 1,210 entries for 50+ races (D-J categories), approximately 56% of all entries for racing.

In 2016, approximately 28,600 members were 21 and over- a 17% increase from the previous year. Total Championship membership grew by 22% in 2016, and a portion of that increase is reflected in the growing masters rowing community.

## Masters Nationals Championships

The largest attended regatta ever hosted by USRowing was the 2016 Masters National Championships. Held on Lake Quinsigamond in Worcester, Massachusetts, over 2,150 athletes from 166 clubs, representing 32 states, broke the previous record by over 150 athletes and 16 clubs... from the same regatta in the previous year! In the men's single (various age categories) alone, there were 232 entries. The women's four with coxswain was most popular among women coming in at 227. Competitor ages of boats for the women's 4+ ranged from 24 to 70.

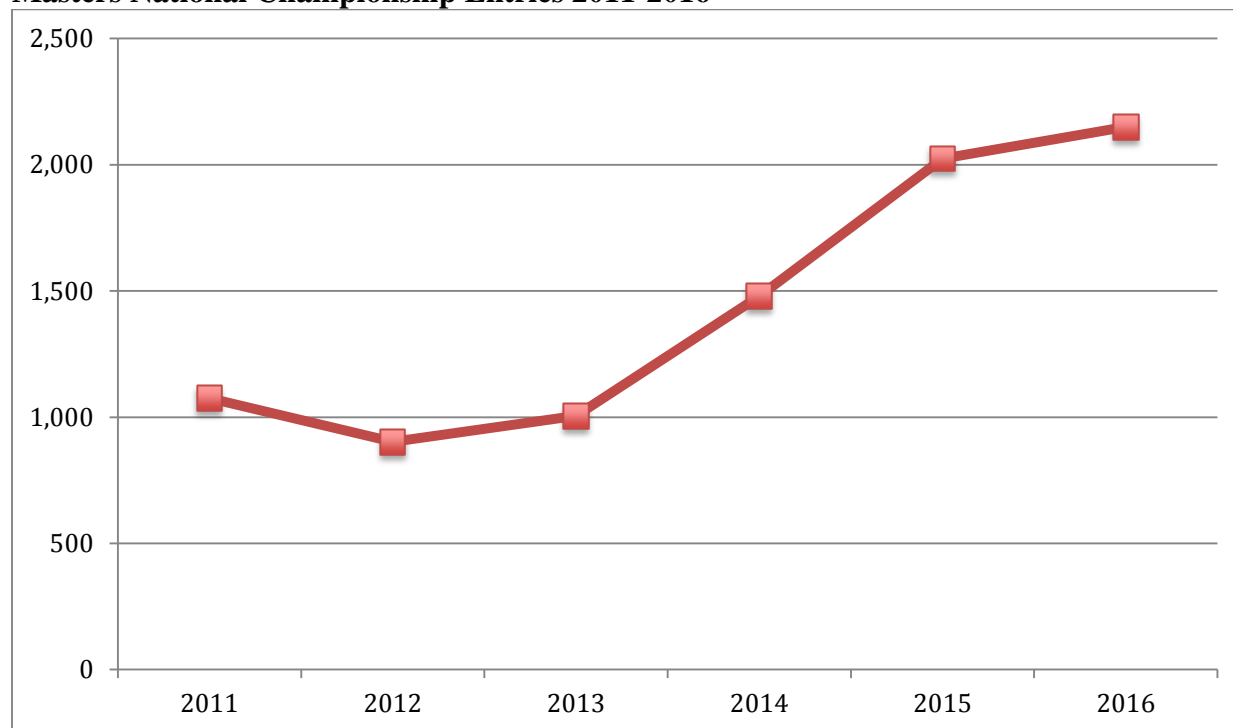
### Masters National Championship Club Participation 2011-2016



*-from Regatta Central*

Over the past 5 years, USRowing Masters Nationals has continued to grow in numbers. From 2011 to 2016, the number of entries has increased by 1,015 entries (100% increase) and club participation has increased by 69 clubs (72% increase). Athletes compete for national championships in more than 200 categories.

### **Masters National Championship Entries 2011-2016**



*-from Regatta Central*

USRowing hosts three Regional Championships in addition to the Masters National Championship: Northwest, Southwest, and Northeast/Mid-Atlantic. In 2016, Masters Nationals was held in Massachusetts and, consequently, a Northeast/Mid-Atlantic Regional Championship was not held. However, the number of entries between Northwest and Southwest Regional Championships in 2016 surpassed total entries from all three regional regattas the previous year by over 50 entries. Northwest Regionals continues to be the largest regional championship held for the last five years and reached over 1,000 entries in 2016.

### **Future Expansion**

The goal of a masters rower can be anything from recreational exercise to competitions nationally and internationally. The World Rowing Masters Regatta is held every year and offers international racing to rowers from all over the world and often attracts over 3,000 participants. In the 2016 World Rowing Masters Regatta, 37 clubs from the USA competed in Copenhagen, Denmark, with a total of 306 entries.

For ex-college athletes and 40+-year-old novices alike, rowing is an ideal sport for all levels. The 1000 meter racing distance combined with the ability to race in a variety of boat classes and with mixed entries allows for flexibility in competition. Plans for the 2017 USRowing Masters Nationals, held in Oak Ridge, TN, is on track to provide more masters with even more opportunities for racing.