



NEWS RELEASE

For Immediate Release: June 8, 2015

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Lansing Rowing Club to Host Third Annual Capital City Sprints Regatta

LANSING, Mich.-- The Lansing Rowing Club (LRC) is hosting the third annual Capital City Sprints Regatta on Saturday, August 22, 2015. The regatta will be a 1000 meter sprint on the Grand River at the LRC boat house located at Grand River Park, 2995 W. Main Street, Lansing.

Like last year, the Capital City Sprints regatta will have docks for rowers to enter and exit their shells, races on 6 minute centers, and medals for the top three finishers of each division. Divisions will be broken out by High School, Open and Masters.

“We received overwhelmingly positive comments from a survey of the participants the last two years,” said event representative Mark Alley. “We also received some constructive feedback on the course set-up and seaweed. We rectified both of these issues with a new buoy system modeled after what the Ann Arbor Rowing Club uses for their annual regatta and the purchase of an automated seaweed harvesting tool. We’re ready for an amazing event.”

For those who wish to spend the night in Lansing on the Friday before the race, the LRC has brought in the Greater Lansing Sports Authority to arrange for discounted hotel rooms. When making a hotel reservation, participants will need to reference the Capital City Sprints to get the discounted room price. As the regatta nears, a special Capital City Sprints website will list special regatta discounts at local restaurants and other fun events taking place the weekend of August 22.

The LRC is open to any person with an interest in rowing. The members include people from all walks of life, representing a wide variety of cultures and professional interests. Club member ages range from late teens to people in their eighth decade of life. The LRC also offers summer Learn-To-Row programs that progress from a dry land education, to sweep rowing in a large barge, to sculling in individual boats. Please visit the LRC website at <http://www.lansingrowingclub.com/about-lrc-1.html> for more information.

“The Grand River in Lansing is an ideal location to hold a rowing regatta,” said Tim Fisher, President of the Lansing Rowing Club. “Our goal is to make the Capital City Sprints the premiere summer regatta in the mid-West.” For questions about the regatta, please contact Mark Alley at malley301@comcast.net or at (517) 755-7902.