

In addition, we also assist with the development of touring elsewhere. Many of our tourers participated in the Rallye Canal du Midi tour in France. We also support the FISA Tours held annually in various countries.

Members can benefit because participating in tours can build endurance and their cardio-vascular system. Moreover rowing tours are also social and environmental, going through some of the most beautiful waterways of Ontario.



So whether you were inspired by our Canadian team at last summer's Olympics, whether you are a nature enthusiast or whether you are looking to change up your training schedule and try a new activity, rowing might indeed be for you! Touring with the Ontario Adventure Rowing Association may be the best way to explore this sport.



FISA International Tour of the Rideau Canal, 2002

For more information on the Ontario Adventure Rowing Association, please check out the RowOntario web site:

www.rowontario.ca

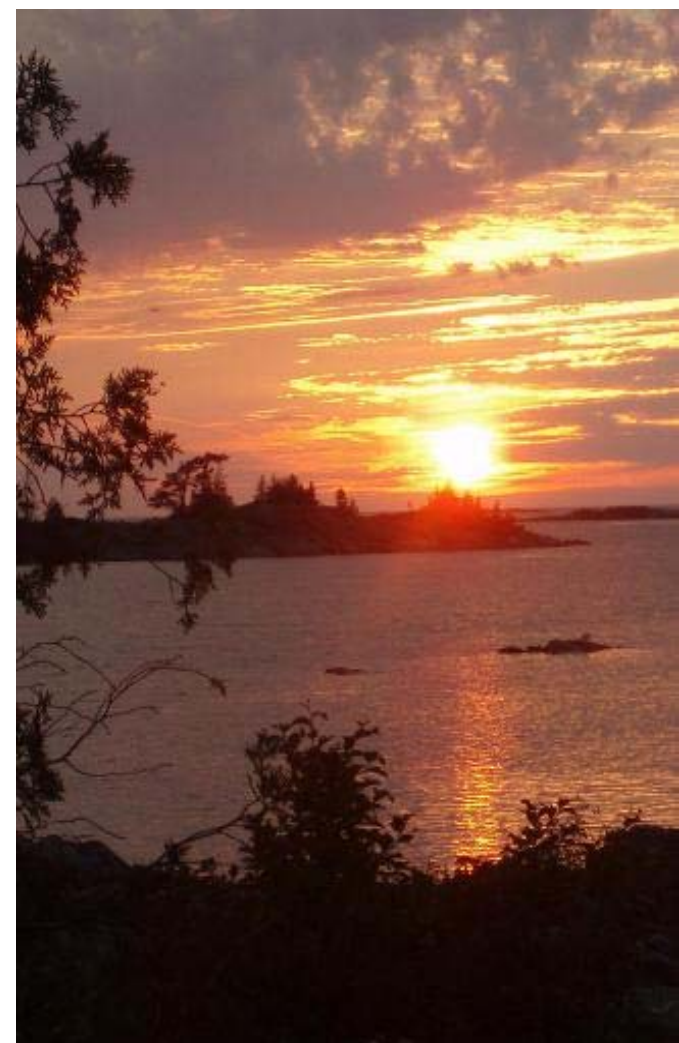


ONTARIO ADVENTURE
ROWING ASSOCIATION

Member club of the Ontario
Adventure Rowing Association:



ONTARIO ADVENTURE ROWING ASSOCIATION - OAR TOURING -



Thinking of rowing?

If you think skimming aerodynamically over water under your own muscle power would be a blast, then rowing is for you. It's all about balance, timing and teamwork. Slipping into a boat and pulling water solo or with friends develops muscle power, endurance and great friendships. Rowing is a fun way to get to know yourself and others!

Health benefits

All major muscle groups are used and the constant effort produces an excellent cardiovascular workout. In addition to the physical benefits of the sport, you can still hang out with friends, since rowers must learn to 'pull together' in crews of two, four or eight (when they are not in a single shell).

Learn how

Most rowing clubs in Ontario offer introductory learn-to-row (LTR) courses in sliding seat boats. The Row Ontario web site (www.rowontario.ca) has a list of rowing clubs. Although these programs vary from club to club, there are certain broad commonalities:

Time of the year: Most clubs offer their LTR programs between May and August.

Duration: Most courses tend to be shorter term, such as once a week for 8 weeks, or 2-3 times per week for a month.

Mixed crews: Males and females usually row together in the same boat.

Lessons: You learn elements of the rowing stroke, terminology, parts of the boat, basic safety, handling a boat and rowing, sometimes in a sweep boat (one oar per person).

Sculling: Since adventure rowing, including touring, is done in quads, doubles and singles, you need to learn sculling (two oars per person). Sculling is symmetrical and requires good balance and sculling stroke technique which you can acquire through instruction, coaching and practice. Ask at your local club about how they can help you scull. All the member clubs of the Ontario Adventure Rowing Association (www.adventurerowing.ca) offer sculling instruction and/or coaching; many of these clubs have local tours.

Registration: Space tends to be limited, so registration in the Spring is advisable.

About us

The Ontario Adventure Rowing Association (OAR Touring) is a new Association that has been granted membership in ROWONTARIO and Rowing Canada Aviron. OAR Touring replaces the ROWONTARIO touring committee to manage the touring equipment and mobile touring centres formerly owned by ROWONTARIO, and tour scheduling in Ontario.

Each year we offer a full slate of tours on various scenic waterways of Ontario. Our goal is to continue to support clubs by providing adventure rowing activities such as tours and marathons.



Tours

Touring is essentially a rowing trip lasting one or more days along a (more or less) pre-determined route. More adventurous rowers can organize 'camping-style' tours by packing tents and sleeping bags. For the culturally inclined, tours often incorporate visits to local attractions, so it's not just about rowing, but getting to know people, places and events throughout Ontario!

In the past five years, the number and size of tours in Ontario has continued to grow, with the Rideau Canal, Trent-Severn Canal, Algonquin Park, French River (Sudbury) and Lake Couchiching (Orillia) all hosting rowers. In 2002, the Rideau Canal hosted some 80 rowers from all over the world on the International FISA Tour from Ottawa to Kingston.

Memberships

There are two forms of membership with the Ontario Adventure Rowing (OAR) Association:

Club Memberships

Club Members of the Ontario Adventure Rowing Association (OAR Touring) are members of any rowing club in good standing with ROWONTARIO and the Ontario Adventure Rowing Association. To register their members, the Clubs must join the Association at a cost of \$50 per year. In return, their members, as members of the Association, get access to over 15 tours a year coordinated by the Association. An updated list of these tours will be on the ROWONTARIO web site. The Ontario Adventure Rowing Association is a member of Rowing Canada Aviron and ROWONTARIO and partners with ROWONTARIO to provide and promote adventure rowing, including tours.

Individual Memberships

Individuals who are not members of Rowing Clubs may join the Ontario Adventure Rowing Association, but those who wish to participate in OARA activities may join as an individual. The fee for an individual membership is \$75. Each year we will have a circuit of 2-3 marathons with rowing distances from 21 km to 42 km.

Membership forms are available at www.rowontario.ca

