Community Rowing in the Nation’s Capital
Dear Capital Rowing Club Friends,

It is an exciting time to be providing rowing opportunities on the Anacostia River. Phase 1 of the 11th Street Bridge project is complete, The Yards Park attracts more and more visitors each year, Capital Riverfront business development has returned with the improving economy, and there are plans for the DC United to build a stadium next to Nationals stadium. The Washington, DC area is learning what Capital Rowing Club has been demonstrating for years, the Anacostia River is the place to be.

Marking our 25th year as a club in 2013, we celebrated our humble beginnings at the Thompson Boat Center in 1988, our move to the Anacostia River in 1995, and the move upriver to our wonderful new boathouse in 2010. We continue to focus on our mission offering rowing opportunities to all ages and levels of physical ability. Our Juniors Program, started in 2010, had its greatest numbers to date, and our Adaptive Rowing Program, started in 2009, achieved a record five gold medals at the Bayada Regatta. We had success at the competitive level with a Capital Rower participating at Worlds in South Korea, and a third place team finish at Masters Nationals in Florida. Our Learn to Row programs set the standard for welcoming novices to our sport. Making all newcomers feel welcome so they can experience the glory of rowing on the Anacostia, is indeed a hallmark of Capital Rowing Club. Our “numbers” for 2013 are a testament to what our volunteer run club can achieve working together.

The number of rowers, both novices and veterans, who tell how Capital Rowing Club has improved their lives is truly inspiring. Community rowing in the Nation’s Capital is alive and well, and we are excited for the next 25 years offering rowing opportunities and excellence in rowing to residents in the DC area.

Sincerely,

Brandon L. DuBois
President
Capital Rowing Club, Inc.
WHO ARE WE? Capital Rowing Club (CRC) is the home of community rowing in the nation’s capital, and is the largest community-based rowing club in the region. We are committed to bringing opportunities and excellence in rowing to the diverse community of the Anacostia River and the greater Washington, DC area.

CRC offers the community benefits of recreational and competitive rowing – discipline, camaraderie, fitness, knowledge of water safety, and the appreciation for the Anacostia River as a valuable natural and recreational resource – to everyone.

ABOUT US: CRC is a volunteer-directed, 501(c)(3) non-profit educational organization offering rowing instruction for people of all ages, incomes, and levels of physical ability. Founded in 1988, CRC is home to an active membership of over 400 adults and youth from the District of Columbia, Maryland, and Virginia. We offer sweep and sculling programs for all ability levels, ranging from novice athletes to rowing veterans.

OUR COMMUNITY: CRC is located on the Anacostia River, a hidden gem in DC. We are located one mile east of the Washington Navy Yard along M Street, SE, adjacent to the river path.

CRC is a founding member of the Anacostia Community Boathouse Association (ACBA). ACBA is comprised of ten scholastic and community-based organizations. All include “bridge-building” as one of their core missions. ACBA programs impact thousands of community members each year.

Our Learn to Row courses have instructed thousands of new rowers in our 25-year history. CRC Adaptive Rowing Program provides rowing opportunities to people with varying disabilities and is one of the most successful programs in the country. Our racing teams compete successfully at the local, regional and national levels, and provide opportunities to connect experienced athletes to people who are new to the sport.
CAPITAL JUNIORS: CRC provides safe, fun and affordable year-round rowing opportunities to high school students in the diverse community of the Anacostia River and the greater Washington, DC area. Our team is composed of over 50 students from ages 13-18.

Learning is our focus. Rowing is a multidimensional sport that teaches discipline, camaraderie, fitness, work ethic, leadership, and teamwork. Our members build self-confidence and use rowing to help them on the path to their next phase of life. The skills and experience built through rowing open opportunities for college entrance, scholarships, and careers.

WHAT OUR JUNIORS SAY:
“Capital Rowing is so much fun – and I love my team!”
“I think I am addicted to rowing!”

ACCESSIBILITY MATTERS: We provide full or partial scholarships for athletes who need financial assistance to participate. Novice rowers do not need to have any previous rowing experience, and for most of our athletes their first experience in a boat is with Capital Juniors.

PROGRAM HIGHLIGHTS: Since our inception in 2010, we have introduced hundreds of students to the character building experience of rowing, representing each quadrant of the District of Columbia, as well as Northern Virginia. Our crews have won medals at multiple local and regional regattas, and travel to compete throughout the Mid-Atlantic region. Our members connect with their environment on and around the Anacostia River, and connect with their community through outreach events and local and regional regattas. Program plans include increasing the scale and reach of our program, bringing more opportunities directly to students in local schools, and providing more services to prepare our members for life after high school.
WHAT WE DO: CRC’s comprehensive five week Learn To Row (LTR) course is designed to teach the skills, fitness, and teamwork of the life-long sport of rowing. The classes take place in a fun and supportive atmosphere, with the goal of bringing the benefits of rowing to the community. We offer classes year round, including free one-day introductory lessons. Our novice rowers range in age from 13 to 70, and their fitness levels range from zero to 10. Partial and full scholarships are available for those who could not otherwise participate. We are open to everyone.

The Capital Intermediate and Novice Rowing team (INR) is unique in the DC area. INR provides a bridge for rowers to build on the basic skills developed in their LTR course, allowing them to integrate gradually with more experienced rowers. INR Members learn teamwork and leadership skills, including guiding a 65 foot boat filled with their peers down the river! Members of each INR program have a shared sense of community and cooperation with their peers, spending the season together and watching each other grow. Their new found skills not only alter lives, but also forge lasting bonds with each other and the boathouse community.

WHAT STUDENT ROWERS SAY:

“Capital gave me the best water cooler bragging rights. Always great to respond that I spent the night rowing on the Anacostia.”

“I took the learn to row class to have a chance to be outside on the water, I stayed because of the people.”

PROGRAM HIGHLIGHTS: CRC Learn to Row programs and events reached over 600 individuals in 2013, providing hundreds of hours of instruction. Of CRC’s 400+ members, the majority learned to row at Capital. Our experienced coaches provide a safe and fun environment for students of the LTR program. We strive to expand the reach of our program to more people in the diverse Anacostia River community.
WHO WE ARE: The CRC Competitive Team, a nationally competitive club rowing program, is dedicated to intensive training and conditioning in pursuit of successful racing while fostering teamwork and participating in the positive growth of our community through service and outreach.

CRC’s Competitive Team is coached by two former elite-level rowers who won both Olympic and World Championship medals. Each coach possesses over 20 years of experience in coaching, and has advanced training in the area of rowing physiology. Rowers that have prior experience and are in good physical condition are encouraged to contact the Competitive team representatives so they may be evaluated for this program. The rower should also have a solid understanding of rowing technique and boat issues such as set, run, and timing. Age for competitive master’s rowers is over 21 (In 2012, the competitive team mean age was 35.)

PROGRAM HIGHLIGHTS:
CRC placed 3rd in the club standings at the 2013 USRowing Masters National Championships, winning gold medals in 11 different events. CRC’s women’s team placed 4th in 2012 and 3rd in 2013 in the internationally competitive Head of the Charles Masters Women’s eight event. CRC’s competitive men and women win dozens of medals annually at regional regattas, including the team trophy at the Diamond States Regional Regatta in 2013.

CRC’s competitive teams include about 50 members. We train year round and also donate hundreds of hours to support our educational programs and give back to the community.
Average age of a Masters Rower at CRC.
WHO WE ARE: CRC’s club programs include a weekday morning team (Club AM), weekday evening team (Club PM), and a Seniors and Weekends team (SAW). We strive to provide a fun and challenging environment to rowers of all experience levels, from those who have just completed Capital's INR novice program to rowers with experience competing at the high school, collegiate and adult levels.

Over 200 of our members row on club teams, and we enjoy a balance of racing and club spirit. The men and women train hard and are encouraged, but not required, to participate in races. In addition to practicing on the water, rowers take turns “coxing” – safely steering their teammates down the river. Rowers also enjoy social events off the water such as post-practice breakfasts and happy hours.

Club team members at Capital lead the way in community outreach and club events. Our SAW team is the driving force in the environmental cleanup of the Anacostia bioswale, and club team members annually make our educational programs possible through hundreds of volunteer hours. Between rowing practices, races, and community events, some club team members are reaching out and participating nearly every day of the year.

Rowers with some prior experience on the water are encouraged to contact our team representatives and try out the Capital Rowing Club teams. While all three teams welcome members of varying levels of experience, Club AM in particular requires an attendance commitment of three days per week.

WHAT MEMBERS SAY:
“I never knew that at 40 I would start rowing…I don’t want to stop.”
“Most days I can leave stress behind and feel good after rowing with the team.”
“This is the most fun I’ve ever had in a team sport!”
2

Pigs roasted at CRC Picnic BBQs
WHO WE ARE: CRC created the Capital Adaptive Rowing Program in 2009 to introduce the sport of rowing, through its community-based rowing programs, to individuals with disabilities including spinal cord injuries, amputations, and visual and cognitive impairments. Over the past five years, CRC has connected with DC’s military and medical rehabilitation communities to build a para-rowing program compatible with CRC’s community mission, bringing the health and wellness benefits of rowing to all our members. Presently, the team consists of both military and civilian athletes, all of whom are professionals in various disciplines, including defense, policy, and science.

CRC Adaptive has historically been supported by generous grants from the Department of Veterans Affairs and the U.S. Olympic Committee, and has received crucial in-kind support from CRC.

At this time, the Program has enough boats and equipment to support a squad of approximately 12 athletes. With a recent decrease in federal grant opportunities, CRC is actively seeking new partners and support for the para-rowing program.

Recognized as one of the strongest para-rowing programs in the country, CRC is now partnering with USRowing to develop the standards for para-rowing programs nationwide, and to grow the opportunities for athletes with disabilities in the Washington, DC area to compete on an international stage.

PROGRAM HIGHLIGHTS: Each year, the CRC Adaptive Rowing Program proves to be one of the strongest para-rowing programs in the nation. At the February 2012 C.R.A.S.H.-B Indoor World Rowing Championships, CRC Adaptive’s athletes brought home two hammers (a.k.a. gold medals) and one silver medal. Dana Fink, an AS single sculler, represented the United States in the last two para-rowing world championships. Over the past five years, CRC Adaptive athletes have amassed dozens of medals at the Bayada National Adaptive Regatta in Philadelphia. CRC Adaptive’s directors and coaches are regarded nationally among the best in the sport.
WHO WE ARE: CRC’s Sculling and Small Boats Program provides the opportunity for adults and youth to practice and enjoy the art of sculling. Sculling is a technically demanding and rewarding form of rowing. Sculling is primarily practiced either by one athlete rowing alone in a boat known as a “single scull,” or two athletes rowing together in a “double scull.”

CRC’s Sculling and Small Boats Program offers something for scullers of all skill levels, with structured coached programs in competitive, recreational, and novice sculling. Scullers who pass a flip test and demonstrate confidence and skill in handling and steering a single scull may also be certified to take out boats without a coach.

CRC maintains a fleet of small boats for use by members of the Sculling and Small Boats Program. We also offer rack spaces for members who own their boats when space is available.

PROGRAM HIGHLIGHTS: CRC scullers won two gold and four silver medals at the 2013 USRowing Masters National Championships held in Sarasota, Florida. Additionally they finished in the top six in two separate events at the 2013 Head of the Charles international regatta.

Over 130 athletes participated in a variety of sculling programs this year, from novices learning the basics to veterans honing their craft. Most members began their sculling and rowing careers with CRC, while others joined the program bringing with them many years of experience. Our scullers range in age from 13 to 82, including many of our CRC Adaptive athletes and CRC Juniors athletes. The protected waters of the Anacostia River, up and down stream of the Anacostia Community Boathouse, provide many unique opportunities to connect with one of the most beautiful and undeveloped environments in DC.
OUR REGATTAS: CRC hosts two regattas each year on the Anacostia River, bringing youth and adult rowers from the DC region and beyond. Competitors travel from as far as Florida and Connecticut to attend.

Both regattas can be viewed from above on the Pennsylvania Avenue Bridge, from the west at the Anacostia Community Boathouse, and from the east in Anacostia Park.

HEAD OF THE ANACOSTIA: The Anacostia regatta is contested in late September each year. Races are 2.5 miles long, with competing boats racing one by one down the course. Races finish along the same course as Capital Sprints, and the first half can be viewed from above on the South Capitol and Martin Luther King Avenue Bridges. Over 150 athletes compete annually in 25 or more events, followed by the Capital-hosted Apple Pie Contest. After the judges choose the winning pies, competitors and spectators enjoy eating them with ice cream.

CAPITAL SPRINTS: The Capital Sprints Regatta is held each July. The regatta began in 1999 as a scrimmage among cross-town rivals and has grown into a summer racing tradition. Races are 1,000m long, with up to six boats racing side-by-side. In 2013 we added a “stake boat” starting platform to improve racing conditions. Each year, more than 200 athletes compete in 30 or more event categories during the day-long event, capped with music and a post-race barbecue event.
OUR 2013 COMMUNITY EVENTS INCLUDE:

Barrack’s Row Festival
H Street Festival
Juniors “Ergathon” at Eastern Market
Navy Wounded Warriors Learn to Row Day
NBC4 Fitness Expo
Riverfront Bioswale Recovery Sessions
St Patrick’s Day Festival and Parade
Youth Summer Learn to Row Days
11th Street Bridge Festival
Department of Transportation’s “Highway to Health” Fair
Defense Health Headquarters “Operation Live Well” Health Fair

OUR COMMUNITY PARTNERS INCLUDE:

Anacostia Community Boathouse Association
Anacostia Watershed Society
Christopher & Dana Reeve Foundation
Craig H. Neilson Foundation
District of Columbia
DC Teachers Union
Elite Rays Youth Swim Club
National Capital Bank
Navy Wounded Warriors – Safe Harbor
US Department of Veterans Affairs
US Olympic Committee
USRowing
WeCanRow DC

Capital Rowing Club brings fitness and fun to thousands of people in the community with free “Learn to Row” sessions and other events both at our boathouse and around DC.
WHERE TO FIND US: CRC rows on the Anacostia River in Washington, DC. CRC is founding member of the Anacostia Community Boathouse Association (ACBA) and plays an important role in the maintenance and development of the Anacostia Community Boathouse environment and surrounding area. This is where we train, learn, educate, socialize and conduct all of the activities related to our rowing club.

ACBA is made up of 10 member organizations. Through a grassroots effort stretching back nearly 20 years, the boathouse has grown to host numerous community programs, regattas, and events. In 2010 Capital headquarters moved to our new location upriver from the old boathouse.

The Anacostia Community Boathouse is located at 1900 M Street, SE, Washington DC. The boathouse is adjacent to the Anacostia Riverwalk Trail, just minutes by car or bike from the Washington Navy Yard and Nationals Park to the west and Anacostia Park to the east. A new pedestrian bridge also links the boathouse to the Potomac Avenue metro stop and the greater Capitol Hill neighborhood.
CRC PROGRAM SUMMARY

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Members (includes coaches)</td>
<td>312</td>
<td>349</td>
<td>410</td>
</tr>
<tr>
<td>Average Program Registrants</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Club Sweep</td>
<td>104</td>
<td>127</td>
<td>159</td>
</tr>
<tr>
<td>Juniors</td>
<td>25</td>
<td>33</td>
<td>47</td>
</tr>
<tr>
<td>Sculling</td>
<td>66</td>
<td>66</td>
<td>73</td>
</tr>
<tr>
<td>Competitive Sweep</td>
<td>32</td>
<td>39</td>
<td>36</td>
</tr>
<tr>
<td>Novice Classes</td>
<td>137</td>
<td>257</td>
<td>272</td>
</tr>
</tbody>
</table>

OUR PROGRAMS: 2013 saw growth in overall membership, particularly in the Juniors, Sculling and Club Sweep programs, and a 500 percent increase in winter indoor rowing participation. More than two-thirds of CRC’s members participated in one or more regattas this year, and the competitive teams earned about twice as many medals at national regattas as in 2012. About 35 percent of our Learn to Row participants became club members, a rate that is roughly double what a typical rowing club experiences. The Learn to Row program also added indoor classes, and more training for the coxswains who safely pilot our boats. And through the work of our volunteers and partners, the cost of membership at Capital remains among the lowest in the region.

People introduced to the sport of rowing in 2013 through a five week sweep learn to row program At CRC
### Building the CRC Fleet

<table>
<thead>
<tr>
<th>Boat Type</th>
<th>Number</th>
<th>Avg Value</th>
<th>Avg Age</th>
<th>Oldest</th>
<th>Newest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Sculls</td>
<td>15</td>
<td>$3,000</td>
<td>8</td>
<td>1997</td>
<td>2012</td>
</tr>
<tr>
<td>Double Sculls</td>
<td>6</td>
<td>$3,400</td>
<td>9</td>
<td>1991</td>
<td>2009</td>
</tr>
<tr>
<td>Four-Oared Shells</td>
<td>9</td>
<td>$11,100</td>
<td>7</td>
<td>2000</td>
<td>2013</td>
</tr>
<tr>
<td>Eight-Oared Shells</td>
<td>10</td>
<td>$12,400</td>
<td>10</td>
<td>1990</td>
<td>2010</td>
</tr>
</tbody>
</table>

**OUR PLANS:** A regular schedule of equipment maintenance and replacement is crucial to support the growth in the club’s membership and programs. The total value of CRC equipment is over $300,000. Members volunteer their time and expertise to keep our fleet of boats, oars, safety motor launches, truck and trailer, and rowing machines in good working order.

CRC’s fleet size is currently limited by shared storage space in the ACBA boathouse community. Some boats are used up to 3 times per day. Systematically upgrading the entire fleet keeps everyone on the water. In 2014 we hope to continue our upgrades with the focus on turning over our oldest boats.
## INCOME AND EXPENSES FOR 2012-2013

### GENERAL INCOME ACCOUNTS

<table>
<thead>
<tr>
<th></th>
<th>Actuals FY2012</th>
<th>Actuals FY2013*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Fees &amp; Program Dues</td>
<td>$140,825</td>
<td>$152,453</td>
</tr>
<tr>
<td>Novice Classes and Programs</td>
<td>$64,607</td>
<td>$69,710</td>
</tr>
<tr>
<td>Race Fees Income</td>
<td>$22,975</td>
<td>$22,449</td>
</tr>
<tr>
<td>Capital Hosted Regatta Income</td>
<td>$6,248</td>
<td>$8,635</td>
</tr>
<tr>
<td>Fundraising/Donations</td>
<td>$15,482</td>
<td>$24,476</td>
</tr>
<tr>
<td>Sales and Misc. Income</td>
<td>$7,403</td>
<td>$23,569</td>
</tr>
<tr>
<td>Returned Income</td>
<td>$0</td>
<td>$71,152</td>
</tr>
<tr>
<td>Surplus Carry Forward</td>
<td>$5,624</td>
<td>$20,750</td>
</tr>
<tr>
<td><strong>TOTAL CRC INCOME</strong></td>
<td><strong>$263,164</strong></td>
<td><strong>$393,195</strong></td>
</tr>
</tbody>
</table>

### GENERAL EXPENSE ACCOUNTS

<table>
<thead>
<tr>
<th></th>
<th>FY2012</th>
<th>FY2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaching</td>
<td>$108,639</td>
<td>$113,022</td>
</tr>
<tr>
<td>Operations Equip. Purchases (Capital Expenditure)</td>
<td>$0</td>
<td>$67,142</td>
</tr>
<tr>
<td>Operations Equip. Maintenance</td>
<td>$27,839</td>
<td>$39,519</td>
</tr>
<tr>
<td>Race Fee Expense</td>
<td>$20,014</td>
<td>$23,012</td>
</tr>
<tr>
<td>Communications, Outreach and Fundraising (Marketing)</td>
<td>$3,035</td>
<td>$14,696</td>
</tr>
<tr>
<td>Facility (ACBA Dues)</td>
<td>$15,382</td>
<td>$12,631</td>
</tr>
<tr>
<td>Insurance (equipment and liability)</td>
<td>$11,833</td>
<td>$300</td>
</tr>
<tr>
<td>Capital Hosted Regattas (Sprints and HOTA)</td>
<td>$4,341</td>
<td>$6,221</td>
</tr>
<tr>
<td>Club Social Events</td>
<td>$2,383</td>
<td>$5,196</td>
</tr>
<tr>
<td>Administrative and Misc Expenses</td>
<td>$6,160</td>
<td>$6,681</td>
</tr>
<tr>
<td>Clothing</td>
<td>$1,574</td>
<td>$4,768</td>
</tr>
<tr>
<td>Loans</td>
<td>$4,316</td>
<td>$0</td>
</tr>
<tr>
<td>Transfer to General Fund Cash Reserves</td>
<td>$36,600</td>
<td>$42,160</td>
</tr>
<tr>
<td><strong>TOTAL CRC EXPENSES</strong></td>
<td><strong>$242,116</strong></td>
<td><strong>$335,347</strong></td>
</tr>
</tbody>
</table>

### GENERAL FUND CASH RESERVES BALANCE

<table>
<thead>
<tr>
<th></th>
<th>Actuals FY2012</th>
<th>Actuals FY2013</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GENERAL FUND CASH RESERVES BALANCE</strong></td>
<td><strong>$45,082</strong></td>
<td><strong>$87,242</strong></td>
</tr>
</tbody>
</table>

---

**Fiscal Year 2013 Highlights Include:**

- **Revenue from programs for members and students increased 8%**
- **Hosted regatta income increased 38%**
- **Reinvestment through equipment purchases totaled $67,142**
- **The transfer of assets to cash reserves was a record-high $42,160**

---

*2013 Fiscal Year (3/1/13-2/28/14).
*Totals through 12/31/13 – some FY2013 revenue and expenses not yet recorded.
INCOME AND EXPENSES FOR 2013

### Income Sources
- Member Fees & Program Dues: 39%
- Novice Classes and Programs: 18%
- Capital Hosted Regatta Income: 6%
- Fundraising/Donations: 6%
- Sales and Misc. Income: 5%
- Returned Income: 2%
- Race Fees Income: 18%
- Surplus Carry Forward: 6%

### Expense Categories
- Coaching: 37%
- Equipment Purchase and Maint: 35%
- Marketing: 8%
- Facility (ACBA Dues): 5%
- Capital Hosted Regattas: 4%
- Club Social Events: 4%
- Administrative and Misc Expenses: 2%
- Insurance (equipment and liability): 2%
- Race Fee Expense: 2%
- Clothing: 2%
BOARD OF DIRECTORS:
President
Brandon DuBois
Vice President of Membership
Abigail Potter
Vice President of Operations
Gretchen Abell
Vice President of Resources
Bethany O'Neil
President Emeritus
Kelley O'Connell
Secretary
Sarah J. Gross Gowin
Social Director
Sheleene Lawrence
Director at Large
Jim Aust
Director at Large
Laura Chalmers
Director at Large
Christine Hammer
Director at Large
Grant Kraus
Director at Large
Nhat Nguyen
Director at Large
Brian Rybicki

REPRESENTATIVES:
Carp Representative
Shannon Franks
Club AM Representative
Nicole Iribarren
Club PM Representative
Dan Reinhard
Comp Men Representative
Ralph Stedman
Competitive Sculling
Becky Hollins
Comp Women Representative
Carol Beck
INR Representative
Kate Taylor
Juniors Representative
Camilla Hallman
SAW Representative
Jim Smiales & Mary Ellsworth
Small Boats Representative
Geoff Brown

CAPITAL ROWING CLUB
ANACOSTIA COMMUNITY BOATHOUSE
1900 M STREET, SE
WASHINGTON, DC 20035

VISIT CAPTIALROWING.ORG TO CONTACT AND FOR MORE INFORMATION ABOUT THE CLUB