



Issue #22 // March 2023

GREETINGS FROM AMERICA'S FINEST CITY

Two more weeks! Our favorite weekend of the year is quickly approaching, and we can't wait to share the experience with all of you. Keep reading to get all the updates and information about the 2023 San Diego Crew Classic!

SCHEDULE



Friday, March 31st 2023:

Finals for: Club Mixed Masters 8+, Club Intermediate Masters 8+, Masters D Cups, Masters F-I Cups, Club Masters 4X, Alumni Cups, Masters A Cups, Men's Varsity Copley Cup Dual

Saturday, April 1st 2023:

Finals for: Men's Masters H,I, CSULB 1975 Men's Lightweight 8+ Exhibition race, Men's Varsity Copley Cup Dual, Freedom Rows-M PR2 2x, W&M PR3 Incl 2x, Freedom Rows-M PR3 Inclusion 8+

Sunday, April 2nd 2023:

Finals for: Masters B Cups, Masters C Cups, Masters E Cups, Youth 4Xs, U16 8+ Cups, U16 4x+ Cups, Womens Collegiate Varsity Jessop-Whittier Cup Invitational, Mens Collegiate Varsity Copley Cup Invitational Dual, Womens Collegiate Varsity Cal Cup, Mens Varsity Active&Fit™ Now Cal Cup, Collegiate Varsity 4+ Cups, Collegiate 2V Cups, and more!

Check out the full schedule

Off the Water Activities:



Active&Fit Recovery Lounge: [American Specialty Health](#) and the Active&Fit program are proud to sponsor the Men's Varsity Collegiate Active&Fit™ Cal Cup race. **New this year**, American Specialty Health also is sponsoring an exclusive Active&Fit Recovery Lounge for crew teams! The lounge will feature massage chairs, spin bikes, stretching mats, foam roller sets, and guided stretching videos. **All rowing teams are invited to RSVP today to reserve an exclusive post-race appointment time at the Recovery Lounge.**

Simply email events-comm@ashn.com **to reserve**, then swing by after your race to cool down, stretch, or do other muscle recovery work.

For race fans *and* rowers, American Specialty Health invites **you** to participate in the Pitch for Prizes game at the Active&Fit exhibit tent for a chance to win a prize! Through the Active&Fit programs, fitness enthusiasts can enjoy low-cost access to thousands of gyms nationwide. Learn more at Active&FitNow.com.

American Specialty Health has been a sponsor of the Crew Classic for 24 years, thanks to its co-founder, Chairman, and CEO [George DeVries](#), who formerly rowed on the UCSD collegiate team. The company's commitment to the Crew Classic is rooted in its objective to empower individuals to live healthier lives.



50th Anniversary Historical Tent: Come join us in our reflection and celebration of the past 50 years of San Diego Crew Classic! We have been working behind the scenes - collecting memorabilia and organizing timelines - so we can share the rich history of this regatta in an interactive and inviting environment for you. You won't want to miss out on this one!



Oar Board Demo: On Saturday, April 1st - right before the Freedom Rows race at 1:30 PM - Oar Board will be running a sprint demo across the course. If you aren't able to make it to the finish line in time, we will also be showcasing the run on the Jumbo Tron with commentating from Olympic Gold Medalists Adam Kreek (CAN) and Susan Francia (USA)



Crew Classic Merch: Make sure to grab a keepsake to remember the 2023 San Diego Crew Classic by - check out this custom JL / SDCC gear that will be available for purchase!

**HOTEL
FEATURE**



MISSION BAY HOTEL NIGHT GIVEAWAY

We are pleased to announce our partners at Discover Mission Bay are offering a special giveaway for rowers, spectators, visitors and their families attending this year's 2023 San Diego Crew Classic.

This year Discover Mission Bay is offering an exclusive giveaway for Crew Classic patrons -- a **FREE** stay at one of Mission Bay's great hotels.

The giveaway package includes:

- **Three Night Stay at the Bahia Resort** (Arriving March 30th and Departing April 2nd)
- **Parking**

Entries must be received by March 20, 2023. Winner will be announced on March 21st, 2023.

This offer is for a stay for the Crew Classic 2023 weekend only.



[Click Here to Enter](#)

Hotel Name

- (619)555-0000 • 1234 Street Address, San Diego, California 92107 • WEB link



We look forward to seeing you for our 50th Anniversary!

#StayClassic

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