



Issue #24 // May 2023

GREETINGS FROM AMERICA'S FINEST CITY

Happy May! You know what they say about April showers bringing May flowers, and that is certainly the case here in San Diego. Spring has sprung and we are in the midst of a historic superbloom. In other San Diego news, the USRowing National Selection Regatta took place in Chula Vista from April 25th-28th - check out the results [here](#). Keep reading to get updates on Masters Rowing, Freedom Rows, and more!



Interested in checking out all of the professional pictures in the Crew Classic vault? Click the button below to check out our photographs from the 2023 San Diego Crew Classic, as well as years past.

[Crew Classic Photographs](#)

FREEDOM ROWS

Freedom Rows is an adaptive sports grant program that strives to provide opportunities for veterans to enhance their interdependence, well-being, and quality of life through various adaptive sports (most commonly rowing) and therapeutic arts programs. We have been so proud to host such a large group of Freedom Rows

athletes at the San Diego Crew Classic for the past few years, and this year's turnout surely lived up to the hype. Check out some of our favorite photographs of the group!







Masters Masters Masters! This month we wanted to dedicate our Trophy Shoutout to all of our incredible Masters Rowers who competed at the 2023 San Diego Crew Classic. There were many firsts this year, including events for Masters Club 4Xs (won by **San Diego Rowing Club + Endeavor Racing Alliance** on the Women's side and **Wyandotte + Texas Rowing Center** on the Men's side), Club Mixed Masters 8+s (won by **Wimbleball**) and a Club Intermediate Masters W8+ (won by **East Bay**).

Congratulations to all Masters Crews who raced and earned some medals...here are some of our favorite podium pictures!





Active&Fit Now: Join our Program!

The Active&Fit Now team enjoyed meeting so many of the race participants, coaches, supporters, and families who were part of the recent 50th San Diego Crew Classic! We know rowing takes a tremendous investment in fitness and often requires you to be on the road and away from home for competitions. We invite you to **maximize your fitness training by joining the Active&Fit Now™ program**, which provides access to 8,300+ gyms across the U.S., 9,000+ on-demand workout videos, and 1:1 well-being coaching, all for just \$32/month. Why not give yourself access to more workout options to suit your changing needs, goals, and locations?

*Use code **SWEAT4SPRING** when you enroll, and we'll waive the \$32 enrollment fee.*

Join now !

HOTEL FEATURE



Ocean Park Inn

Mid-century modern meets the beach! Prepare to experience the best of both worlds with Ocean Park Inn, a hotel that prides itself on its 'completely reimagined interiors paired with a casual beach vibe.' Located right on the boardwalk, this hotel is not only in the heart of Pacific Beach but it is also only a five minute drive from the course (or a 13 minute walk!). Other amenities include balconies/patios in each room and a heated pool and spa in the hotel's interior courtyard, all with incredible ocean views! What are you waiting for? [Book now!](#)





Ocean Park Inn

• (858) 483-5858 • 710 Grand Ave, San Diego, CA 92109 • [Website](#)



We'll see you next Spring!

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