

7/26/20 River City Virtual Rebellion: Row Boats Solo, Compete Together!

Hi all,

We hope you are well and have been able to get in some workouts.

Unfortunately, due to COVID-19, we had to cancel the River City Rowing Club's 2020 Rebellion at the Port of West Sacramento.

However, in true Rebel fashion, we have not given up!



On Sunday, July 26, 2020, RCRC will be holding a Virtual Rebellion!

In lieu of virtually racing on ergometers, the racing will be performed **in boats**, on your own home course, with times submitted **on Regatta Central** to determine the race results. Rowers of all ages (juniors, open, masters) are welcome to enter. Virtual prizes will be awarded.

All entrants will compete in one handicapped tournament bracket with three rounds of racing in singles, doubles or pairs over 1,000 Meters. Rowers in doubles or pairs should be from the same household. Each race will be handicapped by age, sex and boat type. Please see the following sample bracket and handicapping chart. There are no separate handicaps for lightweights. Times will also be adjusted to account for variations in tide, wind and/or current on your course.

Times will be accepted based upon results obtained from the following methods:

1. **NK GPS2 Speed Coach with Training Pack (GPS2) Workout. This is the preferred method.** If you don't have a GPS2, try to borrow one if you can. See detailed GPS2 instructions below.
2. NK GPS1
3. NK Speed Coach Gold or XL (calibrated to your boat's impeller) Workout
4. NK Speed Coach Red (calibrated to your boat's impeller)
5. Stopwatch Timing from an experienced Coach on an accurate 1,000M Course
6. CrewNerd App
7. Rowing in Motion App
8. Other. Please email RCRebellion@gmail.com for prior approval of other methods.

To enter the Virtual Rebellion, please follow these rules:

1. If a GPS2 or Speed Coach Gold or XL is available, program a Workout for 3 x 1,000 Meters on and 12 minutes off between work pieces.
2. Find a stretch of water over 1,000 Meters long on which to run all the work pieces
3. Start the 3 x 1000M/12:00 workout. **Start all three work pieces from a standstill.**
 - a. GPS2 & Speed Coach Gold or XL: run the preprogrammed workout.

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- b. GPS1 & Speed Coach Red: Run each work piece as a separate piece, manually stopping the clock after 1,000M. Start the next work piece 12 minutes after finishing the last work piece.
 - c. Stopwatch Timing: Do what your Coach says. 😊
4. Run the 1st and 3rd pieces out in one direction and the 2nd piece back in the other direction on the same stretch of water. **Following this step to the letter is important to allow for course time adjustments due to tide, wind and/or current.** The course offset will be calculated by the formula $((T1+T3)/2)-T2/2$
 5. Recall and record the workout or pieces on the Speed Coach, or record stop watch times.
 6. **Prior to 11:59:00 PM on 7/26/20:** Submit entries and register at the same time on Regatta Central at https://www.regattacentral.com/regatta/?job_id=6706 . Times are mandatory fields to register. There are nominal entry fees of \$3 for 1Xs and \$6 for 2-/Xs to recoup Regatta Central fees.
 7. Please make sure to enter the times for all three 1K pieces in the custom fields on Regatta Central **using a MM:SS.0 format.** Including the time to the Tenths of a second, even if it is zero, will allow Excel to recognize the data as a Time in Minutes and Seconds. Time entries are on the honor system.
 8. The actual workout may be performed and entries will be accepted on days prior to 7/26.
 9. Athletes may submit entries for multiple events. For example, an athlete could submit an entry for both the W1x and Mx2x events.
 10. RCRC will calculate the results and send out e-mails with the results by round.

Please send any questions to RCRebellion@gmail.com

Please forward this invitation to anyone who may be interested in entering.

Have fun!

Thanks!

River City Rowing Club

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1. NK GPS 2 with Training Pack Detailed Instructions (Preferred Method):

- a. Instructions for operating NK GPS 2 with training pack can be found at <https://nksports.com/mwdownloads/download/link/id/144/>
- b. Program the workout:
 - i. From MAIN MENU, select “Workouts...”
 - ii. From WORKOUT MENU, select “Intervals...”
 - iii. From INTERVAL WORKOUT, select an existing workout
 - iv. Scroll down and reconfigure the workout as follows:
 1. Countdown: OFF
 2. Intervals: Equal = 3
 3. Work 1: Dist = 1000 M
 4. Rest 1: Time = 00:12:00
 5. Number of Set?: = 1
 - v. Exit the new workout
- c. Run the Workout:
 - i. From MAIN MENU, select “Workouts...”
 - ii. From WORKOUT MENU, select “Intervals...”
 - iii. From INTERVAL WORKOUT, select the “3x1000M/12:00” workout previously set up
 - iv. From 3x1000M/12:00, select “Run Workout?”
 - v. Select “YES”
 - vi. Change workout status to “Workout Ready”
 - vii. When you start rowing, the workout will start.
- d. Recall and Record the workout:
 - i. From MAIN MENU select “Data Recall...”
 - ii. From RECALL MENU, select the “3x1000M/12:00” workout
 - iii. From WORKOUT SUMMARY, select “DETAILS”
 - iv. Record the INTERVAL SUMMARY which shows the DIST, TIME, /500M & SPM for each work piece.

2. Manuals and Instructions for all NK Speed Coaches can be found at <https://nksports.com/support/nk-manuals-and-downloads>