

ORC Competes At First Coast Head Race

Women's 4+ crush UF and JU crews

JACKSONVILLE, FL (October 11, 2008) - Rowing against eight college crews, Orlando Rowing Club's top women's 4+ took silver Saturday in the championship fours event at the First Coast Head Race regatta in Jacksonville.

ORC's time of 22 minutes, 34.0 seconds was good enough to beat boats from the University of Florida and former regatta host Jacksonville University. Nova Southeastern's "A" boat edged ORC by 25 seconds. Rowing in the championship event meant there were no breaks for ORC for being older than the competition.

Orlando's women also dominated the masters eights event, winning in 19:23.50, more than a commanding minute over crews from Orlando Area Rowing Society (OARS) and Tallahassee Rowing Club.

Other medalists Saturday for ORC included the winning mixed (men-women) masters four "B" boat in 21:58.60, with ORC A taking silver. Jamie Thomas captured silver in the first event of the day, the women's master single sculls, in 21:16.50; Brad Ingram and Ben O'Grady also took silver in the men's championship double sculls (20:01.00); ORC's men's master four finished second in 21:52.60; Robert Thomas won bronze (24:15.50) in the men's senior single sculls.

A composite boat made up of Boone High School/South Orlando Rowing Association and ORC rowers captured gold in the mixed quadruple sculls with coxswain event.

The Central Florida area was well represented in Jacksonville, with crews from OARS, Central Florida Rowing (UCF's club team), Lyman (High) Rowing Association and Boone joining ORC in competition.

First Coast features a 4.5-kilometer, winding course on the St. Johns and Arlington rivers that passes under three bridges. Crews often use the race as a tuneup to the Head of the Charles regatta in Boston.

 Full results available at <http://bit.ly/flc57>