

Athletes & Coaches,

Thank you all for your flexibility as we work through the unsafe air quality index (AQI) levels that have been occurring at Ford Lake and in the area.

Please see these important updates below regarding today's racing:

- Because these AQI numbers will continue to hold throughout the day (Friday, July 17), racing will be cancelled for the rest of the day. This racing will take place after the scheduled racing on Saturday and Sunday. The updated race schedule will follow in the coming hours.
- All racing that was set to take place on Thursday, July 16 and then reschedule to the PM sessions of each future date of RowFest has been cancelled.
- Because of the unknown future schedule for the remainder of the weekend, and the effect that it has on coxswains and lightweight rowers, we are waiving all weigh ins for the rest of RowFest. Scales will continue to be available at the venue when it is deemed safe but weigh ins will be on the honor system.
- After consulting with multiple local meteorologists at length, we are seeing the AQI numbers are expected to decrease tomorrow, Saturday, July 18 and we are hopeful that we can get racing in,

USRowing plans to send out a message tomorrow morning by 5:00 a.m. with any update to the Saturday and Sunday schedule.

We understand the frustration that may come from the unpredictable and uncontrollable nature of air quality and how it may impact your racing and RowFest experience. We also appreciate that many of you have travelled a significant distance to participate in this event, and so in an effort to compensate for that experience, we have added NEW events to the schedule for today, Friday, July 17:

1. **FREE: Michigan Men's Indoor Rowing Facility** - The Michigan Men's Rowing Team has graciously offered their indoor rowing facility to all masters competitors at RowFest. The facility is open to 60 ergs and will be open in 30 minute increments. Sign up is required.
 - a. Please click [here](#) for the signup and more information including where to park, etc. Attendance is free.
2. **FREE: Learning & Development Opportunity for Masters** - We have two Learning & Development opportunities that we have added for Masters athletes today to continue to strengthen your craft while we're all together! Please come to the **Ann Arbor Ypsilanti Mariott at Eagle Crest** Will Banks Ballroom for the following sessions. Attendance is free for both sessions.
 - a. 4:30 p.m. - 5:15 p.m. - Functional movement with Olympic Gold Medalist, and 3x World Champion, Lindsay Dare Shoop.
 - i. Learn to move by moving with movement and masters specialist, [Lindsay Dare Shoop](#). An interactive look at what really keeps the body rowing well and for a lifetime. Come prepared and dressed to move your body and bring your water!

- b. 5:15 p.m. - 5:45 p.m. - Masters Nutrition with former U.S. Rowing National Team Sports Nutritionist, Liz Fusco
 - i. Former U.S. Rowing National Team Sports Nutritionist Liz Fusco will share practical nutrition strategies to help masters rowers fuel training, enhance recovery, and support long-term health. This session will provide actionable tips that athletes can immediately apply to improve performance on and off the water.
- 3. **FREE: United We Row Toast** - United We Row Toast is an annual celebration to recognize and foster community. We invite you to enjoy complimentary food and drinks from 7:00 – 10:00 p.m. tonight as long as supplies last at Los Amigos: 625 Hilton Blvd, Ann Arbor, MI 48104.
 - a. [Click here](#) to sign up!
- 4. **Ann Arbor Ypsilanti Marriott at Eaglecrest x USRowing RowFest Happy Hour*** – Enjoy the masters camaraderie and join us at the **Ann Arbor Ypsilanti Marriott at Eagle Crest Will Banks Ballroom** from 6:00 – 8:30 p.m. Come enjoy complimentary light bites, a display of the great vendors that have been at RowFest this week, a cash bar, and great opportunities to connect with the rowing community.

*Please note that this happy hour was scheduled for Saturday, July 18, but we are now moving it up one day early!