


From: Beach Crew News <news@beachcrew.org>
Subject: **Beach Crew News - NARF, Future Events**
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BEACH CREW - CALIFORNIA STATE UNIVERSITY, LONG BEACH ROWING TEAM




CALENDAR OF EVENTS

San Diego Fall Classic 
Sun, 11/09/08
Mission Bay

Long Beach Fall Classic 
Sun, 11/16/08
07:00 AM
Marine Stadium

Beach Crew Friends & Family Row 
Sat, 12/06/08
Pete Archer Rowing Center

Long Beach Christmas Regatta 
Sun, 12/07/08
Marine Stadium

BEACH CREW NEWS

Beach Crew Community Fundraising

Tuesday, November 11, 2008 - 5:00pm - 9:00pm

BJ's Restaurant
5258 E. Second Street
Belmont Shore, CA

Beach Crew is raising money and BJ's wants to help! To help raise money, the Belmont Shore restaurant will donate 15% of the night's food proceeds from all who **bring this flyer**. Join us!

Future Events

Long Beach Fall Classic: Sunday, November 16 - 07:00am

Come see Long Beach State face off UC Santa Barbara and UC Irvine. Pancake breakfast by members of Beach Crew will follow.

Friends and Family Row & Alumni Gathering: Saturday, December 6

Beach Crew's Friends and Family Row is Saturday, December 6. The event will be followed by an Alumni Gathering Regatta later that afternoon. More details to follow.

Long Beach Christmas Regatta: Sunday, December 7

More details to follow. See [LBRA's website](#) for more information.

The Beach Crew Journals

Friday, November 7, 2008



In efforts to keep the local community, alumni, and parents informed about our program, we invite you to take a look at the Beach Crew Journals. Every few weeks we will post journals to beachcrew.org from a few rowers about their experience and anticipation of the activities upon them. Click the link below to take a look at this week's entries.

It wasn't until my junior year here at Cal. State Long Beach that I finally found a way to feel connected to the school. CSULB is a commuter school, no doubt about it. Students show up before class, fight for parking, take notes for a few hours, and then they are on their way. Sounds more like a job than an ideal college experience. That was more or less my routine for the past two years. One day, while dodging the barrage of oncoming students to find a decent seat in my next class across campus, someone yelled out to me "do you want to join crew?" "Crew?" I contemplated to myself, "isn't that just a bunch of guys wearing spandex rowing a boat before the sun even comes up?" I looked at the piece of paper he was holding in his hand. My natural instinct in this situation is to say, "no thanks," to the annoying person shoving a flyer in my face, walk away, and step over a pile of them littered on the ground forty feet away. But something stopped me this time. This wasn't some ad to get me into a club to see DJ Yo' Mama or something of the sort, but perhaps an opportunity to be a part of something. I looked at the fellow student, took the piece of paper and simply replied, "why not?"

Countless of thousands of meters rowing later I now find myself asking other students, "why not?" Why not join crew? One often hears similar responses such as, "It's too early," or, "I'm busy with school," or some other generic response. Maybe two years ago I might have replied the same way, but now I realize how great it feels to be a little closer to the school. Once you mentally get past the fact that you see the sun rise five or six times a week, it becomes so much easier. You have nothing to lose and everything to gain with crew. Everyday you will get to witness something new, from amphibious trucks, to dolphins in the bay, and the occasional filming of CSI. Take yourself to your mental and physical limits and see what you are made of. The comradery you build with others is unbeatable and the stories are often of epic proportion. You are guaranteed to get into the best shape of your life. When walking around campus, don't be surprised if you find yourself raising your head a little higher than everyone else. I look forward to the rest of my time in crew. The only thing I regret, is not knowing about it two years ago.



Dustin Hardin,
Men's Novice Team

Newport Autumn Rowing Festival

Sunday, November 2, 2008 - Newport Aquatic Center



A gloomy and rainy day brought over 30 collegiate crews to the 2008 Newport Autumn Rowing Festival. The course was 2.5 mile row through the waters of Newport Harbor, Lido Isle, and the Upper Newport Bay.

Overall, the crews felt good about their performance and look forward to traveling to the San Diego Fall Classic Regatta November 8 & 9 to face off crews in Southern California.

These two weekends gave the crew a good measure of where they stand in their

fall training.

See the results from [Newport Aquatic Center](#).

[Click here to read the article.](#)

Beach Crew at Long Beach Marathon

Sunday, October 12, 2008 - Shoreline Village - Downtown Long Beach



Members of Beach Crew were proud participants and volunteers of the racing staff this weekend at the Long Beach Marathon. Beach Crew volunteers were stationed at mile 6.5 near Shoreline Village ready to hand drinks out for thousands of fly-by runners and bikers.

Beach Crew was featured in the Long Beach Press-Telegram for their efforts.

This was the first year ever that the Long Beach Marathon passed through the campus of CSULB.

[Click here to read the article.](#)

[See Other Articles...](#)

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