



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMPETE FOR THE CAUSE CORPORATE CHALLENGE

ROWING

- Rowing is an individual, age bracketed event.
- All participants will be given three minutes to log the longest distance they can in the allotted time. Judges will be in the room to help ensure safe and proper form.
- Participants can be disqualified at the discretion of a judge if they are competing the event in an unfair or unsafe manner.
- There will be a half hour training period before the event begins to learn form and strategies. We will also post a video on the website to learn how to use a rowing machine.

THE MISSION BEHIND THE COMPETITION The Y for All Campaign

As a participant in Corporate Challenge, you support the Y cause! Corporate Challenge is held to benefit the Y for All Annual Campaign, which is our fundraising campaign to make sure the Y's facilities and services remain **accessible to everyone in our community**.

100 percent of Y for All funds come from generous donations from the community. Those donations are then given back to those in the community who need a little support. Y for All provides **financial assistance** for Y memberships and programs, such as camp and early childhood education.