What is the WeCanRow (WCR) program, and who can participate?
WCR is a rowing program offered by Camp Randall Rowing Club (CRRC) and is specifically designed for female cancer survivors. WCR begins where surgery and physical therapy ends by providing physical exercise, self-image enhancement, group support and a team-building approach for women transitioning from being cancer patients to survivors.

Where does WeCanRow meet?
WCR meets at the beautifully renovated Brittingham Boathouse, located at 601 North Shore Drive in Madison, on Lake Monona across from the offices of J. H. Findorff & Sons, Inc. There is a parking lot next to the boathouse but because the lot is small, we encourage WCR participants to carpool. Also, a bicycle path passes the boathouse and there are four bicycle racks available.

I never participated in sporting activities and I’ve heard that rowing is really hard. Is the WeCanRow program only for competitive athletes?
WCR is designed for women cancer survivors, regardless of physical conditioning. So don’t worry – we begin very slowly to make certain that everyone is able to fully participate. In fact, many WCR participants never took part in any athletic activities before starting to row as adults. WCR practices focus on basic rowing skills, rowing terms and teamwork, with an emphasis on learning how to row as a crew. Participants develop knowledge about rowing and build confidence in their abilities. As a result, many participants form strong friendships from the shared experience. Rowing is a lot of fun!

How can I learn more about WeCanRow?
On Saturday, June 6, 2009, from 10:00 a.m. - noon, we are hosting a kickoff event for WCR at the Brittingham Boathouse. The WCR staff will be on hand to answer questions. Refreshments will be served. Please join us for a tour of the boathouse and meet the WCR staff.

What can I expect at the first practices?
The summer session begins on Tuesday, June 9, 2009 at 6:00 p.m. at the Brittingham Boathouse. If you have not already mailed the information to us, please bring all materials mentioned on the “WeCanRow Check List.” At the first practice you will:

• Meet with a UW Physical Therapist to review your PT Assessment. The PT will ask about surgeries and treatment, and assess your range of motion and strength. We want to make certain that everyone will have an opportunity to fully participate with the program and the PT assessment will help the coaching staff individualize the program to meet your needs.

• Meet with the coaching staff and discuss any physical limitations they should know about based on the PT Assessment.

• Learn the nomenclature of rowing and how to safely move equipment from boathouse to water and back.

• Learn the essentials of rowing through land training with stability balls, lightweight medicine balls, resistance bands, on ergs (rowing machines) and through on-the-water training on Lake Monona Bay.

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• Row in the training barge with experienced rowers and other new WCR members, whom will help you and cheer you on!

• Participate in warm-ups, stretching, and general strength conditioning; coaches will monitor your efforts and check in with you regarding your progress.

• Be prepared to have the time of your life! Although challenging for first time rowers, rowing is fun! So relax and enjoy the beautiful lake and the camaraderie of the other women.

**What are the dates and times of the WeCanRow summer session?**
WCR meets every Tuesday and Thursday evening from 6:00 – 8:00 p.m., June 9 - July 31.

**How much does it cost to join WeCanRow?**
The summer WCR fee is $150. Most health insurance policies provide wellness incentive reimbursements and WCR qualifies for this benefit. If you have special financial needs, please review the Frequently Asked Questions about CRRC Scholarship Applications and the Scholarship Request Form. Note that CRRC offers scholarships to WCR participants on a financial need basis.

**What should I bring to the first WeCanRow class?**
Athletic gear is all that is required, so long as it is not too baggy. Baggy clothing can get caught in the movable seats of both rowing shells and the ergs. T-shirts or tank tops and shorts, especially biking style shorts work well. Please wear gym shoes with socks, not sandals. A cap, sunglasses and sunscreen are recommended. Bring a water bottle.

Please note that the Brittingham Boathouse does not have a locker room or facilities to lock your valuables; therefore, participants should not bring valuables to the boathouse and should come dressed to row.

**Who are the WeCanRow coaches?**
The WCR coaching staff members are former collegiate athletes, with experience as both rowers and coaches, who have a vested interest in working with women transitioning from being cancer patients to survivors.

**What about bad weather?**
WCR strictly adheres to the safety regulations established by our sport’s governing body, the USRowing Association. We row rain or shine, as long as there is no danger of lightning and the winds are reasonably light. If storms do occur, practices can easily move inside the Brittingham Boathouse for training.

**As a result of my cancer therapy, my lymph nodes were removed. I’m concerned that rowing could cause lymphedema. Are you aware of any medical research about the incidence of lymphedema associated with rowing?**
You need to speak with your doctor about your individual situation. We are happy to hear that Dr. Carolyn Kaelin, a physician at Brigham and Women’s Hospital, Boston, Massachusetts, is studying female cancer survivors who row. A report about Dr. Kaelin’s medical practice says, “…Yet even though rowing is a rigorous, repetitious, and demanding arm exercise, none of the rowers in Dr. Kaelin’s practice has lymphedema. The theory is that paced activity to build up arm strength and gradually stressed the lymphatics widens the remaining channels to accommodate the increased flow of lymph fluid.” The National Lymphoma Network (NLF) reports that the majority of individuals with lymphoma can safely perform aerobic and resistive exercise using the affected parts of the body when compression garments are worn, the affected body part is not exercised to fatigue and appropriate modifications are adopted to prevent trauma and over use. The NFN also says that the majority of individuals who are at risk for lymphedema can safely perform aerobic and resistive exercises using the “at risk” part of the body when exercises are initiated at low intensity and increased gradually. In any event, if you have concerns about this issue, you should review them with your physician.

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I visited the CRRC website and under the WeCanRow tab there are a number of forms. Would you please explain what these forms are all about?

In addition to the advice from other WCR programs, we also solicited input from the local medical community and from local cancer survivor support groups. Our WCR program is a result of this collaborative effort and is designed to provide all participants with a safe and rewarding experience. Completion of the forms listed on the WeCanRow Checklist is the first step to becoming involved as a WCR participant.

The following is a brief description of the forms:

- **CRRC Registration Form:** This is the universal CRRC registration form used for all CRRC rowing programs.

- **CRRC Emergency Contact Information Form:** Because the WCR program involves rowing on Lake Monona, our coaches need to know if participants have any special medical conditions, i.e., allergies, limitations, etc., that require particular attention. Copies of participants’ emergency contact forms are maintained by the WCR coaching staff and are readily accessible in the event of an emergency.

- **Medical Release Form:** All of our WCR participants are cancer survivors. This form will indicate if there any physical disorders or health restrictions that might adversely affect your ability to row. This information will help our staff tailor the WCR program to address your individual needs or restrictions, while keeping your safety and comfort in mind.

- **Physical Therapy Assessment Form:** Developed by the UW Physical Therapy Department, this form will help identify specific range of motion limitations that may result from cancer surgery, chemotherapy or radiation therapy. Participants currently in physical therapy should have your own personal physical therapist complete this form. For others, UW Physical Therapy Department staff will conduct assessments during the first week of practice at the Brittingham Boathouse. The assessment is designed to identify your specific needs for stretching, warm-up and strengthening. All participants will be provided with a set of home exercises that address their individual range of motion issues. Also, the PT assessment will help the WCR coaching staff develop individualized stretching, warm-up and strengthening programs for each of the WCR participants.

- **Swim Test Form:** Rowing is a water sport and we are always concerned about our member’s safety. Each of our training launches is equipped with life jackets, space blankets and first-aid kits. Also, each of the oars is a certified flotation device. Nevertheless, in the event of an accident on the water, participants need to possess a rudimentary ability to swim. Also, many of the cancer therapies adversely affect range of motion and upper body strength. The swim test allows us to identify the swimming skills of our WCR participants. We recommend that WCR participants unable to successfully complete the minimum requirements of the swim test should wear a life jacket on the water. We do also provide life jackets for any WCR participants wishing to wear them on the water. During the first week of practice, the WCR staff will review the swim tests. For the women who do not have access to a pool facility or who were unable to complete the swim, we will make arrangements for completion of the tests. The YMCA of Dane County agreed to open its pool to provide swim tests for our participants at the West-side facility.

- **USRowing – Waiver:** CRRC is a member of the USRowing Association. All participants in rowing activities of USRowing Association affiliates are required to sign an USRowing waiver.

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Can I do any thing before attending the first WeCanRow practice to get started?
Sure - let’s get started!

✓ First, schedule a physical exam and ask your physician or physician’s assistant to complete the Medical Release Form.

✓ Next, if you belong to a swim or health club, you should complete the Swim Test Form.

✓ Third, if you are currently under the care of a physical therapist, ask the physical therapist to complete the Physical Therapy Assessment Form.

✓ Finally, complete the CRRC Registration Form, CRRC Emergency Contact Form, and USRowing Waiver and send everything to CRRC at the address listed below, along with your check for $150.

Once we have this – you are registered!
If you are unable to do these things before the first rowing practice, don’t worry. Bring all of your forms along to the first session and we will make arrangements to help you.

How can I contact Camp Randall Rowing Club about its WeCanRow Program?
Our website is www.camprandallrc.org.
MB Blanding, the head coach, can be reached at: 608-220-5406.

You can also send mail to:

Camp Randall Rowing Club, Inc.
c/o Steven Schaefer, President
15 N. Butler St., Suite 404
Madison, Wisconsin 53703