



## Warrior Challenge

A Virtual Race To Benefit  
Virginia Beach Veterans Rowing  
&  
Mutts With A Mission

Virginia Beach Veterans Rowing (VBVR) is proud to offer the Warrior Challenge! The purpose of this challenge is to raise funds for two organizations while providing an inclusive and fun event for all. All proceeds and donations will be divided evenly between Virginia Beach Veterans Rowing and Mutts with a Mission.

### About Virginia Beach Veterans Rowing

VBVR is a 501(c)(3) organization and USRowing Club founded with the mission to bring together and empower veterans through the sport of rowing. It strives to build a community that promotes teamwork and healthy lifestyles while also providing a low-impact and proven therapy method to those who have both visible and non-visible injuries.

Are you a disabled service member or veteran looking for coaching? Virginia Beach Veterans Rowing provides no-cost coaching over Zoom for club members. For more information, contact Michelle at [vbveteransrowing@gmail.com](mailto:vbveteransrowing@gmail.com)

### About Mutts With a Mission

Mutts With A Mission is an ADI accredited program that provides Service Dogs for Veterans, Wounded Warriors, Law Enforcement, and First Responders. Find out more at <http://www.muttswithamission.org/>

### Race Information and Important Dates

- Entry Deadline: October 1, 2021
- Event Must be completed between October 2<sup>nd</sup> and October 9<sup>th</sup> 2021
- Results Must be submitted by 11:59pm on October 9th, 2021
- Entry Fee: \$10 per event *Entry fees are non-refundable*
- Events
  - 1 Minute
  - 4 Minute

### USRowing Membership Requirements:

This is a USRowing sanctioned event and as such, participating U.S. based organizations/clubs must hold active organizational membership with USRowing. **U.S. competitors representing U.S. based organizations or racing as Unaffiliated must hold at least a Basic Membership and have a current waiver on file to compete in this event.**

Competitors may join USRowing at <https://membership.usrowing.org/individual/join> or by calling the USRowing Member Services Department at (609) 751-0700. Athletes are only required to be a basic USRowing member. The

cost for a basic membership is \$9.75. Injured and Disabled veterans may qualify for a free basic membership. Please contact Michelle at [vbveteransrowing@gmail.com](mailto:vbveteransrowing@gmail.com) for more information.

Competitors who need to renew an expired membership may log in to their member profile at <https://membership.usrowing.org/individual/login>.

For more information about individual membership with USRowing, visit the Become an Individual Member page under the Members heading on our website at <https://usrowing.org>.

### International Competitors:

International competitors may join USRowing as basic members, but it is not required. International members will be asked to sign a paper copy of the USRowing Waiver in order to participate. Please email [vbveteransrowing@gmail.com](mailto:vbveteransrowing@gmail.com) if you require a paper copy.

**Awards:** All First-Place winners will receive a medal mailed to them at the address provided during registration. Below is a sample image of the proofs. Size and final product may vary.



**Submitting Results:** Athletes are required to submit results to [vbveteransrowing@gmail.com](mailto:vbveteransrowing@gmail.com) before the deadline listed. Please list the name of the athlete, event and result and submit a picture of your monitor.

### Age

- Age handicap will not be used. A competitor's age is determined as of December 31 of the current calendar year.
- For Junior and youth events:
  - U19/Junior: A competitor may compete in the junior category until December 31 of the year of his or her 18th birthday.
  - Youth: Restricted to entrants who are at least 12 years old but not yet 14 years old on race day.  
**No competitor may be under the age of 12 on actual race day.**
- Adult Age Groups:
  - 19-29
  - 30-49
  - 50-59
  - 60+

Adaptive: SELF-CLASSIFIED

- PR1 (AS) - Arms & Shoulders
- PR2 (TA) - Trunk & Arms
- PR3 (SA) - Legs, Trunk & Arms (Single Arm)
- PR3 (AK) - Legs, Trunk & Arms (Above the Knee Amputee)
- PR3 (PI) - Legs, Trunk & Arms (Physical Impairment)
- PR3 (D) - Legs, Trunk & Arms (Dwarfism)
- PR3 (VI) - Legs, Trunk & Arms (Visual Impairment)
- PR3 (ID) - Legs, Trunk & Arms (Intellectual Disability)
- PR3 (Other) - Legs, Trunk & Arms (Autism, or those with Non-Intellectual Disability)
- PTSD/TBI

### **Lightweight**

In accordance with regulations from on water events and indoor rowing championships around the world, lightweights must be weighed in no earlier than two hours before their race. Weight category is accepted on an honor system. There will be no lightweight events for youth. In accordance with FISA and Concept2, there will be no lightweight events for PR1, PR2 or PR3 (PI, VI, AK, SA, AS, TA, D and ID) athletes.

- Lightweight Women:  $\leq 135$ lbs (61.5kg)
- Heavyweight Women:  $> 135$  lbs (61.6kg)
- Lightweight Men:  $\leq 165$ lbs (75kg)
- Heavyweight Men:  $> 165$ lbs (75kg)

### **Equipment**

The race must be done on model D or E Concept2 Indoor Rower (without slides). Use the Concept2 erg locator to find one near you! <https://www.concept2.com/indoor-rowers/finder>

### **Rules and Regulations**

1. You must complete your chosen event on your own with no outside assistance
2. Must be done on model D or E Concept2 Indoor Rower (without slides)
3. You will be ranked by gender, age and adaptive classifications.
4. Adaptive athletes: You will be ranked by the adaptive classifications provided by Concept2 found at <https://www.concept2.com/adaptive-rowing/adaptive-classifications>. Athletes are expected to do their diligence in determining their proper classification. These events are self-classified and on the honor system and you are not required to submit any documentation to enter. Conditions affecting athlete's ability and defining sport categories must be permanent in nature. Organ removal, by itself, does not qualify someone for any para rowing sport category. Pain, by itself does not qualify someone, Disability experienced post-surgery is a temporary condition and does not qualify someone for any para category.
5. Athletes who have been diagnosed with PTSD or a TBI, but do not qualify for the above adaptive classifications may race in the PTSD/TBI event. This event is self-classified and we do not require documentation to enter.
6. Your event shall be set up as a preset workout so the time counts down. To learn how to preset a workout on your monitor, please see the monitor support section on Concept2's website.
7. Machines must be started from a non-moving flywheel. Accelerated starts from moving flywheels during intervals are not accepted.
8. The machine should be on a level surface during the piece.
9. Modifications to the machine that alter its performance are not allowed. Examples of allowed modifications; seat padding, adaptive equipment. Please check with Concept2 if you are unsure.
10. There is no required damper setting or drag factor. You are free to choose the setting you prefer and you may change the setting during the piece as long as the person using the machine does it.
11. The race is an honor-based system. Using any methods to gain an unfair advantage or entering false or erroneous information are not allowed.
12. Results will not be automatically ranked on Concept2. If you would like to rank your event on Concept2, you must follow the following instructions provided by Concept2. Rankings will be up to you to submit, but please reach out to Concept2 with any questions. Please note, the Concept2 rankings will go into more detail and rank you by open weight, lightweight, age, gender and adaptive classification.

**Events Offered**

Youth Girls  
Youth Boys  
Junior Women  
Junior Men  
Men 19-29  
Men 30-49  
Men 50-59  
Men 60+  
Women 19-29  
Women 30-49  
Women 50-59  
Women 60+  
Men Lightweight 19-29  
Men Lightweight 30-49  
Men Lightweight 50-59  
Men Lightweight 60+  
Women Lightweight 18-29  
Women Lightweight 30-49  
Women Lightweight 50-59  
Women Lightweight 60+

**Adaptive: SELF-CLASSIFIED****PR1 (AS) - Arms & Shoulders**

Youth Girls  
Youth Boys  
Junior Women  
Junior Men  
Men 19-29  
Men 30-49  
Men 50-59  
Men 60+  
Women 19-29  
Women 30-49  
Women 50-59  
Women 60+

**PR2 (TA) - Trunk & Arms**

Youth Girls  
Youth Boys  
Junior Women  
Junior Men  
Men 19-29  
Men 30-49  
Men 50-59  
Men 60+  
Women 19-29  
Women 30-49  
Women 50-59  
Women 60+

**PR3 (SA) - Legs, Trunk & Arms (Single Arm)**

Youth Girls  
Youth Boys  
Junior Women  
Junior Men  
Men 19-29  
Men 30-49  
Men 50-59  
Men 60+  
Women 19-29

Women 30-49

Women 50-59

Women 60+

PR3 (AK) - Legs, Trunk & Arms (Above the Knee Amputee)

Youth Girls

Youth Boys

Junior Women

Junior Men

Men 19-29

Men 30-49

Men 50-59

Men 60+

Women 19-29

Women 30-49

Women 50-59

Women 60+

PR3 (PI) - Legs, Trunk & Arms (Physical Impairment)

Youth Girls

Youth Boys

Junior Women

Junior Men

Men 19-29

Men 30-49

Men 50-59

Men 60+

Women 19-29

Women 30-49

Women 50-59

Women 60+

PR3 (D) - Legs, Trunk & Arms (Dwarfism)

Youth Girls

Youth Boys

Junior Women

Junior Men

Men 19-29

Men 30-49

Men 50-59

Men 60+

Women 19-29

Women 30-49

Women 50-59

Women 60+

PR3 (VI) - Legs, Trunk & Arms (Visual Impairment)

Youth Girls

Youth Boys

Junior Women

Junior Men

Men 19-29

Men 30-49

Men 50-59

Men 60+

Women 19-29

Women 30-49

Women 50-59

Women 60+

PR3 (ID) - Legs, Trunk & Arms (Intellectual Disability)

Youth Girls

Youth Boys  
Junior Women  
Junior Men  
Men 19-29  
Men 30-49  
Men 50-59  
Men 60+  
Women 19-29  
Women 30-49  
Women 50-59  
Women 60+

PR3 (Other) - Legs, Trunk & Arms (Autism, or those with Non-Intellectual Disability)

Youth Girls  
Youth Boys  
Junior Women  
Junior Men  
Men 19-29  
Men 30-49  
Men 50-59  
Men 60+  
Women 19-29  
Women 30-49  
Women 50-59  
Women 60+  
Men Lightweight 19-29  
Men Lightweight 30-49  
Men Lightweight 50-59  
Men Lightweight 60+  
Women Lightweight 19-29  
Women Lightweight 30-49  
Women Lightweight 50-59  
Women Lightweight 60+

PTSD/TBI

Men 19-29  
Men 30-49  
Men 50-59  
Men 60+  
Women 19-29  
Women 30-49  
Women 50-59  
Women 60+  
Men Lightweight 19-29  
Men Lightweight 30-49  
Men Lightweight 50-59  
Men Lightweight 60+  
Women Lightweight 19-29  
Women Lightweight 30-49  
Women Lightweight 50-59  
Women Lightweight 60+