

**KIRKLAND IN CANNES**

LIFE ..... PAGES 61-64  
 SHOWBIZ ... PAGES 66-72  
 FUN ..... PAGES 65, 73-74



BRUCE KIRKLAND: P. 66

SECTION

# Row, row, row your boat

By JOANNE RICHARD  
 Toronto Sun

**Y**ou can bet your buns I'll be rowing again.

Even though my stroking stint was a bit of a rock 'n' row adventure — more rocking than actually rowing — I soon got the hang of the sport and the gliding was exhilarating. Not to mention the terrific toning action.

Rowing is dynamite for firming fannies, thighs and abdominals — 70% of the power comes from the lower body. And it's a great way to enjoy the outdoors and de-stress while conditioning the entire body in a low-impact way, says Dominic Kahn, a two-time Canadian rowing champion.

Kahn's great balance, technique and coaching kept us from spilling out of the sleek fibreglass craft and into the cold Martindale Pond in St. Catharines yesterday during my first sculling lesson.

And the ace oarsman is hoping to get Torontonians on a row this summer.

Traditionally, there's been little opportunity for children and novice rowers to sweep along Toronto waters, says Kahn, but his revitalized Bayside Rowing Club is sure to stir up the waters. He's put together learn-to-row programs for adults and kids over age nine.

"Our main focus is to make rowing accessible to kids. In Toronto the opportunities are limited to private schools and serious competitors — it's for the privileged," says Kahn, 28, a personal trainer in Toronto with 18 years' rowing experience.

Kahn is modelling his operation after the St. Catharines Rowing Club, which is highly accessible and successful.

"There are nearly 3,000 row-

ers out of a population of 130,000; yet in Toronto there are only 400 to 500 rowers out of 2.5 million people.

"Everyone should be able to enjoy the sport, there are so many benefits. I'd like to make it affordable and bring it to a recreational level," says Kahn, coach and president of the club, who'll be teaching sweeping, which is eight to a boat and requires two hands and a single oar.

The children's program consists of day camps, from 8:30 a.m. to noon for two-week sessions, filled with land and water activities. "They learn everything from safety procedures and boat handling to rowing techniques." Cost is \$85.

Kahn fondly recalls his childhood sculling days in St. Catharines. "It teaches kids teamwork and compromise; it promotes good citizenship and comradeship.

"And there is no one hero — you win and lose together."

The adult program is set up like a baseball league where teams meet once a week for fun and competition; there'll be five 90-minute learning sessions and five of racing. "You can join up as an individual or group," says Kahn, adding cost is \$100 per person. Companies, including Unitel, Toronto Blue Jays, Hard Rock Cafe and Riverdale Hospital, have entered teams of eight.

The St. Catharines Rowing Club has a membership waiting list. On any given day, 600-700 kids row at the club; and during last weekend's Mother's Day regatta, thousands took part in the festivities.

Adds Kahn: "Hey, it's easy. If you can ride a bike you can row."

For more information on coming kids' camps and the adult rowing league, call the club at 968-1396.



**ROWING DEBUT ...**  
 The Sun's Joanne Richard prepares for her on-the-water debut with instructor Dominic Kahn at the St. Catharines Rowing Club.



**LEANING INTO IT ...**  
 St. Catharines Rowing Club members Yasmine Wallace, left, and Laura Guinan polish their technique on Martindale Pond.