

ROWING: Madsen to begin solo row to Hawaii

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The Long Beach Boathouse and Long Beach Rowing Association remains busy after a learn-to-row day.

The Powerhouse Fitness program at the boathouse, run by former U.S. national team member Jack Nunn, has officially changed its name to Roworx and will emphasize the indoor rowing program. Classes are held at 9:15 a.m. and 6:30p.m. each weekday, noon on Mondays, Wednesdays and Fridays at 10 a.m. and 11 a.m. on Saturdays and noon on Sundays.

Two-time Olympic medalist Joan Van Blom has joined the Roworx staff of instructors. The daily fitness bootcamps will continue at 8 a.m. Monday through Saturday.

LBRA veteran Angela Madsen is set to make her first solo trip across the Pacific Ocean when she leaves the Santa Cruz Yacht Club on Saturday with an 80- to 100-day trip to Waikiki her destination. The two-time Paralympian and veteran rower already has crossed the Atlantic Ocean twice and the Indian Ocean. Her boat "Spirit of Orlando" was built to order for a solo row.

Her progress can be monitored on her website, www.rowoflife.com.

The LBRA is taking signups for its July series of lessons.