



Spring Training 2015

As of 2/1/15

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Guntersville AL 35976

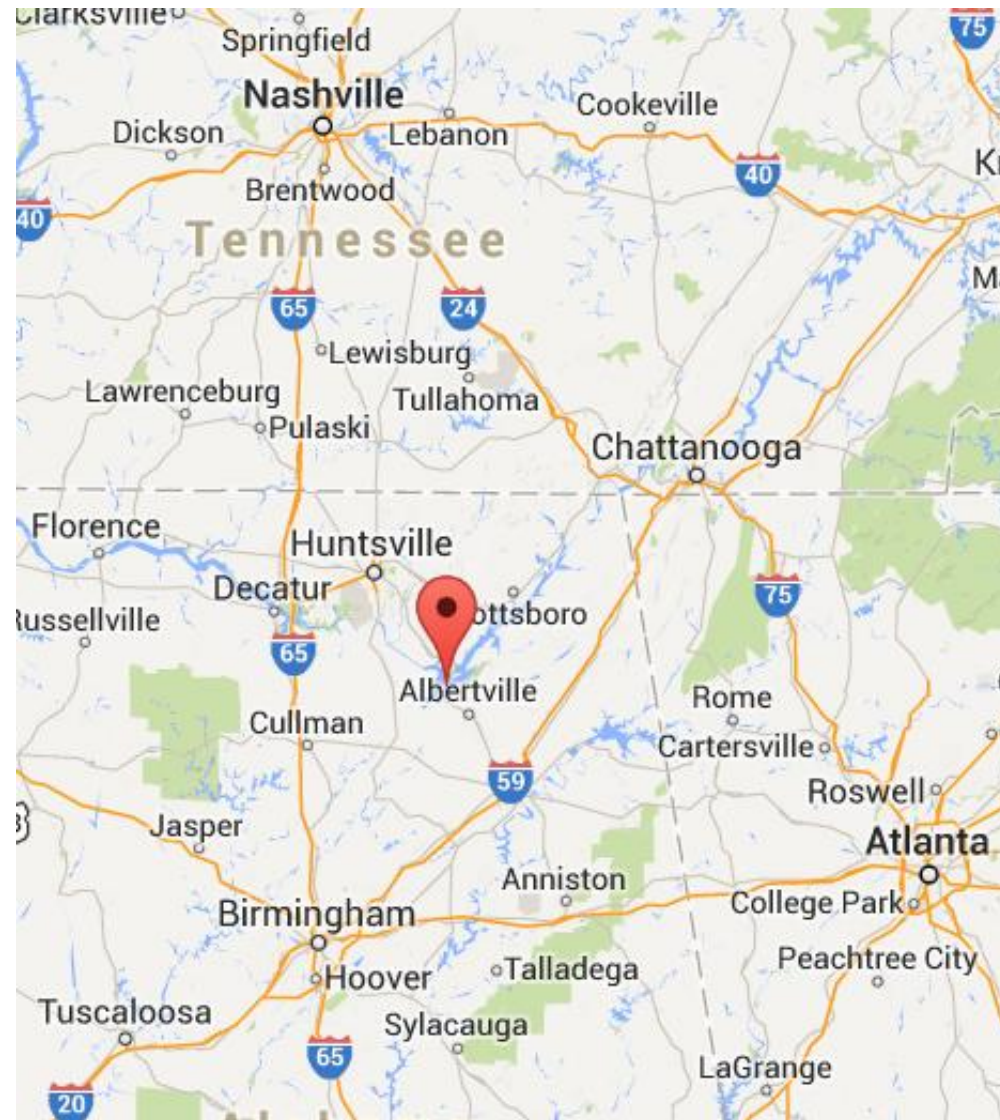
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Where is Lake Guntersville?

Guntersville is located at the southern most point of the Tennessee River.

- Just 45 min off I-59
- Or 1 hour off I-24
- Or 1 hour off I-65



Its Warmer In Guntersville!

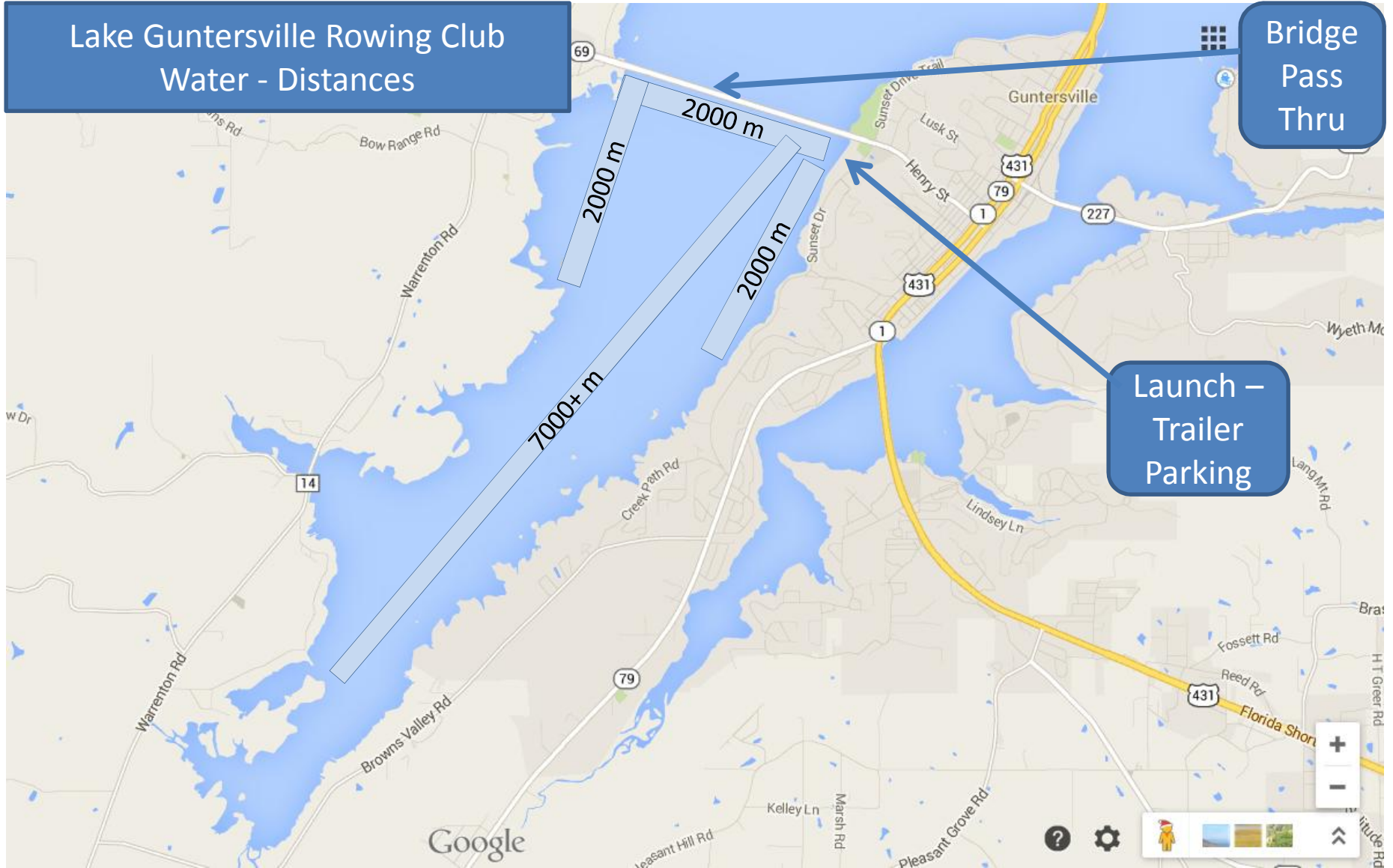
March 3-9, 2013
(accuweather.com)

	Sun	Mon	Tues	Wed	Thru	Fri	Sat
Guntersville	45/27	61/25	64/36	45/29	56/28	63/29	66/36
Oak Ridge	37/26	50/20	50/34	35/30	38/33	52/28	63/32
Lake Lanier	41/27	57/25	64/38	39/30	57/29	63/31	60/40

Lake Guntersville Rowing - Miles of Water



Lake Guntersville Rowing Club Water - Distances

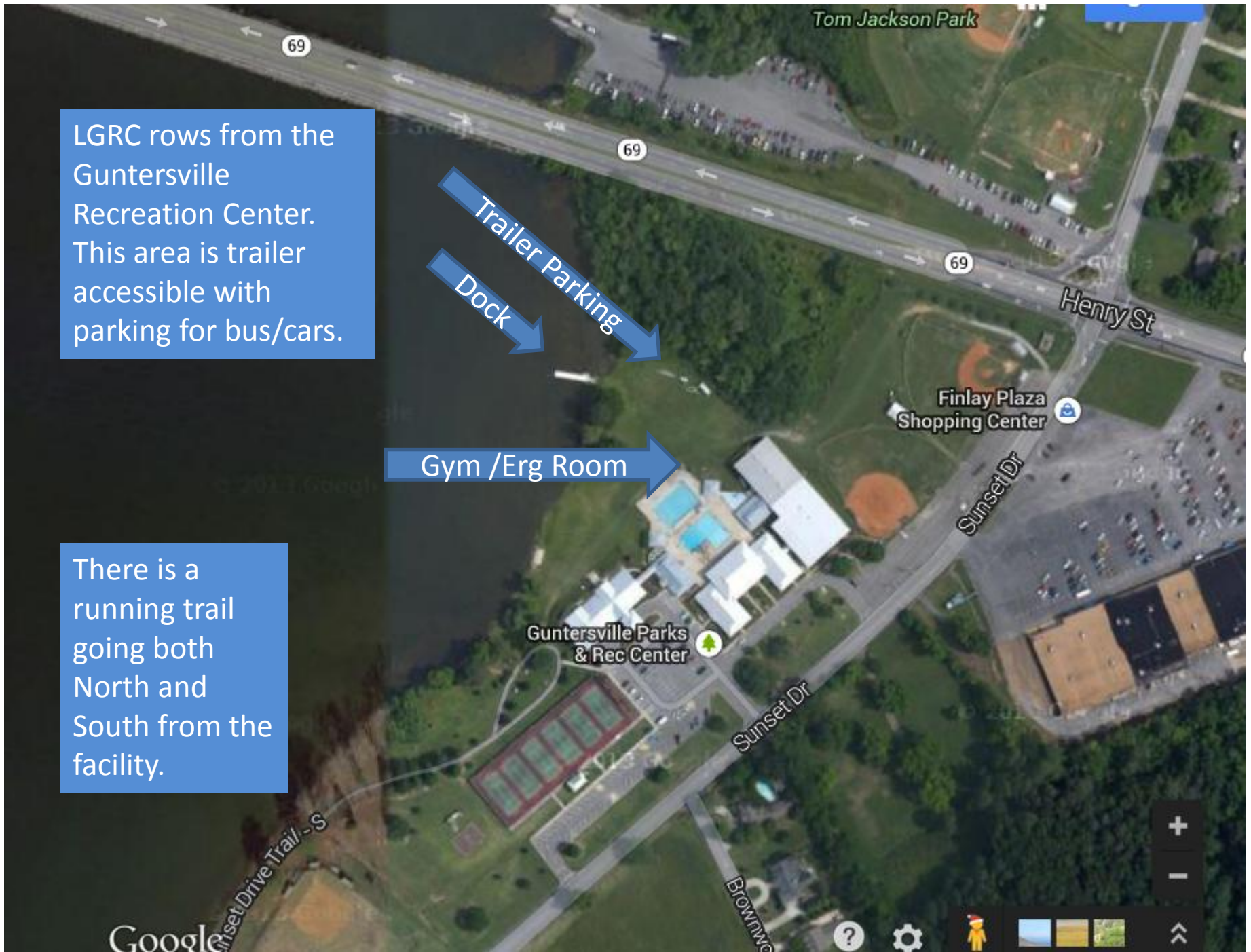


LGRC rows from the Guntersville Recreation Center. This area is trailer accessible with parking for bus/cars.

Trailer Parking
Dock

Gym /Erg Room

There is a running trail going both North and South from the facility.







Lodging



- 1-Hampton Inn
- 2-Wyndham Gardens
- 3-Gsv State Park
- 4-Super 8
- 5-Days Inn
- 6-Microtel (Albertville)
- 7-Jameson Inn (Arab)

Food

- Breakfast – included with Hotel room
- Lunch & Dinner
 - Daily Catering to the Rec Center or your Hotel
 - Variety of vendors
- Grocery Store
 - Across the street from Rec Center
- Broad range of restaurants to choose from
 - Buffet – Catering – Sit down

Hotels

1. Hampton Inn (3 miles)

- 14451 Us Highway 431, Guntersville, AL 35976
- (256) 582-4176
- Rate:

2. Wyndham Garden Lake Guntersville (3 miles)

- 2140 Gunter Avenue, Guntersville, AL, 35976
- 256-582-2220
- Rate:

3. Lake Guntersville State Park (9 miles)

- 7966 Hwy 227, Guntersville, AL 35976
- (256) 571-5440
- Rate:

Hotels

4. Super 8 Guntersville (3.2 miles)
 - 14341 US Hwy 431 S, Guntersville, AL, 35976
 - 256-582-8444
 - Rate:
5. Days Inn Guntersville (3.2 miles)
 - 14040 US Hwy 431 S, Guntersville, AL 35976
 - 256-582-3200
 - Rate:
6. Microtel Inn & Suites by Wyndham (9 miles)
 - 220 Highway 75 N, Albertville, AL 35950
 - 256-894-4000
 - Rate:

Equipment - Activities

- Rowing Machines
 - We have a secure room in the Gym for additional
- Coaching Launches
 - 4 available – 2 Kippy Kits available.
- Gym, showers, erg room access
- Weight Room – working on access and price
- Trailer Parking -Shell Storage
 - Secure area, but is not fenced but based on it's location.
 - Additional Police security monitoring included.
 - Free
- We can provide a refueling service.

Fees

- **Introductory Pricing Spring 2015**
 - \$0 Rower per day
 - \$0 Rec Center usage
 - \$0 Erg usage
- **Launch Rental**
 - \$50.00 day fuel included
 - \$350 per week fuel included