



OKLAHOMA CITY UNIVERSITY DEVON BOATHOUSE

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DEVON BOATHOUSE NOW AVAILABLE FOR PUBLIC USE Facility provides public access to Olympic-grade training equipment

OKLAHOMA CITY – February 17, 2011 The Oklahoma City Boathouse Foundation today announced the Devon Boathouse now is available for public use. The \$10 million boathouse, which is the newest structure on the banks of the Oklahoma River, offers advanced technology and training resources used by Olympic hopefuls and collegiate athletes.

The Devon Boathouse has attracted elite athletes from around the world and serves as the home of the OKC National High Performance Center, which provides training opportunities for Olympic hopefuls in both rowing and canoe/kayak. The boathouse also is home to Oklahoma City University's rowing and canoe/kayak teams.

Members of the community can use the facility by purchasing a RIVERSPORT Pass with the High Performance training option. Day passes also are available.

"Opening this world-class facility to the public is exciting for the community and for the continued development of the river," said Mike Knopp, Oklahoma City Boathouse Foundation executive director. "Members of the community now can have access to the same training resources used by Olympic and collegiate athletes as they prepare for world-class competitive events."

The Devon Boathouse offers amenities not typically found in fitness centers such as a high-altitude training chamber, endless pool, Olympic-style free weights and the world's first dynamic propulsion rowing tank. In addition, the boathouse includes extensive strength and conditioning equipment and group fitness classes.

The high-altitude training chamber allows athletes to train on treadmills, rowing machines or stationary bikes in a room that simulates altitudes up to 12,000 feet. Altitude training has been demonstrated to improve strength, power and endurance resulting in greater speed, less fatigue and improved recovery.

The world's first dynamic propulsion rowing tank provides active rowing stations atop moving water to simulate outdoor rowing for both new and experienced rowers. The tank also includes a camera system that allows rowers to observe and correct their motions during training sessions. An endless pool also is available for training and hydrotherapy.

Strength and conditioning equipment available to members includes state-of-the-art treadmills, elliptical machines, spin bikes, strength-training equipment and indoor rowing and kayaking machines. Olympic-style free weights feature a camera system that allows athletes to view their lifting techniques.

The Devon Boathouse is available for use Monday through Friday mornings from 6 a.m. to 8 a.m., midday from 11 a.m. to 3 p.m. and evenings from 6 p.m. to 8 p.m. The facility also is open Saturdays from 11 a.m. to 3 p.m. Members must submit scheduling requests in advance for use of high-altitude training chamber and dynamic propulsion rowing tank.

The boathouse also features the Ann Lacey Event Center, which offers a two-level space for events of all types and sizes – weddings, receptions, business meetings and seminars all can be accommodated. The event space on the ground level can accommodate up to 350 people, while the second level can accommodate up to 200 people. The space includes an expansive outdoor event deck to that can accommodate more than 500 people.

Discounts are available for college students, active military, firefighters, police officers, teachers and families of three or more. To purchase a RIVERSPORT Pass with the High Performance option, or to inquire about reserving event space, visit www.devonboathouse.org or call (405) 552-4040.

The OKC Boathouse Foundation promotes the use and development of the Oklahoma River as a world-class urban aquatic venue and provides access to rowing, kayaking and fitness programs for people of all ages and abilities. OKCBF programs pursue the highest goals of sports and embrace the principles of the Olympic spirit which inspire athletes to work toward personal excellence, embrace the power of teamwork, and practice respect for all people and the environment. To learn more or get involved, call (405) 552-4040 or visit okcbf.org.

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A project of the Oklahoma City Boathouse Foundation