

Join us on our path to Olympic Gold



Abby Broughton and Ursula Grobler recently paired together to represent the USA at the Rowing World Cup Regatta in the Lightweight Women's Double Sculls event in Bled, Slovenia. They handily won **GOLD** and thus established a partnership with the talent and drive to fulfill an Olympic gold medal dream. **No lightweight women from the USA have ever won Olympic gold, and Abby and Ursula hope to make history in 2012!**

Rowing is one of few remaining amateur sports, yet is one of the most demanding and grueling sports out there. Rowers row because they have a deep love for the sport and the desire to push their limits both physically and mentally. In terms of support, lightweight women tend to be at the bottom of the heap, especially in the United States. The big eight-oared boats get most of the attention, press, and

"...And coming now to the finish. It will be the United States, Broughton and Grobler. What a performance!" ~ Commentary from Universal Sports at World Cup

the majority of the limited available funding. The lightweight women's double is the only Olympic-class event for lightweight women, *and is very competitive on a world scale*. All the women in a given country have to fight for these two spots, thus it is very competitive to make the boat in the U.S. as well as to end up on the Olympic Podium. If Ursula and Abby win gold, their victory will make waves around the world, not only amongst rowers, but as a statement for empowering athletes at all levels. It will bring new energy to lightweight women's rowing in the US, and focus more awareness and visibility on the strength, courage, and power of all female athletes. Their success could also gain recognition for the sport of



Ursula Grobler

Date of Birth: February 6, 1980

Place of Birth: Pretoria, South Africa

Current Hometown: Lake Stevens, WA

University: BA Information Design
University of Pretoria

Goal: Gold London 2012 Olympics

World Record C2 > LW 6:54.7

"Two people looking through the same window. One sees bars, the other the stars" -Unknown

Abby Broughton

Date of Birth: May 3, 1983

Place of Birth: Eastford, CT

Current Hometown: Seattle, WA/Tetonia, ID

University: BA Studio Art
Lewis and Clark College

Goal: Gold London 2012 Olympics

World Champs 2009 > LW4x Bronze

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us most..."
-Maryanne Williamson



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★ ROW STAR PROJECT

rowing to the level of athletics, swimming, and so many other well-publicized well-sponsored US sports.

Not only do Abby and Ursula have an excellent opportunity to win a gold medal in 2012, they potentially *can break the world record*, and are striving to do just that.

Their coach, Carlos Dinares, believes in them 100% and plans their training with that goal in mind. Abby and Ursula are now deep into training at Lake Samish in Bellingham, WA. Their next competition is the World Championships in New Zealand on November 1, 2010.

All said and done, to get to the Olympics the “team” (Abby, Ursula, and Coach Dinares) needs financial support. USRowing pays the women a small amount every month. They train four to eight hours a day, seven days a week, leaving little time, if any, to earn an income. To build an Olympic gold medal boat requires 110% commitment, with every moment of every day being dedicated to quality training, recovery, nutrition, and psychological development. To date Coach Dinares has offered a facility, equipment, and coaching time gratis! This cannot continue for two more years.

WE NEED YOUR HELP!

Looking ahead to July 2012, training in Washington, travel to the USRowing Center in New Jersey, international regattas, equipment, medical insurance, health care, food, etc. will require approximately **\$13,500/month for the next 24 months**. USRowing, personal income, and Carlos’ goodwill does not cover nearly enough to complete the dream.

So, as an appeal to you, we solicit your financial support! We can set up pledges, monthly donations, outright donations, victory challenges, promotions of your product, etc.; anyway you can help will be most appreciated. Please consider joining in the journey and help these women reach their goal.

Become a part of the dream and watch this star duo make history!

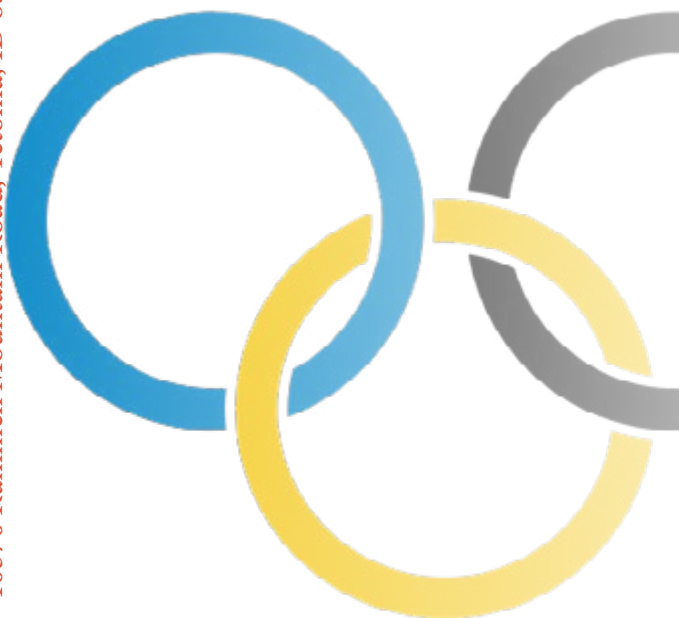
We, the parents of Abby and Ursula, can be reached at:

Porter Broughton *Tetonia, USA*

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Dave Grobler *Pretoria, South Africa*

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- > email: drcgrobler@gmail.com
- > mail: 35 Lynburn Road, Lynnwood Manor, Pretoria 0081



Ursula Grobler

In 2003, Ursula Grobler relocated her life in Seattle. She obtained her bachelor's degree in Information Design in South Africa, and upon graduation moved to the U.S. She started working with coach Carlos Dinares and progressed in four years from being a novice rower to winning the largest boat race in the world called the Head of the Charles. Not to mention a silver medal in the lightweight double at the Spanish World Cup, an impressive 20 seconds win at the Royal Canadian Henley, set a world record on the Concept 2 Erg, and most recently, a gold medal in the World Cup in Bled with partner Abby Broughton in the lightweight double. She recently obtained her US citizenship and her race with Broughton was her first for the USA. Yet, what is most remarkable about Ursula's success is her quiet fame, her solid resolve to excel in the sport of rowing. *"My ultimate goal is the Olympics. I always keep that in mind and that keeps me motivated"* says Grobler. Her sporting background includes triathlon, where she made the junior SA squad, and Netball which she competed at a provincial level. She has her own freelance design company and has been certified in nutrition using the PaleoDiet.

Highlights:

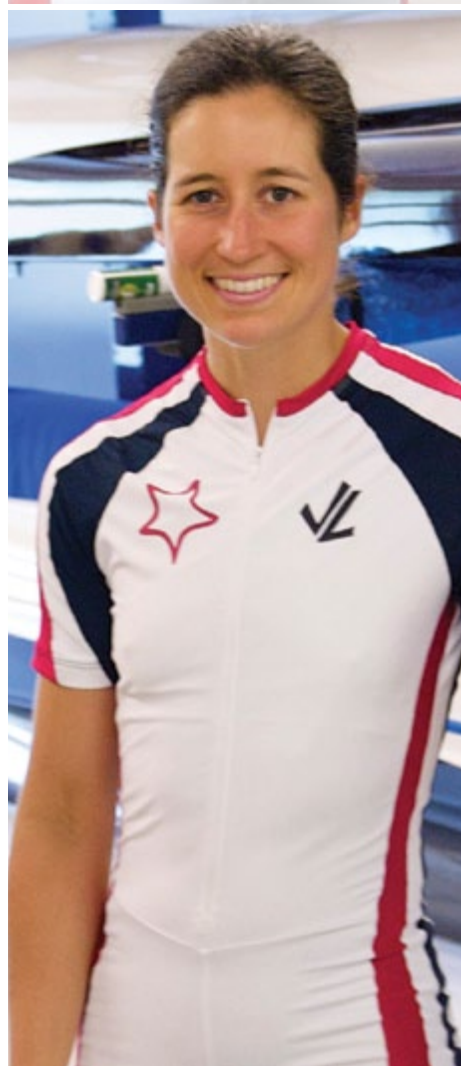
2010:

- Gold - Rowing World Cup 1 -Bled
- Gold - National Selection Regatta #2, LW2x
- Gold - National Selection Regatta #1, LW1x

World Record on the Concept 2 Erg Record was held for a decade. Broke it by 2 seconds!

2009:

- Gold - Head of the Charles
- Gold - Royal Canadian Henley
- Silver - Rowing World Cup 1 -Banyoles
- Gold - Memorial Paolo d'Aloja
- Gold - Spanish Erg Championships
- Gold - FISA Team Cup 1000m
- World Record** - 6km Lightweight Erg



Abby Broughton

Abby learned to row--and immediately fell in love with it--during her second year at Lewis and Clark College, in Portland, OR. After college, she decided to make rowing a priority and moved to Seattle, WA, to train with the Pocock Elite Sculling Team coached by Emil Kossev. After one year of training in Seattle, she represented the USA at the 2006 World Rowing Championships in Eton, England, in the Lightweight Quadruple Sculls.

For the following two years, Abby took time away from training to be with her family, but she knew she was not done with her rowing pursuit. After feeling inspired by the 2008 Olympics, she made the decision to come back to full-time training, and commit to the next quadrennium. In 2009, she won a bronze medal at the World Rowing Championships in the Lightweight Quadruple Sculls, and has since paired up with Ursula to work with coach Carlos Dinares to develop the world's fastest Lightweight Women's Double. Abby's other interests include backpacking, cooking and nutrition, winter biathlon, and art. Her personal hero is her dad, who also is in training to accomplish a big goal: to walk again after being paralyzed in a car accident four years ago.

Highlights:

2010:

- Gold - Rowing World Cup 1 -Bled
- Gold - National Selection Regatta #2, LW2x

2009:

- Bronze - World Rowing Championships, LW4x
- Bronze - Head of the Charles, LW1x
- Gold - USRowing Speed Order, LW1x
- Gold - National Selection Regatta #2, LW2x
- Gold - US National Elite Champs - LW4x



NEWS/MEDIA

Welcome to the news/media section

<< BACK

Broughton and Grobler Named to 2010 World Championships Team in Lightweight Women's Double Sculls

Tuesday, June 29, 2010

The lightweight women's double sculls duo of Abby Broughton (Tetonia, Idaho) and Ursula Grobler (Pretoria, South Africa) became the first rowers to be named to the 2010 U.S. Senior National Team, USRowing announced on Tuesday. The duo will represent the United States at the 2010 World Rowing Championships October 31-November 7 in Lake Karapiro, New Zealand.

Broughton and Grobler earned a spot on the team by winning the 2010 National Selection Regatta #2 in mid May and then winning gold at the 2010 Rowing World Cup Regatta in Bled, Slovenia.

"The result in Bled was from months of hard training with [coach] Carlos [Dinares], and then good coaching to bring Abby and I together in just two weeks," said Grobler. "Really, that's pretty amazing."

"This is my first time making the U.S. team in an Olympic event, and to qualify so early in the season by earning an international gold medal, was thrilling," said Broughton. "To be in this position with still several months of solid training until Worlds, and to know there is still lots of speed to develop with this lightweight double partnership, is motivating and inspiring."

Broughton, now a three-time U.S. National Team member, won bronze in last year's world championship lightweight women's quadruple sculls crew. Grobler, a first-time U.S. National Team member, won the lightweight single sculls at NSR #1 and the open women's single at the 2009 Head of the Charles.

The rest of the senior national team squad will be named over the next few weeks. Camp-selected boats will be named on or before September 20, while trials for the remaining boats will take place September 27-October 2.

USRowing is a nonprofit organization recognized by the United States Olympic Committee as the governing body for the sport of rowing in the United States. USRowing's Official Suppliers are Boathouse Sports, Filippi, Croker Oars and Rudy Project; its Official Patron is Concept2; its Official Electronics Outfitter is Nielsen Kellerman; and its Official Timer is Powerhouse Timing. USRowing also receives generous support from the National Rowing Foundation.

For more information, visit www.usrowing.org.

News/Media Contents:

- [Athlete Bios](#)
- [Historical International Results](#)
- [Coach Bios](#)
- [Press Releases](#)
- [Press Kits](#)
- [USRowing Event Calendar and Credential Information](#)
- [About the Sport](#)
- [Media Center](#)
- [2008 Olympic Games](#)
- [International Events Coverage](#)
- [USRowing Spotlight](#)
- [USRowing E-Magazine](#)
- [Download Video](#)





- HOME
- FISA
- ROWING
- EVENTS
- NEWS
- MULTIMEDIA
- RESULTS
- ATHLETES
- ANTI-DOPING
- SERVICES
- PUBLICATIONS
- PRODUCTS
- MEDIA CENTER

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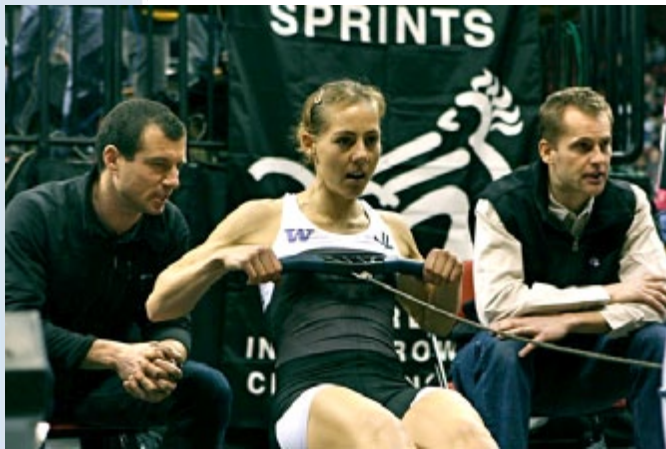
Indoor rowing record to newcomer

25/02/2010 10:54 CET

On the 30th day of 2010 Ursula Grobler rewrote the standard for lightweight women. Grobler, sitting on the indoor rowing machine at the Seattle Ergomania (USA), recorded 6:54.7 for the 2000m distance.

Originally from South Africa, Grobler now lives in the United States and, if you have not heard her name, it's because Grobler's rise in rowing has been exceptionally rapid. Grobler, 30, took a learn-to-row class starting out as a masters rower. In 2007 she started training seriously with the hopes of racing one day at the international level.

In 2009 Grobler raced in the first Rowing World Cup (Banyoles, Spain) picking up a silver medal and then went on to win the prestigious open single at Boston's Head of the Charles in the US. Now she owns the World Record for lightweight women on the indoor rowing machine. Grobler knocked two seconds off the 10 year old record, set by American Lisa Schlenker.



2,000 Meter Indoor Rowing Records

In accordance with the Concept2 world record requirements, all of the 2000 meter records listed below were rowed at a Concept2 sanctioned indoor rowing event with witnesses present, and without the use of Slides.



Rob Waddell
 New Zealand
 HWT 30-39: 5:36.6
 HWT 19-29: 5:38.3



Henrik Stephansen
 Denmark
 LWT 19-29: 5:58.5
 LWT 13-18: 6:06.5



Ursula Grobler
 United States
 LWT 19-29: 6:54.7



Sophie Balmay
 France
 HWT 19-29: 6:28.4

So in swift review:

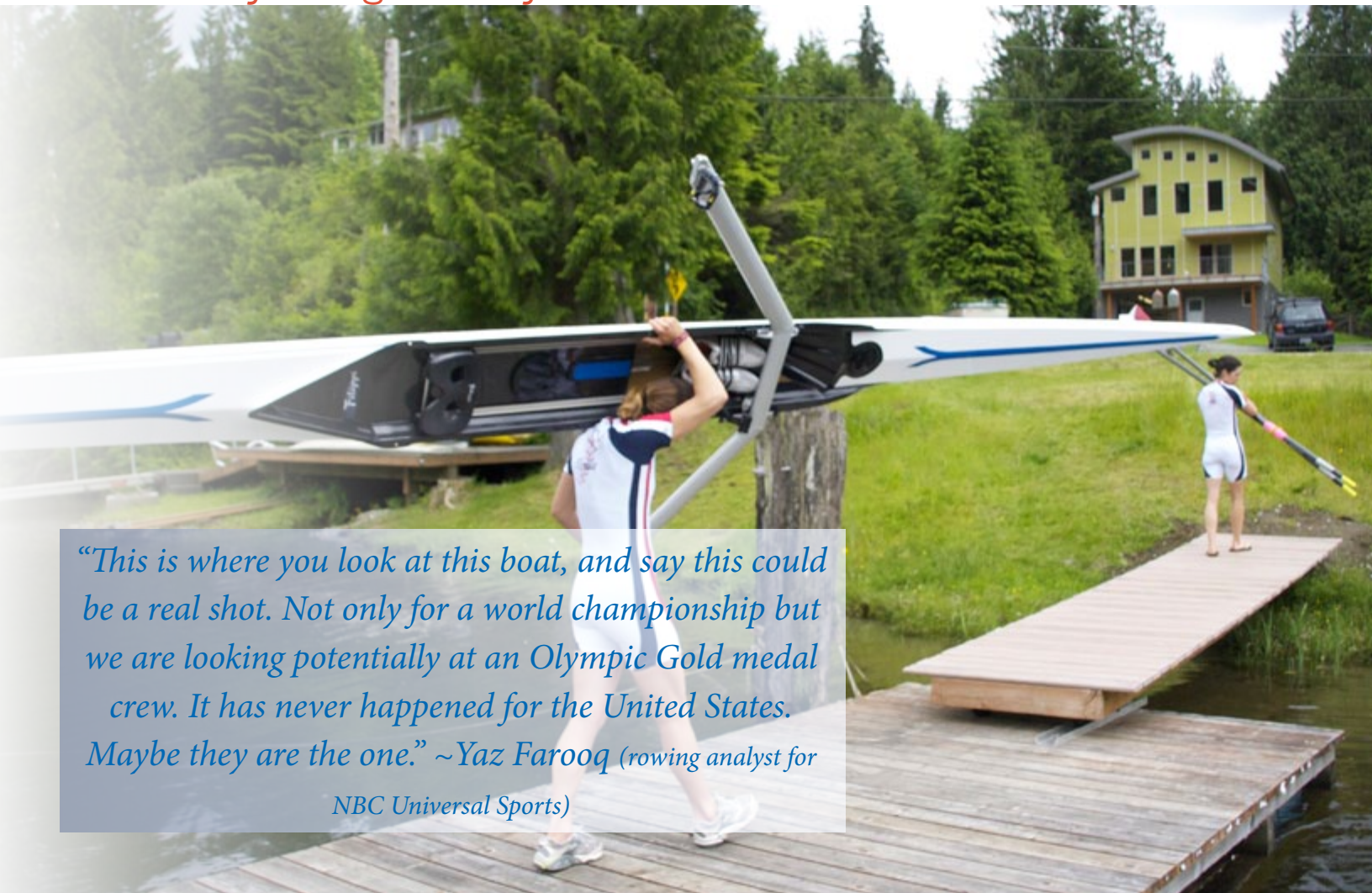
- ★ Two stars who have a real shot at the Olympic Gold in the lightweight women double.
- ★ It's never been achieved for the USA before.
- ★ This Olympic win will make history and get huge press.
- ★ These two athletes will uplift lightweight women rowing and give more awareness to female athletes.
- ★ They are trained by a phenomenal coach who shows intense determination and commitment to achieve winning results.
- ★ A world record was set.
- ★ New partnership wins gold at first world cup.

Why would you not want to be part of this dream and join these two stars on a path to Olympic Gold, and make history along the way?



RowStarProject.com

To find out more about rowing visit
usrowing.org



“This is where you look at this boat, and say this could be a real shot. Not only for a world championship but we are looking potentially at an Olympic Gold medal crew. It has never happened for the United States. Maybe they are the one.” ~Yaz Farooq (rowing analyst for NBC Universal Sports)