



FACT SHEET

How to pronounce: ZLAC is one word & rhymes with “BLACK”.

ZLAC:

- Was founded in **1892**, and is the **oldest women’s rowing club in the world..**
- Is named after the 4 founders, using the 1st letters of their names to form the acronym ‘ZLAC’.
Zulette, **L**ena, **A**gnes, & **C**aroline.
- Has more than 400 members, & provides rowing programs & social opportunities for women ranging in age from the teens to the nineties..
- Offers various types of rowing programs for both Juniors (8th-12th grade) and Masters (18+ yrs), including **Learn-to-Row**, competitive racing, and recreational rowing.
- Our rowing programs have produced US National Team members, Olympians, top college rowers, regional racers, and thousands of recreational rowers.
- ZLAC Juniors Rowing Program helps create opportunities to earn acceptance at top universities through potential rowing scholarships.
- The heart of ZLAC’s mission is to support all women and girls through the sport of rowing.
- The club maintains approximately 25-30 boats, ranging in size from 8-person, 4-person, 2-person, and single shells.

Fun Facts:

- An 8-person rowing shell is typically 60 feet long and weighs about 200 pounds. A single rowing shell weighs about 23 pounds, and can be as narrow as 10 inches across.
- In the early 1900s, many women’s rowing clubs and college teams were established on both coasts in an effort to improve physical fitness and to compete in a sport made popular by men. At that time, there were 22 women's rowing clubs in San Diego, & ZLAC is the only one that is still active.
- ZLAC’s permanent and current location on Mission Bay was designed by renowned San Diego architect Lillian Rice in 1932. A pioneer for women in architecture, she is also known for developing Rancho Santa Fe, and served as ZLAC president 1915-1916.

**For more information, go to www.zlac.org