



# STROKE!



Rocky Mountain Rowing Club, Denver, Colorado  
February 2005

A periodic publication of the Rocky Mountain Rowing Club, PO Box 6242, Denver, CO 80206

## Mile High Sprints draw an enthusiastic crowd

The 2005 Mile High Sprints on January 22 were a great mid-winter pick-me-up for rowers missing the water and the companionship of their similarly warped friends. Fifteen RMRC members competed at the indoor rowing competition this year, and many more lent a hand to help make the event a success.

There were more than 150 participants and 30 events, starting at 8:20 a.m. with the half-hour and hour rows. The gym at Colorado Athletic Club Monaco quickly filled up with rowers of all ages warming up, cooling down, racing, and swapping stories. Colorado Crew brought its usual large and enthusiastic contingent, as well as a group from its program for juniors. Also competing was a brand-new juniors team from Utah. They have homemade uniforms and row with old equipment in difficult conditions on the Great Salt Lake, but they were excited to be here and we were glad to have them.

Three rowers qualified for the C.R.A.S.H.-B. Indoor Rowing Championships in Boston on February 13: Dennis Hastings (RMRC), 6:54, 50-59 Lwt Men; Rudy Ryback (CU), 6:34.2, 19-29 Lwt Men; and Karen Gress, 7:37.9, 40-49 Lwt Women. Last year at the C.R.A.S.H.-B.'s Dennis Hastings won his category in 6:39.50, and Shawn Scholl from Denver took fourth place (30-39 Hwt Men) with a blistering time of 6:00.70.

Complete results from the Mile High Sprints are available on the web site, [www.rockymountainrowing.com/sprints](http://www.rockymountainrowing.com/sprints).

### Erg Update

Nine of the 20 Concept2 Model D ergs RMRC purchased for the Sprints have been sold, all to individuals, leaving 11 more that must be sold — they can't be returned. Look deep in your heart, talk to your friends, twist arms at your athletic club, and sell, sell, sell! Contact Liz Daeninck at [ergs@rockymountainrowing.com](mailto:ergs@rockymountainrowing.com) to purchase an erg for the discounted price of \$825 and immediate delivery!



## Volunteers go the distance

by Margaret Griffes

Thanks to all of you who pitched in to make the Mile High Sprints a success!

The 20 ergs were set up by DawnMarie Schwappach and her Colorado Athletic Club junior indoor rowing team, and they also moved in some CAC ergs that were used for warmups. They did an awesome job and deserve a huge thank you!

On Friday evening, Margaret Whelan (Sprintsmistress) and John Tyler gave directions to a few of us who did the final setup: Kent Wilson, Don Baker, Peter Francis, and Dieter Stark, thank you.

On Saturday, I picked up the freshly brewed coffee and tea fixin's donated by Peet's Coffees and Teas in Cherry Creek. King Soopers at the Orchards in Greenwood Village donated a \$25 gift certificate, which purchased the whole-wheat mini croissants. The mountain of bagels came from Einstein Bagels in Greenwood Village. Kati O'Hara donated the cases of water and napkins, and I brought the cream cheeses and peanut butter. CAC provided the space at no charge, as well as a cleanup crew during and after the event.

Margaret Whelan did computer input and John Tyler, who had attended a special training session at Concept2 for the occasion, handled the erg software. Dennis Hastings was emcee, with relief by Don Baker, and Brad Gaylord took photos and helped with timing and the computers. Also helping with myriad tasks were Linde Howell, Darin Hayden, Jennifer Ulasewich, Linda Browning, Andi Forster, Michelle Fryc, Marc Gattiker, Dieter Stark, Larry Price, Joe Colosimo, Kim Hawkins, Kent Wilson, Christa Rabenold, Kati O'Hara, Ginny Brokaw, Grace Malacrida (all the way from California), Jackie Snyder and friend, who took photos along with Dawn Mendel, Matt Filby, who designed the t-shirt — to all of you, thanks. (If I forgot anyone, please call it to my attention and excuse the lack of synapse firing!)

We got great comments from participants and onlookers, and I would welcome additional feedback. If you have a lead on a masseur to do neck and back massages next year, please let me know.

I will also need people to help with docks in (March 19?), Learn-to-Row lessons (lots of fun!), flip tests (this *has* to appeal to someone out there with a sense of humor!), and other miscellany.



# Winter Training

by Dawn Mendel

Despite the mixup in venue (thank you to Tom Murphy for letting us invade your house at the last minute!), the Training Basics presentation by Nat Jackson on January 7 was warmly received by the attendees who learned all about energy systems,  $VO_2$  max, lactate threshold, category I-VI training, and resistance training. Yeah, but what does that all mean to those of us who row for fun, exercise, and perhaps to go to one race a year?

1) Training in the winter is important so you can get the most out of your summer rowing. Using the periodization model of training, you currently should be doing low-intensity workouts (a pace that can be held for an hour or two) for 45 minutes to two hours. In the spring, start ramping up the intensity and decreasing the time, to peak at your big race with a week or so of tapering off right before.

2) Any kind of exercise is good, but if you want to get better at rowing you have to “mimic the rowing motion.” The best way to do this is to use an erg! (It isn’t too late to buy your own; the club still has some for sale from the indoor sprints.)

3) Rest is an important part of working out. (We all liked this idea!) “Improved fitness (adaptation) occurs during rest, *not* during training.” Recuperation is complete after 24-36 hours. Take a day off or alternate aerobic and weight training days.

I’m looking forward to Nat’s training program which will be available to all club members for the three months leading up to the summer season, starting in February.

And remember, if you want to do a slow, steady-state run on Sundays, join our small group of joggers, walkers, and dogs



*Provided purely for inspiration: a CU varsity men’s crew practice at Boulder Reservoir in September 2001. We’ve seen plenty of mornings that gorgeous at Cherry Creek, too!*

who take to the Highline Canal path off Orchard Road, starting at 8:00 a.m.

*[Ed. note: A second offering of the Training Basics program is not planned at this time. Later in the spring, Nat will present a program on rowing technique.]*

## February Training Schedule

Nat Jackson, exercise physiologist and competitive program coach, has prepared a month-long training schedule for all members beginning January 31. Designed for masters rowers and adaptable for various levels of skill and fitness, it was emailed to all RMRC members on January 28. New schedules will be sent out for March and April. **This valuable program is a benefit of your RMRC membership, so be sure to renew before March 1 to get the next month’s workouts!**

As Nat explained in the Training Basics session held January 7, the emphasis at this time of year is on building aerobic base through long, low-intensity workouts. If you are skeptical of their effectiveness, just ask Michelle Fryc. She bowed RMRC’s only gold medal boat at Masters Nationals this year, so she’s no slouch, but she says, “These workouts have really increased my strength!” And those at the erg sprints watched the success of rowers such as Renee Olin, who wins her races pounding it out at a stroke rate of 18.

If you have access to an erg, these workouts are also a great opportunity to work on technique. You can see the splits go down under the same effort as you concentrate on a point of form such as posture, connection at the catch, leading back with the hips, ratio, etc.

For more information on technique and training, see the U.S. Concept2 web site, [www.concept2.com](http://www.concept2.com) (click on training) or the U.K. site, [www.concept2.co.uk/training](http://www.concept2.co.uk/training) (they are different), or *Skillful Rowing* by Edward McNeely and Marlene Royle (available through Amazon.com).

So hop on the erg, take time to stretch and cool down, hydrate, and prepare for better days on the water!

## Regattas for your calendar

March 12-13, Heart of Texas (Austin)

July 22-31, World Masters Games,  
Edmonton, Alberta, Canada

August 10-13, USRowing Masters National  
Championships, Worcester, Mass.

Race coordinator for 2005 is Renee Olin.



*Remember, it is always important to stretch during and after your workout!*





## RMRC Race Results 2004

### San Diego Crew Classic - 2000m Sprint

#### San Diego, California, April 3, 2004

1st	MMC 8+	Rugolo, Stormberg, Stekl, D.Jackson, Keisting, Stevens, Gasper, Gleeson, Springer	6:33.20
4th	MME 8+	Crouse, Sargent, Flanigan, H.Wurster, Fletcher, Case, Murphy, Shonstrom	7:12.72
3rd	MClub 8+	Case, Shonstrom, Fletcher, Giard, Berkner, Stevens, Stormberg, Gasper	6:20.40, 6:54.89

### Tulsa Sprints - 1000m Sprint

#### Tulsa, Oklahoma, June 12, 2004 (high winds)

1st	WO	1x D.Browning	5:44.9
2nd	MM1	1x Groshek	4:44.6
2nd	MM2	1x Noble	5:02.4
2nd	WM	2x L.Browning, D.Browning	5:39.6
2nd	MxM	2x D.Browning, Noble	4:24.6
4th	MxM	2x L.Browning, Groshek	5:02.4
1st	MM	2x Groshek, Noble	4:14.7
1st	MxM	4x Groshek, L.Browning, D.Browning, Noble	4:24.2

### Chicago Sprints - 1000m Sprint

#### Chicago, Illinois, July 17-18, 2004 (high winds)

2nd	WO	1x Tomany	4:41.87, 5:02.20
5th	MO	1x Stark	3:57.60, 4:50.76
1st	WM	1x Tomany	4:39.19, 4:51.48
1st	MM	1x Stark	4:17.92
3rd	MxO	2x Stark, Tomany	4:15.13
2nd	MxM	2x Stark, Tomany	4:08.63

### USRowing SW Regional Masters Championship - 1000m Sprint

#### Long Beach, California, July 18, 2004

4th	WC	2x G.Malacrida, Hayden	4:04.5
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### Royal Canadian Henley Regatta - 2000m Sprint

#### St. Catherines, Ontario, Canada, August 3-8, 2004

-	WO	2x Olin, Tomany	7:51.48
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### USRowing Masters National Championships - 1000m Sprint

#### Oak Ridge, Tennessee, August 19-22, 2004

-	WC	1x Erickson	4:46.77
6th	MLtC	1x Groshek	4:01.96, 3:55.99
5th	MB	2- Litzinger, Jackson	4:01.56
3rd	ME	2- Shonstrom, Murphy	4:06.09
4th	WAA	2x Olin, Tomany	4:18.89, 3:57.31
-	WAA	2x Daeninck, Fryc	4:05.66
4th	WA	2x Olin, Tomany	4:07.47, 4:03.07
5th	WA	2x Daeninck, Fryc	4:09.77, 4:08.60
6th	WB	2x O'Hara, G.Malacrida	4:01.08, 4:15.18
-	WB	2x Olin, Hayden	4:03.98
-	WB	2x Heath, Erickson	4:13.64
5th	WC	2x Hayden, G.Malacrida	4:07.81, 4:06.76
-	WC	2x Howell, Moum	4:15.49
-	MxA	2x Jackson, Daeninck	3:42.97
4th	MxB	2x Groshek, Tomany	3:40.04, 3:35.99
-	MxB	2x Jackson, Howell	3:53.30
-	MA	2x Litzinger, Jackson	3:57.18
-	MB	2x Jackson, Groshek	3:33.78
5th	MLtC	2x Groshek, B.Malacrida	3:36.99
5th	Parent-Child	2x Grandaison, Erickson	3:58.60
1st	WAA	4+ Gath, O'Hara, Daeninck, Richards, Fryc	3:54.03, 3:44.83
4th	WA	4+ Gath, Olin, Tomany, Daeninck, Hayden	3:45.39, 3:55.39, 3:43.90
-	WB	4+ Gath, G.Malacrida, O'Hara, Hayden, Howell	4:01.62
5th	MxB	4+ Gath, Fletcher, Murphy, O'Hara, Howell	3:40.13, 3:43.07

2nd	ME	4+ Palazzolo, Shonstrom, Murphy, Fletcher, Jones	3:40.74
2nd	WAA	4x Olin, Tomany, O'Hara, Fryc	3:35.04
3rd	WAA	4x Drewry, Lunenburg, G.Malacrida, Howell	3:39.78
6th	WA	4x Olin, Tomany, Daeninck, Fryc	3:37.49, 3:34.33
6th	WB	4x O'Hara, G.Malacrida, Hayden, Fryc	3:35.12, 3:50.04
5th	WC	4x G.Malacrida, Moum, Hayden, Howell	3:45.62, 3:44.44
4th	MLtA-C4x	Webber-Plank, Paxton, Cannia, Hastings	3:13.81
5th	MB	4x Groshek, Litzinger, Jackson, B.Malacrida	3:28.63
2nd	MF	8+ Peter, M.Shonstrom, Murphy, Fletcher, Eckles, Thibault, H.Wurster, Bentley	3:38.22

### Head of the DesMoines - 5000m Head

#### Des Moines, Iowa, September 25, 2004 (heavy current)

4th	WO	1x Tomany	29:26
2nd	MO	1x Gasper	24:00
3rd	MO	1x Klingsporn	24:10
4th	MO	1x Stark	24:53
2nd	WM	1x Hayden	27:18
3rd	WM	1x Whelan	27:26
6th	WM	1x Tomany	28:45
7th	WM	1x Howell	30:55
8th	WM	1x Brokaw	34:54
1st	MM	1x Klingsporn (fastest male single sculler award)	23:40
3rd	MM	1x Groshek	24:04
5th	MM	1x Stark	25:28
8th	MM	1x Nelson	27:04
1st	MSr	1x H.Wurster	25:07
3rd	MLt	1x Nelson	29:36
2nd	WM	Rec1x Mendel	33:00
3rd	WM	Rec1x Horstman	33:42
3rd	WM	2x Mendel, Horstman	28:16
2nd	MxM	2x Tomany, Groshek	23:19
3rd	MxM	2x Whelan, Wilson	23:36
6th	MxM	2x Weiler, Howell	25:41
5th	MM	2x Weiler, Wilson	25:52

### Head of the Rock - 5000m Head

#### Rockford, Illinois, October 10, 2004

2nd	WM	2x L.Browning, Rawson	21:17.24
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### Head of the Charles - 5000m Head

#### Boston, Massachusetts, October 23-24, 2004

15th	WGrand-Master	1x M.Wurster	19:09.574
19th	MChampionship	2x Klingsporn, Klingsporn	14:13.865
10th	WM	4+ Whelan, Howell, O'Hara, Hayden	15:56.541
4th	MM	4+ Keaton, Castro, Jablonic, Stormberg, Gasper	13:15.832
16th	MClub	4+ Jackson, M.Filby, Havelock, Groshek	13:58.490

### Head of the Chattahoochee - 5000m Head

#### Atlanta, Georgia, November 6-7, 2004

2nd	WM	2x Whelan, Hayden	22:28.1
2nd	WM	4x Whelan, Howell, Moum, Hayden	20:28.0
4th	MxM	4x Paxton, Wilson, Howell, Moum	20:01.7

### Frostbite Regatta - 2200m Head

#### Wichita, Kansas, November 7, 2004

2nd	WM27-41	1x Rawson	9:09
1st	WM42-51	1x L.Browning	9:50
5th	WO	2x Rawson, L.Browning	8:42

### Marathon Rowing Championships - 26.2-mile Head

#### Natchitoches, Louisiana, November 14, 2004

1st	WMA	1x Tomany	3:57:12.00
1st	WMC	1x Hayden	3:59:18.00
1st	MMB	1x Stark	3:46:22.00

Due to space constraints, only RMRC club entries are included.



## Renew your membership now

The new RMRC membership year begins March 1, 2005. Dues remain the same as last year, but the date for renewal has been moved up to more closely align with the rowing season. Membership documents and were emailed to all current members on January 27 and will be posted on the web site.

Dues for active members are \$190 for individual active membership, \$240 for family membership, and \$95 for student membership. Send your dues, along with the membership application form and liability waiver, to: Rocky Mountain Rowing Club, PO Box 6242, Denver, CO 80206, by March 1, 2005.

What do you get for your active membership dues? Most important, you get to row the RMRC boats for which you are certified, insurance coverage while rowing at Cherry Creek, and the right to compete as an RMRC member. In addition, your dues support the winter training program designed by Nat Jackson, part of the costs of the MRA training clinic, and club social events such as the summer kickoff party, boathouse bash, and holiday party.

### USRowing membership is no longer required

Because of a change in the club's USRowing insurance policy, membership in USRowing is *no longer required*, and RMRC members will still be covered when rowing on Cherry Creek Lake. However, if you plan to compete, please be aware that many regattas (including Masters Nationals) require participants to be individual members of USRowing.



## Learn to Row!

Larry Price is currently taking applications for the 2005 beginner rowing lessons. Anyone interested should email [lessons@rockymountainrowing.com](mailto:lessons@rockymountainrowing.com). Cost for the lessons is \$250, which includes one land workshop, four water lessons, and a book on rowing. Learn-to-Row students are not required to join RMRC until they complete their lessons and wish to continue to row.

**Learn-to-Row Open House:** This will be held in March for everyone interested, so they can get an overview of rowing and what to expect from the lessons. Contact Larry for the date.

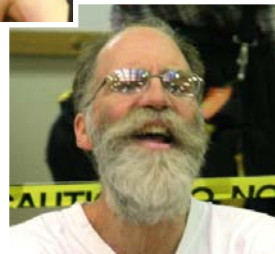
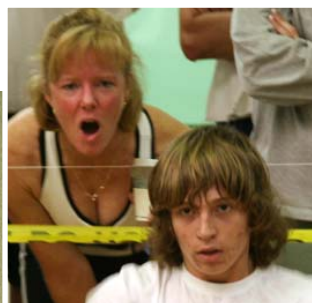
**Land Workshops:** April 9 or 16 (choose one), 9:00-11:00 a.m. The make-up day in case of bad weather is April 23. Students will learn rowing terminology and the anatomy of a rowing shell, try out

the basic motions on a rowing machine, and if the weather is good, go for an introductory row on the water!

**Water Classes:** Each session meets for two weekends on both Saturday and Sunday mornings. The first session starts April 30, with new sessions starting every two weeks through June. Students learn to row in recreational singles under close supervision. *Note:* Makeup opportunities for missed lessons are limited, so students should make sure before signing up that they can attend all four of the lessons for their session.

**Volunteers Needed:** Volunteers will be needed for the lessons program. Because the recreational singles are needed for the beginners, volunteers who don't have their own boats should be comfortable rowing in a Peinert. If you can help, please contact Margaret Griffes at [dagriffes@aol.com](mailto:dagriffes@aol.com).

## Faces of the Mile High Sprints



Photos by Dawn and Matt Mendel



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## RMRC Membership, Dues, and Classes

**Active Membership** (2005 annual fee \$190) gives individuals all rights of membership in the Club. The individual may participate in all Club activities and events, receive the newsletter, compete using the Club's name, and use the Club's basic facilities and equipment without extra charge.

**Family Membership** (2005 annual fee \$240) entitles parents and children under 21 in the family to active membership.

**Student Membership** (2005 annual fee \$95) extends all rights of active membership to individuals who are enrolled full time in school. Students must be full time and show proof of full course load.

**Supporting Membership** (2005 annual fee \$20) entitles the individual to receive the newsletter.

**Limited Competing Membership** (2005 annual fee \$30) entitles the individual to receive the newsletter and row in a regatta under RMRC club affiliation. It does not include club rowing privileges.

**Coaching** for novice, intermediate, and advanced rowers is available in the summer for an additional fee.

**Learn-to-Row** classes are offered in May and June for an additional fee. Club membership is not required for Learn-to-Row classes.

**If you are interested in joining RMRC**, membership forms can be obtained (1) at the boathouse, (2) by e-mailing [membership@rockymountainrowing.com](mailto:membership@rockymountainrowing.com) (3) by calling 303-331-2860 with a request to receive a paper copy at the address you provide, or (4) on our website, [www.rockymountainrowing.com](http://www.rockymountainrowing.com).

Please mail your membership application, waiver, and check for the appropriate dues, made out to "Rocky Mountain Rowing Club," to: Rocky Mountain Rowing Club, Post Office Box 6242, Denver, CO 80206. The membership year is March 1, 2005, through February 28, 2006.

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## RMRC Calendar

**Board Meetings - First Thursday of every month.** Meetings are held at Linde Howell's house at 7:00 p.m. All members are encouraged to attend! Contact Linde with questions, or to confirm the meeting location/time.

**Monday Night Madness - Erging every Monday night, 7:30 p.m.** (during off season). Colorado Athletic Club at Yale and Monaco, Studio 2 (upstairs). The drop-in fee for non-members of the athletic club is \$5.00. Contact Peter Francis for more information.

**Sunday Runs - Every Sunday morning, 8:00 a.m.** (during off season). Meet in the parking lot for the Highline Canal, on the north side of Orchard Road (west of intersection of Orchard & Holly). Bring walkers, joggers, baby strollers, dogs, and runners! Contact Darin Hayden for more information.

**Docks In - TBA (mid-March).**

**Boulder Sprints - TBA (mid-April).**

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